

## Supplementary *Figure 1*

### **Pubmed:**

#1: (Anticoagulants[Mesh Terms]) OR (Anticoagulation Agents) OR (Agents, Anticoagulation) OR (Anticoagulant Agents) OR (Agents, Anticoagulant) OR (Anticoagulant Drugs) OR (Drugs, Anticoagulant) OR (Anticoagulant) OR (Indirect Thrombin Inhibitors) OR (Inhibitors, Indirect Thrombin) OR (Thrombin Inhibitors, Indirect) OR (Anticoagulant) OR (Decoagulant) OR (Antithrombotics) OR (Anticaking Agent) OR (Anticoagulation) OR (Anticoagulation Therapy) OR (Anticoagulation Treatment) OR (Anticoagulation Management) OR (Anticoagulation Services) OR (Warfarin[Mesh Terms]) OR (4-Hydroxy-3-(3-Oxo-1-Phenylbutyl)-2H-1-Benzopyran-2-One) OR (Apo-Warfarin) OR (Aldocumar) OR (Gen-Warfarin) OR (Warfant) OR (Coumadin) OR (Marevan) OR (Warfarin Potassium) OR (Potassium, Warfarin) OR (Warfarin Sodium) OR (Sodium, Warfarin) OR (Coumadine) OR (Tedicumar) OR (Warfarin Therapy)

#2: (Telemedicine[Mesh Terms]) OR (Mobile Health) OR (Health, Mobile) OR (Mhealth) OR (Telehealth) OR (Ehealth) OR (Connected Health) OR (Text Messaging) OR (Telephone Therapy) OR (Teleconsultation) OR (Mobile Technology) OR (Telecare) OR (Internet) OR (Digital Health) OR (Mobile Phone) OR (Smartphone) OR (Apps) OR ("Mobile Applications"[Mesh Terms]) OR (Application, Mobile) OR (Applications, Mobile) OR (Mobile Application) OR (Mobile Apps App, Mobile) OR (Apps, Mobile) OR (Mobile App) OR (Portable Electronic Apps) OR (App, Portable Electronic) OR (Apps, Portable Electronic) OR (Electronic App, Portable) OR (Electronic Apps, Portable) OR (Portable Electronic App) OR (Portable Electronic Applications) OR (Application, Portable Electronic) OR (Applications, Portable Electronic) OR (Electronic Application, Portable) OR (Electronic Applications, Portable) OR (Portable Electronic Application) OR (Portable Software Apps) OR (App, Portable Software) OR (Apps, Portable Software) OR (Portable Software App) OR (Software App, Portable) OR (Software Apps, Portable) OR (Portable Software Applications) OR (Application, Portable Software) OR (Applications, Portable Software) OR (Portable Software Application) OR (Software Application, Portable) OR (Software Applications, Portable)

#3(Self Testing[Mesh Terms]) OR(Self-Testing) OR (Self test) OR (Self management) OR (Self Examination[Mesh Terms]) OR (Self-Examinations) OR (Examination, Self) OR (Examinations, Self) OR (Self Examination) OR (Self Examinations) OR (Self Administration) OR (Administration, Self) OR (Administrations, Self) OR (Self Administrations) OR (Self monitoring) OR (Self Adjust) OR (Self Care) OR (Self Control) OR (Self-Regulation) OR (Self-Collection) OR (Self-Sampling) OR (Self-Collect) OR (Self-Sampl) OR (Home Diagnostic Test) OR (Home Monitoring) OR (Home Testing) OR (Home Adjusting) OR (Home Administration) OR (Coagulometers) OR (Patient Monitor [Mesh Terms]) OR (Monitoring, Physiological) OR (Physiological Monitoring) OR (Physiologic Monitoring) OR (Patient Monitoring) OR (Monitoring, Patient) OR (Patient Manage) OR (Patient Measure) OR (Patient Test) OR (Patient Adjust) OR (Patient Self-Determination Act) OR (Self Medication) OR (Point-Of-Care Systems [Mesh Terms]) OR (Point Of Care Systems) OR (Point-Of-Care System) OR (Systems,

