

# Liver Disease

A ~~preventable~~ illness



Frontline  
Network  
Partner



# Purpose of this talk

- Shock you with Data
- Teach you about liver disease
- Shout from the rooftops about the liver clinic
- Need to discuss Hepatitis C rise in infections in the city
- Hepatitis C awareness and testing
- Useful links

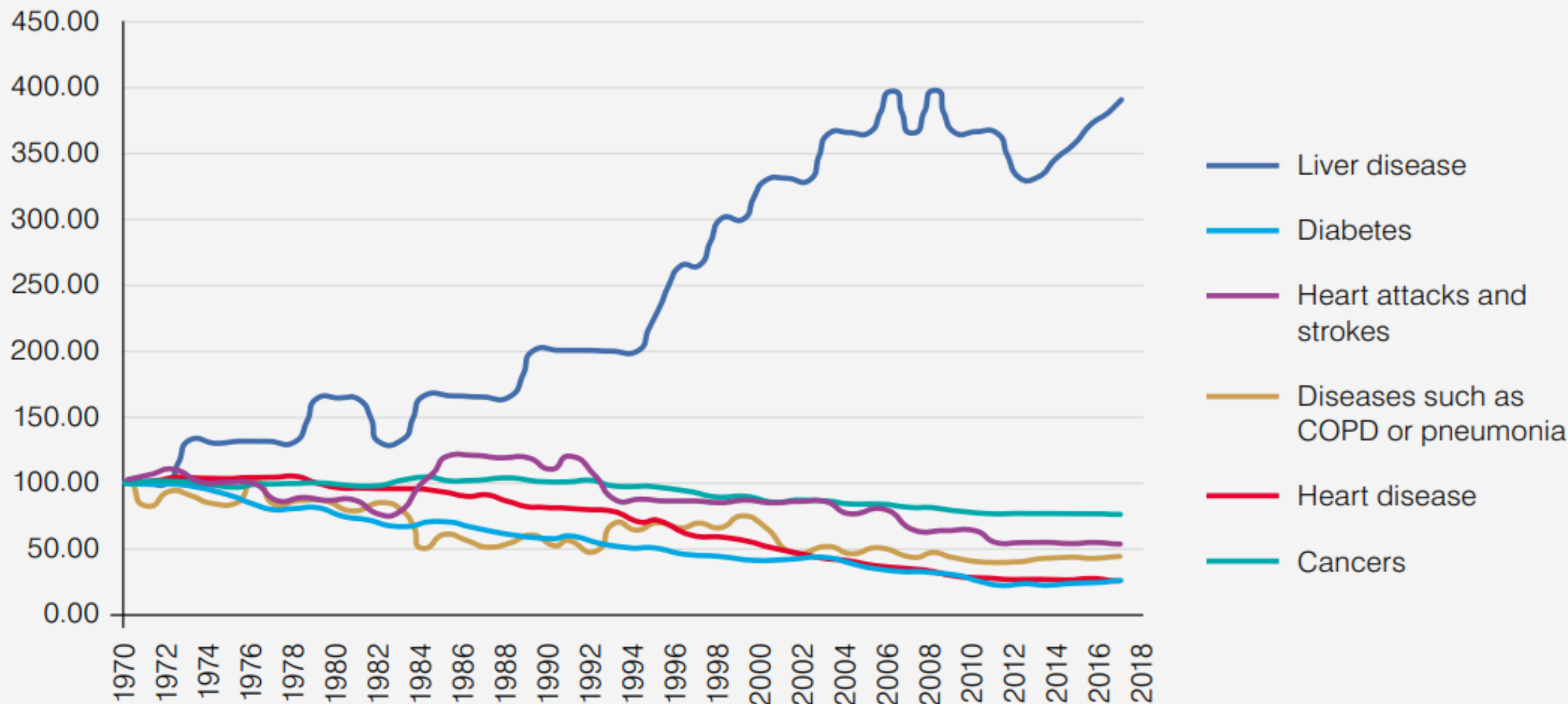
<https://archhealthcare.uk/wp-content/uploads/2023/10/The-alarming-impact-of-liver-disease-FINAL-June-2019.pdf>

The logo for the British Liver Trust, featuring the words "BRITISH LIVER TRUST" in white, uppercase, sans-serif font, centered within a dark red rectangular box with a thin white border. The background of the entire slide is a light blue-grey image of a large crowd of people, rendered in a soft, out-of-focus style.

