Most chronic liver disease is asymptomatic until liver failure occurs.

- LBT’s are a poor diagnostic test and a poor exclusion test for chronic liver disease.
- >95% chronic liver disease in UK is due to Alcohol, non-alcoholic fatty liver disease (NAFLD) and Hepatitis B or C.
- 1 in 3 adults drink alcohol in a harmful fashion or above safe limits.
- 1 in 4 adults have fatty liver disease.
- 1 in 4 adults have fatty liver disease.

Liver Disease and Liver Blood Tests: A guide for Primary Care

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Management of Alcohol Misuse


**History**
Suspected alcohol risk

≥ 35 units / week women
≥ 50 units / week men
HARMFUL DRINKER
(NICE Guidance)

- HIGHER RISK
- Full AUDIT >19

FIBROSCAN
Use Hepatology Direct Access
Fibroscan Request Form
Consider referral to alcohol services

- Fibroscan ≥ 16kPa – Possible cirrhosis
  REFER TO HEPATOLOGY CLINIC
  - For assessment of liver disease
  - For management of advanced fibrosis
  - Screening and treatment of Portal Hypertension
  - HCC screening and management

- Brief alcohol intervention
  - Review in 3 months
  - Consider referral to alcohol services if drinking persists

**Alcohol history**
AUDIT-C questionnaire

< 35 units / week women
< 50 units / week men

AUDIT-C ≥ 5

- Full AUDIT questionnaire

< 35 units / week women
< 50 units / week men

AUDIT-C < 5

- Full AUDIT <8
- LOWER RISK

Fibroscan 8-16kPa – possible advanced liver fibrosis
- Feed back result
- Consider hepatology referral if still drinking harmfully

Fibroscan <8kPa
Does not exclude early liver disease
- Repeat pathway in 3-5 years if risk factors remain
Management of NAFLD

NAFLD suggested by Ultrasound and/or Negative liver screen

Determine risk of advanced fibrosis: Calculate **NAFLD** score

- **NAFLD score >0.675**
  - High risk of advanced fibrosis

- **NAFLD score -1.455 – 0.675**
  - **FIBROSCAN**
    - Use Hepatology Direct Access Fibroscan Request Form

- **NAFLD score < -1.455**
  - Low risk of advanced fibrosis

Re-assess risk periodically (2-5 years depending on clinical risk)

**REFER TO HEPATOLOGY CLINIC**
- For assessment of liver disease
- For management of advanced fibrosis
- Screening and treatment of Portal Hypertension
- HCC screening and management

**MANAGE IN PRIMARY CARE**
- Assess CV risk
- QRISK2 & consider statin
- Diabetes/Alcohol/Hypertension
- Weight loss:
  - **Eat Well Guide**
  - **Mediterranean Diet Guide**

Ref: Newsome PN, et al. Gut 2018; **67:**6-19