Point-Of-Care) OR (Point-Of-Care) OR (Point Of Care) OR (Bedside Computing) OR (Computing, Bedside) OR (Point Of Care Technology) OR (Bedside Technology) OR (Bedside Technologies) OR (Technologies, Bedside) OR (Technology, Bedside) (Microcoagulation) OR (Inratio Monitor) OR (Consumer Participation) OR (Patient Centred) OR (Coagucheck) OR (Coaguchek) OR (Prothrombin Monitor) OR (Coagulometer) OR (Consume)

#4: #1 and #2 and #3

**Embase:**

#1: 'anticoagulation'/exp OR (anticoagulation AND agents) OR (agents, AND anticoagulation) OR (anticoagulant AND agents) OR (agents, AND anticoagulant) OR (anticoagulant AND drugs) OR (drugs, AND anticoagulant) OR (indirect AND thrombin AND inhibitORs) OR (inhibitORs, AND indirect AND thrombin) OR (thrombin AND inhibitORs, AND indirect) OR anticoagulant OR decoagulant OR antithrombotics OR (anticaking AND agent) OR anticoagulation OR (anticoagulation AND therapy) OR (anticoagulation AND treatment) OR (anticoagulation AND management) OR (anticoagulation AND services) OR 'warfarin'/exp OR '4 hydroxy 3 3 oxo 1 phenylbutyl 2h 1 benzopyran 2 one' OR 'apo warfarin' OR aldocumar OR 'gen warfarin' OR warfant OR coumadin OR marevan OR (warfarin AND potassium) OR (potassium, AND warfarin) OR (warfarin AND sodium) OR (sodium, AND warfarin) OR coumadine OR tedicumar OR (warfarin AND therapy)

#2:'telemedicine'/exp OR (mobile AND health) OR (health, AND mobile) OR mhealth OR telehealth OR ehealth OR (connected AND health) OR (text AND messaging) OR (telephone AND therapy) OR teleconsultation OR (mobile AND technology) OR telecare OR internet OR (digital AND health) OR (mobile AND phone) OR smartphone OR apps OR 'mobile application'/exp OR (application, AND mobile) OR (applications, AND mobile) OR (mobile AND application) OR (apps AND app, AND mobile) OR (apps, AND mobile) OR (mobile AND app) OR (portable AND electronic AND apps) OR (app, AND portable AND electronic) OR (apps, AND portable AND electronic) OR (electronic AND app, AND portable) OR (electronic AND apps, AND portable) OR (portable AND electronic AND app) OR (portable AND electronic AND applications) OR (application, AND portable AND electronic) OR (applications, AND portable AND electronic) OR (electronic AND application, AND portable) OR (electronic AND applications, AND portable) OR (portable AND electronic AND application) OR (portable AND software AND apps) OR (app, AND portable AND software) OR (apps, AND portable AND software) OR (portable AND software AND app) OR (software AND app, AND portable) OR (software AND apps, AND portable) OR (portable AND software AND applications) OR (application, AND portable AND software) OR (applications, AND portable AND software) OR (portable AND software AND application) OR (software AND application, AND portable) OR (software AND applications, AND portable)

#3: ('self-testing'/exp OR (self AND test) OR (self AND management) OR 'self examination' OR 'self examinations' OR (examination, AND self) OR (examinations, AND self) OR (self AND examination) OR (self AND examinations) OR (self AND administration) OR (administration, AND self) OR (administrations, AND self) OR (self AND administrations) OR (self AND monitoring) OR (self AND adjust) OR (self AND care) OR (self AND control) OR 'self regulation'

OR 'self collection' OR 'self sampling' OR 'self collect' OR 'self sampl' OR (home AND diagnostic AND test) OR (home AND monitoring) OR (home AND testing) OR (home AND adjusting) OR (home AND administration) OR coagulometers OR (patient AND monitor) OR (monitoring, AND physiological) OR (physiological AND monitoring) OR (physiologic AND monitoring) OR (patient AND monitoring) OR (monitoring, AND patient) OR (patient AND manage) OR (patient AND measure) OR (patient AND test) OR (patient AND adjust) OR (patient AND 'self determination' AND act) OR (self AND medication) OR ('point of care' AND systems) OR (point AND of AND care AND systems) OR ('point of care' AND system) OR (systems, AND 'point of care') OR 'point of care' OR (point AND of AND care) OR (bedside AND computing) OR (computing, AND bedside) OR (point AND of AND care AND technology) OR (bedside AND technology) OR (bedside AND technologies) OR (technologies, AND bedside) OR (technology, AND bedside)) AND microcoagulation OR (inratio AND monitor) OR (consumer AND participation) OR (patient AND centred) OR coagucheck OR coaguhek OR (prothrombin AND monitor) OR coagulometer OR consume