BRITISH  
LIVER  
TRUST

The alarming impact of  
liver disease in the UK  
**Facts and statistics**

## The rise in deaths from liver disease compared with other major diseases



# Data on liver disease UK

- Since 70's 400% increase in deaths
- Biggest cause of death 35-49yrs
- 3<sup>rd</sup> biggest cause of premature mortality
- Silent disease-7 in 10 people unaware
- 20% increase in Hosp admissions in last 5yrs-cost £30bn per year
- **75% of people with cirrhosis are diagnosed in hospital**

# Homeless healthcare challenges

- Social deprivation - lack of resources and funding-austerity
- Tri-morbidity-Mental illness/  
Physical illness/Substance misuse
- Experienced trauma, abuse, loss, neglect
- Lack of responsive services
- Stigma- “undeserving” “violent”  
“irresponsible” “personal choice”

80% of people report mental health issue; 45% had been diagnosed.

A&E visits and hospital admissions is four times higher.

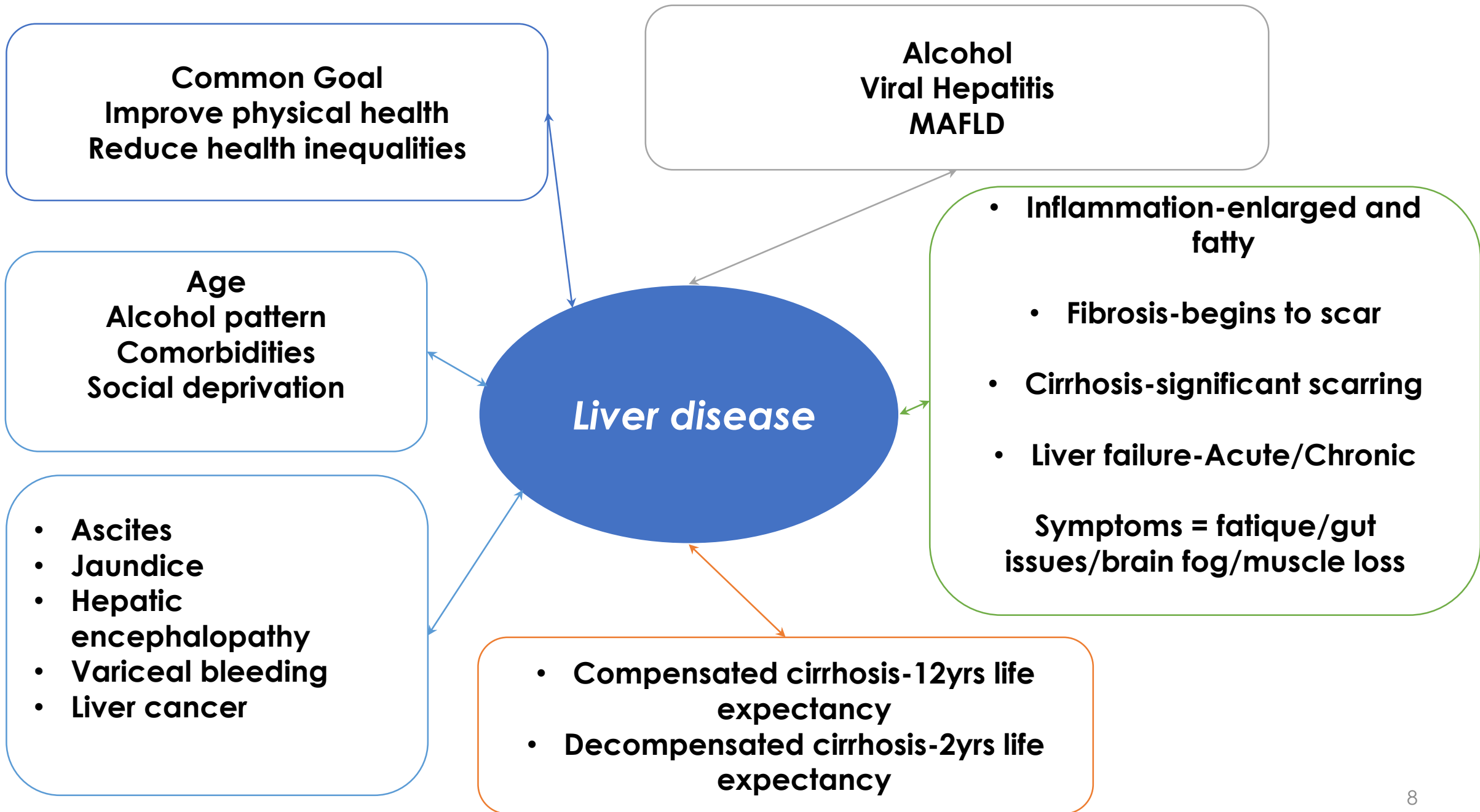
36% of homeless people admitted to hospital report being discharged onto the streets.

