

# DOACs

## The Patient Perspective

Christine Dehn

German Heart Foundation/  
European Heart Network



# GHF – a short overview

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- Founded in 1979 by leading cardiologists
- NGO, registered association; member organisation (mostly patients or people with direct contact to patients)
- Currently 90,000 members
- **Task:** Educating the public about cardiovascular diseases and promotion of patient's care and counselling

# Key Goal

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Building a bridge between  
physicians and patients

*But how?*

# How to get the information?

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## New studies/drugs/therapies introduced by experts

- Editor's department asks leading cardiologists/surgeons (GHF Scientific Board consists of 484 members) to write actual state of diagnostic and therapy
- Articles translated into lay-language by GHF editor's department
- Lay-language articles proofread by authors and counterchecked by other experts to avoid bias

# How to reach the patient? (1)

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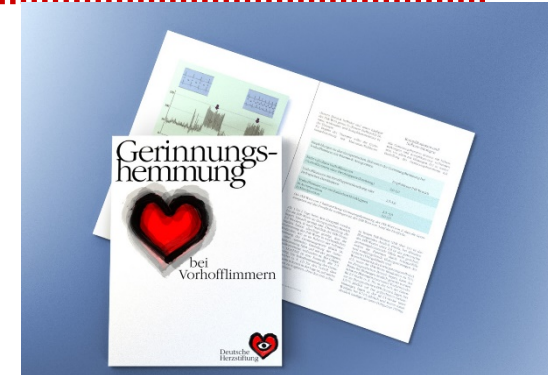
## Magazine HERZ HEUTE (HEART TODAY)

- Member magazine
- circulation: 150.000/quarterly published
- 64 pages
- Shipped to members and distributed where patients are treated (hospitals, clinical centres, GP, cardiologists, internists in practice)

# How to reach the patient? (2)

## HEART WEEKS IN NOVEMBER

- Usually 1,000 – 1,200 seminars or lectures
- With brochures and information material on different disease areas e.g. Cardiac Arrhythmias and Antiocoagulation in 2014
- During heart weeks 2014, media resonance was 80 Mio. prints



# How to reach the patient? (3)

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- Internet: [www.herzstiftung.de](http://www.herzstiftung.de)
- Monthly newsletter
- Medical consultations
- Seminars and lectures (apart from Heart Weeks)
- Health days

# And the patient?

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## Feedback from the patient on medical articles/personal health:

- Direct response to medical articles or personal condition by patients
- GHF offers medical consultation for patients to ask personal questions to be answered  
->3,000 inquiries in 2014)
- Questions answered by members of our Scientific Board
- **Most questions** received **concern atrial fibrillation** and **anti-coagulation**, **second most blood pressure**



# DOACs – Patients' questions

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As most of the questions asked by patients concern atrial fibrillation and anticoagulation, we are well informed about patients' questions.

Many patients are worried because a **monitoring** under DOACs is rarely offered.

# Patients' questions (1)

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- Would my therapy be safer if the extent of anticoagulation would be controlled?
- Is my anticoagulation within the desired therapeutic range?
- If I take other drugs: What is their influence on the effectivity of DOACs?  
This question is frequently asked by elderly and multimorbid patients.
- Why did I have a stroke? Was my DOAC dosage too low?

# Patients' questions (2)

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- I've suffered **severe bleeding**. Was my DOAC dosage too high?
- I'm afraid to have an **accident** or to have an **emergency operation**. Will doctors know how to counteract my anticoagulation?
- Is there an **antidote**?
- What do I have to do before having a **planned operation** or **dental intervention**? My doctor and/or dentist seems not to be able to give me any reliable information/advise.

# Centres for monitoring

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- There are just a few centres in Germany that currently offer a DOAC monitoring.
- Monitoring is not expensive and well accepted by patients.
- Unfortunately, monitoring is not well known and not accessible for many patients.
- The German Heart Foundation favours the introduction of a standard monitoring for certain patient groups.

Thank you for your attention!

In case of any questions:

[dehn@herzstiftung.de](mailto:dehn@herzstiftung.de)