#4:#1 and #2 and #3

### **the Cochrane Library**

#1: “Anticoagulants”:ti,ab,kw OR “Anticoagulation Agents”:ti,ab,kw OR “Agents, Anticoagulation”:ti,ab,kw OR “Anticoagulant Agents”:ti,ab,kw OR “Agents, Anticoagulant”:ti,ab,kw OR “Anticoagulant Drugs”:ti,ab,kw OR “Drugs, Anticoagulant”:ti,ab,kw OR “Anticoagulant”:ti,ab,kw OR “Indirect Thrombin Inhibitors”:ti,ab,kw OR “Inhibitors, Indirect Thrombin”:ti,ab,kw OR “Thrombin Inhibitors, Indirect”:ti,ab,kw OR “Anticoagulant”:ti,ab,kw OR “Decoagulant”:ti,ab,kw OR “Antithrombotics”:ti,ab,kw OR “Anticaking Agent”:ti,ab,kw OR “Anticoagulation”:ti,ab,kw OR “Anticoagulation Therapy”:ti,ab,kw OR “Anticoagulation Treatment”:ti,ab,kw OR “Anticoagulation Management”:ti,ab,kw OR “Anticoagulation Services”:ti,ab,kw

#2: “Warfarin”:ti,ab,kw or  
"4-Hydroxy-3-(3-Oxo-1-Phenylbutyl)-2H-1-Benzopyran-2-One":ti,ab,kw OR  
“Apo-Warfarin”:ti,ab,kw OR “Aldocumar”:ti,ab,kw OR “Gen-Warfarin”:ti,ab,kw OR  
“Warfant”:ti,ab,kw OR “Coumadin”:ti,ab,kw OR “Marevan”:ti,ab,kw OR “Warfarin Potassium”:ti,ab,kw OR “Potassium, Warfarin”:ti,ab,kw OR “Warfarin Sodium”:ti,ab,kw OR  
“Sodium, Warfarin”:ti,ab,kw OR “Coumadine”:ti,ab,kw OR “Tedicumar”:ti,ab,kw OR “Warfarin Therapy”:ti,ab,kw

#3: “Telemedicine”:ti,ab,kw OR “Mobile Health”:ti,ab,kw OR “Health, Mobile”:ti,ab,kw OR  
“Mhealth”:ti,ab,kw OR “Telehealth”:ti,ab,kw OR “Ehealth”:ti,ab,kw OR “Connected Health”:ti,ab,kw OR “Text Messaging”:ti,ab,kw OR “Telephone Therapy”:ti,ab,kw OR  
“Teleconsultation”:ti,ab,kw OR “Mobile Technology”:ti,ab,kw OR “Telecare”:ti,ab,kw OR  
“Internet”:ti,ab,kw OR “Digital Health”:ti,ab,kw OR “Mobile Phone”:ti,ab,kw OR  
“Smartphone”:ti,ab,kw OR “Apps”:ti,ab,kw OR “Mobile Applications”:ti,ab,kw OR “Application, Mobile”:ti,ab,kw OR “Applications, Mobile”:ti,ab,kw OR “Mobile Application”:ti,ab,kw OR  
“Mobile Apps App, Mobile”:ti,ab,kw OR “Apps, Mobile”:ti,ab,kw OR “Mobile App”:ti,ab,kw OR  
“Portable Electronic Apps”:ti,ab,kw OR “App, Portable Electronic”:ti,ab,kw OR “Apps, Portable