73% of people reported physical health problems.

Homeless men and women die young – average age 47 for men and 43 for women.

Average of 11 homeless people die every week in the UK. nearly 1/3 of homeless from treatable conditions.







# ***Targeted early detection and surveillance of chronic liver disease:***

*A specialist hepatology nurse-led clinic in a community  
drug and alcohol treatment centre (DAT)*

*June 2022/2023*

*1st year data*

**Mags O'Sullivan, Hepatology CNS**

# DAT Model

- Every Wednesday at CGL- drop in nurse-led liver clinic
- Inclusion criteria aged >35yrs with a history of alcohol use disorder and or HCV infection
- Fibroscan, brief advice and education in regards to chronic liver disease (CLD)
- HCC (liver cancer) surveillance clinic onsite
- The nurse works collaboratively with the DAT/outreach teams
- One peer support worker employed to support clients-3.5 days a week

# DAT Model

6/12 surveillance pathway – 1 clinic per month at DAT



Client attends drop-in clinic



- Brief Health History
- Risk Factors
- Complete FibroScan



Consultant reviews USS remotely



>11.5 kPa

<11.5 kPa



Nurse reviews bloods

- Complete bloods
- OGD, if required
- Request Ultrasound
- Peer support offered



Patient will not require surveillance – send letter to GP and update Care coordinator

# Fibroscan

- Has replaced liver biopsy in majority of cases
- Measures liver stiffness (Kpa)
- Pain free
- Only contraindication – can't scan pts with ascites
- Non-invasive (no needles)
- Gives instant result



# Data

- Total n=334
- Male n=248 (74%), average age 50yrs
- Main risk factor n=303 (90%), average alcohol 11 6iu weekly
- Fibroscan >11.5kpa n=68/334 (20%) clients
- Overall n=74/334 clients (22%) recommended for surveillance
- Attended 1<sup>st</sup> ultrasound n=61/74 (82%)
- 2<sup>nd</sup> follow up surveillance scans n=35/45 (78%)

# Data - 2

- U/S confirmed cirrhosis n= 56/61 (92%)
- Decompensated disease N=8/56 (14%)-hybrid model
- Lost to hospital follow n=15/74 (20%).
- RIP n=2/74 (3%)
- Liver cancer diagnosed n=1
- Others cancers n=2
- HBV n=2/Newly diagnosed HCV n=1

# What's worked well

- Flexibility of the drop in/same day every week
- Peer Support
- All clients requiring an alcohol detox to attend the clinic
- FibroScan is a motivating factor to change
- Location where clients feel safe
- Collaborative working with established partners
- Such a rewarding clinic

# Free liver scans!

## Get to know your liver health via a simple scan!

### Who's eligible?

Anyone aged 35-75 years old with a history of either:

- More than 10 years of excess alcohol consumption
- Current or past viral hepatitis

### Where?

**Change, Grow, Live**

We're offering scans here at Richmond House so don't hesitate to pop in or speak to your Care Co-ordinator.

### What?

**Quick and easy scan to check general liver health.**

As well as a scan, full liver function blood tests will be available if you would like to know even more about your liver health.

### Why?

**Liver disease can be silent and deadly.**

This simple test can help to identify any issues with your liver so we can make sure you have the care you need.



LOVE  
LIVER YOUR

Contact Mags our community liver nurse on **07768355937** if you have any questions about liver health





