A Nurse Led Fibroscan® Outreach Clinic Encourages Socially Deprived Heavy Drinkers to Engage with Liver Services

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Background

• CLD 3rd largest cause of death in UK

• Most liver disease undiagnosed and untreated

• Alcohol plays a major role in development of cirrhosis

• Health inequality gap increasing
Research Context

• Collaborative service
• Drug and alcohol support
• Housing/Social support
• Visiting agencies
• Footfall 60-70 daily
Aims and Objectives

• Record uptake

• Determine prevalence

• Report engagement
Method

- Numbered information packs

- $\leq 7\text{kPa} – \text{no referral}$

- $>7\text{kPa} – \text{referral to nurse led liver clinic}$

- Monitor attendance via Trak for 6 months
Uptake of Fibroscan
n=118

- Participants (n=79)
- Non participants (n=39)
Demographics (n=79)

- Mean age = 46 years
- 63% male
- 37% female
- 87% linked with alcohol services
- 70% previous attempts at detox
- 5% currently abstinent
- 75% daily drinkers, 22% binge, 4% intermittent
Demographics (n=79)

- Mean length of drinking = 15 years
- 70% drank > 100 units weekly
- 86% no symptoms of concern
- Mean BMI = 26.5 kg/m²
- Risk of BBVs = 72%
Fibroscan results

n=76

- ≤7kPa (n=56) 74%
- ≥8kPa <12.5kPa (n=7) 9%
- >7kPa <8kPa (n=8) 10%
- ≥12.5 kPa (n=5) 7%
Diagnostic outcomes
n=76

- Cirrhotic (n=6)
- Fibrotic (n=4)
- Undiagnosed in nurse follow up (n=1)
- Non fibrotic discharged (n=1)
- Seen by nurse but no need for medical referral (n=8)
- No onward referral (n=56)

74%
8%
5%
11%
1%
1%
## Engagement

<table>
<thead>
<tr>
<th>Engagement of those requiring onward referral</th>
<th>Expected number</th>
<th>Number attended</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attended nurse appointment at the Hub</td>
<td>20</td>
<td>19</td>
<td>95%</td>
</tr>
<tr>
<td>Attended first medical appointment at RIE</td>
<td>12</td>
<td>11</td>
<td>92%</td>
</tr>
<tr>
<td>Attended six month follow up</td>
<td>10</td>
<td>9</td>
<td>90%</td>
</tr>
<tr>
<td>Attended USS</td>
<td>12</td>
<td>12</td>
<td>100%</td>
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</tbody>
</table>
Theory informing Discussion

- Self efficacy
- Theory of planned behaviour
- Health belief model
- Multi-component complex intervention
- Normalisation process theory
Conclusion

A nurse led Fibroscan® outreach clinic enables:

• early identification of liver disease

• encourages socially deprived drinkers to engage with liver services


SCHWABL, P. (1,2), BOTA, S. (1,2), SAZL, P. (1,2), MANDORFER, M. (1,2), PAYER, B.A. (1,2), FERLITCH, A. (1,2), TRAUNER, M. (1,2), PECK-RADOSAVLJEVIC, M., REIBERGERr, T. (1,2), STIFT, J. (3). and WRBA, F. (3)., 2015. New reliability criteria for transient elastography increase the number of accurate measurements for screening of cirrhosis and portal hypertension. Liver International. /02/01/, vol. 35, no. 2, pp. 381-390
Questions??

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