





The Royal Liverpool and **MHS Broadgreen University Hospitals NHS Trust**

Implementation of genotype-guided dosing of warfarin to improve anticoagulation control

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Background

- Warfarin is an effective, widely used anticoagulant, but dosing is challenging due to its narrow therapeutic index and large interpatient variability in requirements.
- Needs close monitoring of international normalised ratio (INR), with target range typically 2-3. Important to establish therapeutic dose (that which maintains INR in target range) as soon as possible to reduce risk of adverse events (bleeding; thrombosis) and number of clinic visits required for INR monitoring.
- Many clinical, demographic and genetic factors associated with dose requirements, with variants in CYP2C9 and VKORC1 genes having the largest influence.
- EU-PACT trial¹ demonstrated genotype-guided dosing approach (GGD), using point-of-care genetic testing, led to patients spending 7% more time in target INR range and achieving target range sooner.
- We undertook an implementation project to determine whether GGD could translate into routine clinical practice in the UK.

Study design and follow-up

- Matched cohort design: 3 clinics using GGD approach (implementation group); 3 comparable clinics using standard approach (control group).
- Statistical power boosted by using routinely collected INR data from similar anticoagulation clinics using standard approach (dashboard data).
- Patients in implementation group genotyped using point-of-care assay and dosed according to GGD days 1-5; dosed according to usual clinic practice thereafter. Patients in control groups dosed according to usual practice throughout. All followed-up for 12 weeks.
- Data collected on: demographics, INR measurements, dose changes, withdrawals, hospital admissions.
- Patient and staff questionnaires completed at implementation group clinics to gain feedback on GGD approach.

Point-of-care genotyping assay and dose calculator

Genotyping assay:

- Buccal swab to obtain DNA, no DNA extraction required.
- ParaDNA point-of-care genotyping platform, developed by LGC.
- Results available in 45 minutes.

Dose calculator:

Computerised web-based calculator incorporating loading dose (days 1-3) and maintenance dose (days 4/5) algorithms previously tested in EU-PACT.¹

Outcomes

- Primary outcome: % time in target INR range during first 12 weeks
- **Secondary outcomes:**
 - INR ≥ 4 in first week
 - INR <2 in first week
 - 3. Total number clinic visits in first 12 weeks

- Patient adverse events (bleeds, mortality, other morbidity)
- 5. Patient opinion of GGD
- 6. Staff opinion of GGD

Statistical methods

- Time in target INR range calculated using method of Rosendaal et al.²
- Student's t-test, chi-square test and Mann-Whitney U test used as appropriate to compare between implementation and control groups (with and without dashboard data, where applicable). Significance threshold of 0.05 assumed.
- Descriptive analysis of questionnaire responses.

Results

Outcome	Implementation (n=122)	Control (n=733) (n=93 for adverse events outcome)	Comparison (95% CI)	p-value	40 60 80 100		Unaccepta Uncertain Acceptable Very accept	received regarded less received received regarded less received recei	you feel about the informated arding this pilot project? you feel about the opportuny questions about the test you feel about giving a more you feel about waiting to res?
Time target inge: mean (SD)	61.90 (21.09)	55.40 (22.60)	Diff: 6.50 (2.39-10.61)	0.002	0 - 30			short space	you feel about coming ban of time? uld you rate your overall e
IR ≥ 4 in first eek: n(%)	3 (2.46)	54 (7.37)	OR=0.31 (0.09-0.99)	0.06	Q1 Q2 Q3	uestion Q5 Q6			
IR <2 in first eek: n(%)	93 (76.23)	405 (55.25)	OR=2.60 (1.67-4.04))	<0.001	8]			I NA	TRAIN_A: After training I understand mouth swab TRAIN B: After training I understand
umber clinic sits: median QR)	10 (8-11)	10 (8-12)		0.55	20 40 60	20 40 60		Strongly disagree Disagree Neutral Agree	TRAIN_D: After training I understant calculator programme TRAIN_E: After training I felt confide guided dosing of warfarin to patient PROC_A: The timing of the genotype fits in well with the running of the CPROC_B: The patients needed to warfarin to patients needed to warfaring the confidence of th
umber adverse ents	1	3	OR: 0.98 (0.66-1.43)	0.43	TRAIN_A TRAIN_B TRAIN_C TRAIN_D T	TRAIN_E PROC_A PROC	_B PROC_C PROC_D PROC_E Question	Strongly Agree	after 50 minutes to receive their w fitted in well with the running of th PROC_C: Patients returned a few d warfarin dose adjusted and this fitt running of the clinic PROC_D: The implementation of go warfarin was worth doing to impro
Table 1: Comparison of clinical autoomos				No.					PROC_E: Overall the genotype-guid appeared to be acceptable to our p

Table 1: Comparison of clinical outcomes

Conclusions

Despite increasing popularity of direct acting oral anticoagulants (DOACs), warfarin remains the most cost-effective anticoagulant for a majority of patients. Further, DOACs are contraindicated for some patient subgroups including those with severe renal impairment, on certain interacting drugs and children. However, it is essential for effectiveness and patient safety that therapeutic dose of warfarin is achieved quickly and maintained. Results of our project demonstrate that the GGD approach supports this goal (Table 1), can be implemented smoothly into clinical practice with only a few minor modifications (Fig 2), and moreover is viewed positively by patients (Fig 1) and staff (Fig 2).

References

- 1. Pirmohamed M, Burnside G, Eriksson N, Jorgensen AL, Toh CH, Nicholson T, et al. A randomized trial of genotype-guided dosing of warfarin. New England Journal of Medicine. 2013;369(24):2294-303.
- 2. Rosendaal FR, Cannegieter SC, van der Meer FJ, Briet E. A method to determine the optimal intensity of oral anticoagulant therapy. Thromb Haemost. 1993;69(3):236-9.

Figure 1:

Questionnaire

Responses

Figure 2:

Questionnaire

Responses

Staff

Patient