# What to do and where to get help?



# Support to engage with:

GP/Outreach  
ANP/Homeless  
healthcare  
team

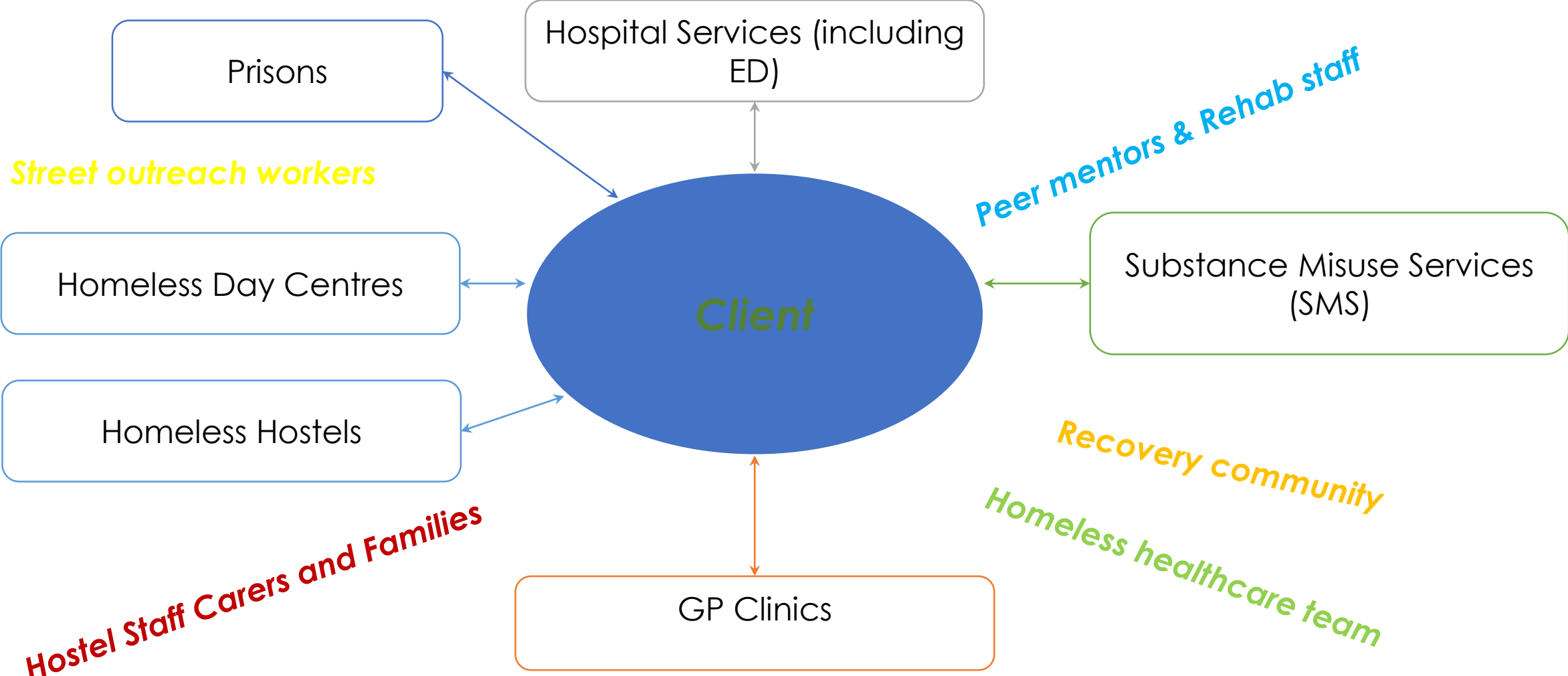
CGL/Outreach  
alcohol triage  
nurse/groups/  
detox/rehab

Specialist liver  
clinic at CGL  
Wednesdays -  
Mags

Palliative care  
teams

**GET TESTED FOR**  
**WORLD HEPATITIS DAY**

# Community Services



# Web Testing Portal

- In April 2023 NHSE launched a portal for people to order a free HCV test (English and Urdu language available)
- If a positive RNA result is identified the local ODN will be notified of the result
- QR and link below



<https://hepctest.nhs.uk/ref/shn1>



**World  
Hepatitis  
Day**

# Thank you. Any Questions?

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# Useful links

- [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1113175/Alcohol-use-disorders-identification-test-AUDIT\\_for-print.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1113175/Alcohol-use-disorders-identification-test-AUDIT_for-print.pdf)
- [https://healthinnovationnetwork.com/wp-content/uploads/2018/02/HIN\\_AIBA\\_Toolkit\\_v15-FINAL.pdf](https://healthinnovationnetwork.com/wp-content/uploads/2018/02/HIN_AIBA_Toolkit_v15-FINAL.pdf)
- <https://alcoholchange.org.uk/>



# Useful links

- <https://www.drinkaware.co.uk/>
- <https://www.changegrowlive.org/brighton-hove>
- <https://britishlivertrust.org.uk/>
- <http://hepctrust.org.uk/>