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#5=#1 OR #2

#6=#5 AND #3 AND #4

### **Web of Science:**

#1: TS=(“Anticoagulants” OR “Anticoagulation Agents” OR “Agents, Anticoagulation” OR “Anticoagulant Agents” OR “Agents, Anticoagulant” OR “Anticoagulant Drugs” OR “Drugs, Anticoagulant” OR “Anticoagulant” OR “Indirect Thrombin Inhibitors” OR “Inhibitors, Indirect

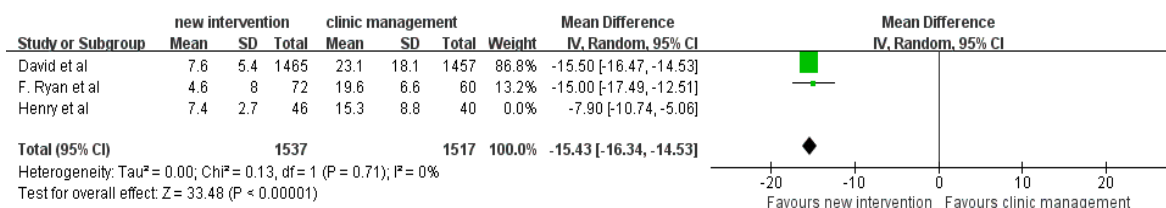
Thrombin” OR “Thrombin Inhibitors, Indirect” OR “Anticoagulant” OR “Decoagulant” OR “Antithrombotics” OR “Anticaking Agent” OR “Anticoagulation” OR “Anticoagulation Therapy” OR “Anticoagulation Treatment” OR “Anticoagulation Management” OR “Anticoagulation Services” Or “Warfarin” OR “4-Hydroxy-3-”3-Oxo-1-Phenylbutyl”-2H-1-Benzopyran-2-One” OR “Apo-Warfarin” OR “Aldocumar” OR “Gen-Warfarin” OR “Warfant” OR “Coumadin” OR “Marevan” OR “Warfarin Potassium” OR “Potassium, Warfarin” OR “Warfarin Sodium” OR “Sodium, Warfarin” OR “Coumadine” OR “Tedicumar” OR “Warfarin Therapy”)

#2: TS=(“Telemedicine” OR “Mobile Health” OR “Health, Mobile” OR “Mhealth” OR “Telehealth” OR “Ehealth” OR “Connected Health” OR “Text Messaging” OR “Telephone Therapy” OR “Teleconsultation” OR “Mobile Technology” OR “Telecare” OR “Internet” OR “Digital Health” OR “Mobile Phone” OR “Smartphone” OR “Apps” OR “Mobile Applications” OR “Application, Mobile” OR “Applications, Mobile” OR “Mobile Application” OR “Mobile Apps App, Mobile” OR “Apps, Mobile” OR “Mobile App” OR “Portable Electronic Apps” OR “App, Portable Electronic” OR “Apps, Portable Electronic” OR “Electronic App, Portable” OR “Electronic Apps, Portable” OR “Portable Electronic App” OR “Portable Electronic Applications” OR “Application, Portable Electronic” OR “Applications, Portable Electronic” OR “Electronic Application, Portable” OR “Electronic Applications, Portable” OR “Portable Electronic Application” OR “Portable Software Apps” OR “App, Portable Software” OR “Apps, Portable Software” OR “Portable Software App” OR “Software App, Portable” OR “Software Apps, Portable” OR “Portable Software Applications” OR “Application, Portable Software” OR “Applications, Portable Software” OR “Portable Software Application” OR “Software Application, Portable” OR “Software Applications, Portable”)

