

Template letter to your Clinical Commissioning Group



This is a sample letter that you can use to write to your local NHS Clinical Commissioning Group (CCG). It is the CCG's responsibility to provide appropriate NHS services for those people needing anticoagulation therapy, including people on long-term warfarin therapy. You can adapt this template to suit you, to delete some details and/or to include more information about your personal experiences. Text highlighted in bold need to be completed or deleted as applicable. Copy and paste the final text onto your own plain paper or personalised letterhead.

To the Chief Executive

[insert name of your local CCG] Clinical Commissioning Group
[insert address]

(Insert Date)

Dear **(Mr/Mrs/Dr) (insert Chief Executive's surname, if known)**

Anticoagulation self-management

I am a patient with **[atrial fibrillation/a heart valve condition/a history of blood clots/a mechanical heart valve]** and I need to take warfarin to manage my blood clotting levels for life.

I would like to have the opportunity to self-manage my blood clotting levels at a place and time convenient to me, but I am currently unable to do so because **(insert/delete options as applicable)**:

- a) **My healthcare professional will not allow me to**
- b) **I've been told that my local Clinical Commissioning Group will not allow it or support it**
- c) **My GP has told me that he is not allowed to prescribe the test strips for my coagulometer anymore**
- d) **I cannot afford to purchase the self-monitoring equipment myself**

I am aware that there is a wealth of published, peer-reviewed evidence that self-monitoring can help improve health outcomes, is convenient for patients and could save the NHS money. In September 2014, the National Institute for Health and Care Excellence (NICE) published diagnostics guidance DG14 recommending two coagulometers (the CoaguChek XS system and the INRatio2 PT/INR monitor) for adults with atrial fibrillation and heart valve disease.

In July 2015, NICE published Quality Standard 93 for atrial fibrillation (AF) treatment and management. The Quality Standard includes a developmental standard, which says that adult patients with AF who are taking warfarin on a long-term basis to help reduce their risk of a stroke are supported to self-manage their blood levels with a coagulometer.

I would like to know more about **[insert name of CCG]** CCG's anticoagulation policy and what steps have been taken, or are in the process of being taken, to implement these two pieces of NICE guidance and to support patients on long-term warfarin, like me, who wish to be allowed to self-manage their blood clotting levels.

I look forward to hearing from you.

Yours sincerely

cc. The AntiCoagulation Self-Monitoring Alliance (ACSMA)