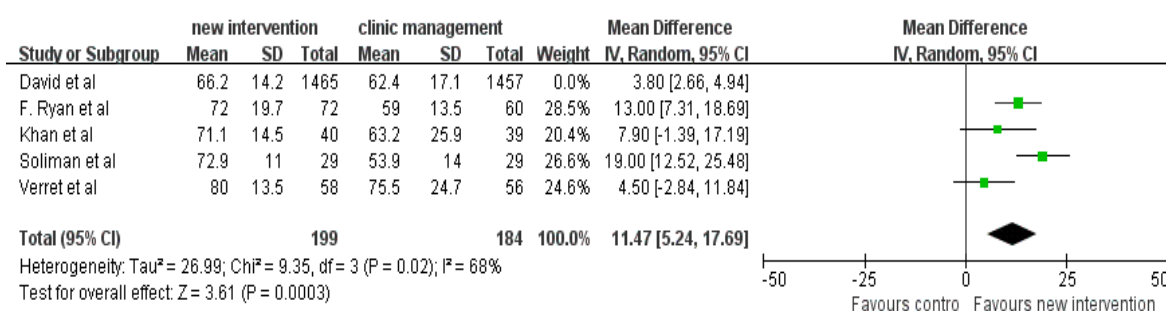
#3 TS=(“Self Testing” OR “Self-Testing” OR “Self Test” OR “Self Management” OR “Self Examination” OR “Self-Examinations” OR “Examination, Self” OR “Examinations, Self” OR “Self Examination” OR “Self Examinations” OR “Self Administration” OR “Administration, Self” OR “Administrations, Self” OR “Self Administrations” OR “Self MonitORing” OR “Self Adjust” OR “Self Care” OR “Self Control” OR “Self-Regulation” OR “Self-Collection” OR “Self-Sampling” OR “Self-Collect” OR “Self-Sampl” OR “Home Diagnostic Test” OR “Home Monitoring” OR “Home Testing” OR “Home Adjusting” OR “Home Administration” OR “Coagulometers” OR “Patient Monitor” OR “Monitoring, Physiological” OR “Physiological Monitoring” OR “Physiologic Monitoring” OR “Patient Monitoring” OR “Monitoring, Patient” OR “Patient Manage” OR “Patient Measure” OR “Patient Test” OR “Patient Adjust” OR “Patient Self-Determination Act” OR “Self Medication” OR “Point-Of-Care Systems” OR “Point Of Care Systems” OR “Point-Of-Care System” OR “Systems, Point-Of-Care” OR “Point-Of-Care” OR “Point Of Care” OR “Bedside Computing” OR “Computing, Bedside” OR “Point Of Care Technology” OR “Bedside Technology” OR “Bedside Technologies” OR “Technologies, Bedside” OR “Technology, Bedside” “Microcoagulation” OR “Inratio Monitor” OR “Consumer Participation” OR “Patient Centred” OR “Coagucheck” OR “Coaguheck” OR “Prothrombin Monitor” OR “Coagulometer” OR “Consume”)

#4=#1 and #2 and #3

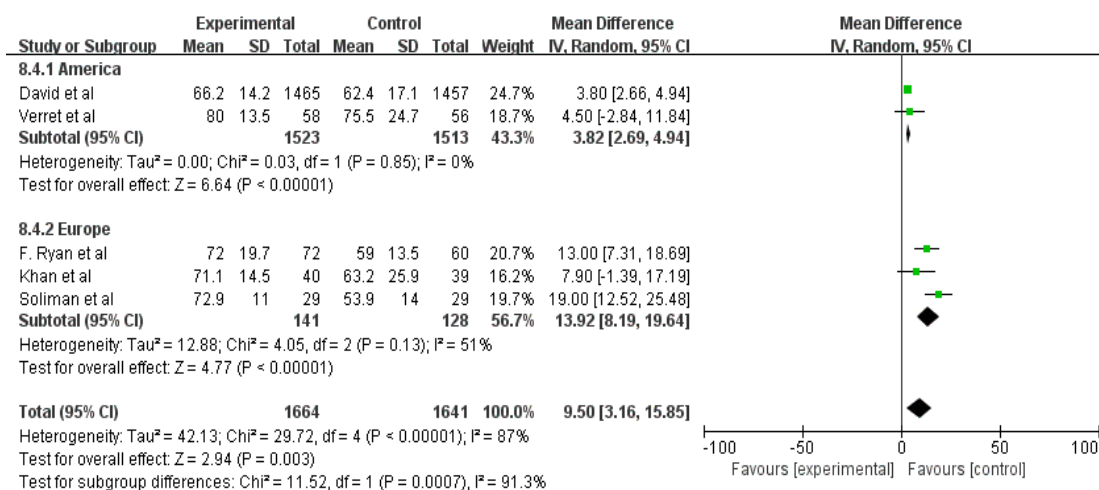
Supplementary **Figure 2**



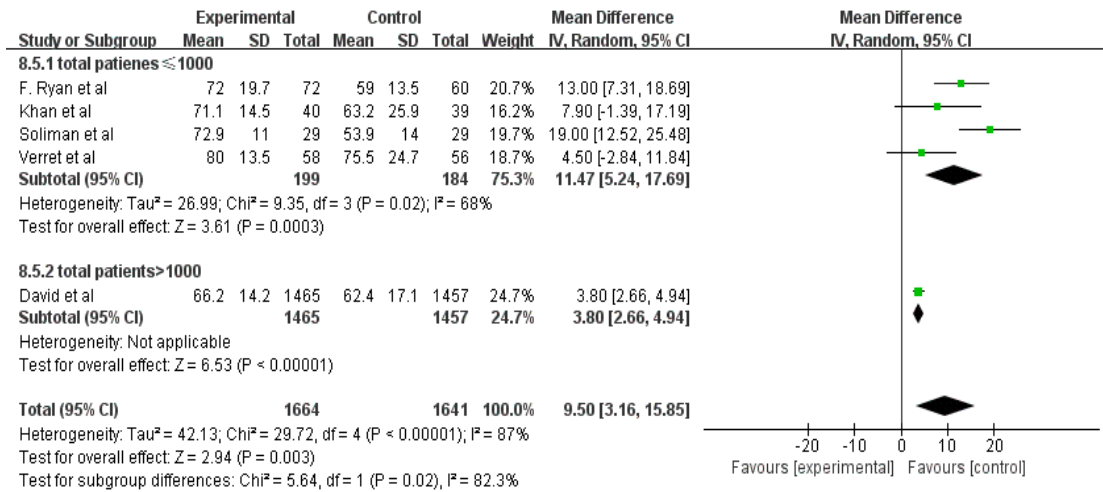
**Figure (a)** Frequency of INR testing (excluding Henry et al. [37])



**Figure (b)** TTR (excluding David et al. [42])



**Figure (c)** Subgroup analysis by location



**Figure (d)** Subgroup analysis by total patients

Supplementary Figure 2. (a) Frequency of INR testing (excluding Henry et al. [37]). (b) TTR (excluding David et al. [42]). (c) Subgroup analysis by location. (d) Subgroup analysis by total patients



Supplementary Table 1: The PRISMA Checklist for this meta-analysis

## PRISMA 2020 Checklist

Section and Topic	Item #	Checklist item	Location where item is reported
<b>TITLE</b>			
Title	1	Identify the report as a systematic review.	YES
<b>ABSTRACT</b>			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	Abstract
<b>INTRODUCTION</b>			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Page3
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Page3
<b>METHODS</b>			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Page4
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Page3
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Page3
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	Page4
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	Page4
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	N/A
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	Page4
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	Page5
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	Page5
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	Page5
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	N/A
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	N/A
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	Page5
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	Page6
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	Page5
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	Page6
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	N/A





# PRISMA 2020 Checklist

Section and Topic	Item #	Checklist item	Location where item is reported
<b>RESULTS</b>			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	Page5/6
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Page5/6
Study characteristics	17	Cite each included study and present its characteristics.	N/A
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Page5/6
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	Page6/7
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	Page6/7
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	Page6/7
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	N/A
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	Page6/7
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	Page7
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	Page7
<b>DISCUSSION</b>			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Page8/9
	23b	Discuss any limitations of the evidence included in the review.	Page8/9
	23c	Discuss any limitations of the review processes used.	Page8/9
	23d	Discuss implications of the results for practice, policy, and future research.	Page9
<b>OTHER INFORMATION</b>			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	N/A
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	N/A
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	N/A
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	Page10
Competing interests	26	Declare any competing interests of review authors.	Page10
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	Page10

From: Page MJ, McKenzie JE, Bossuyt PM, Boutron I, Hoffmann TC, Mulrow CD, et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372:n71. doi: 10.1136/bmj.n71

For more information, visit: <http://www.prisma-statement.org/>