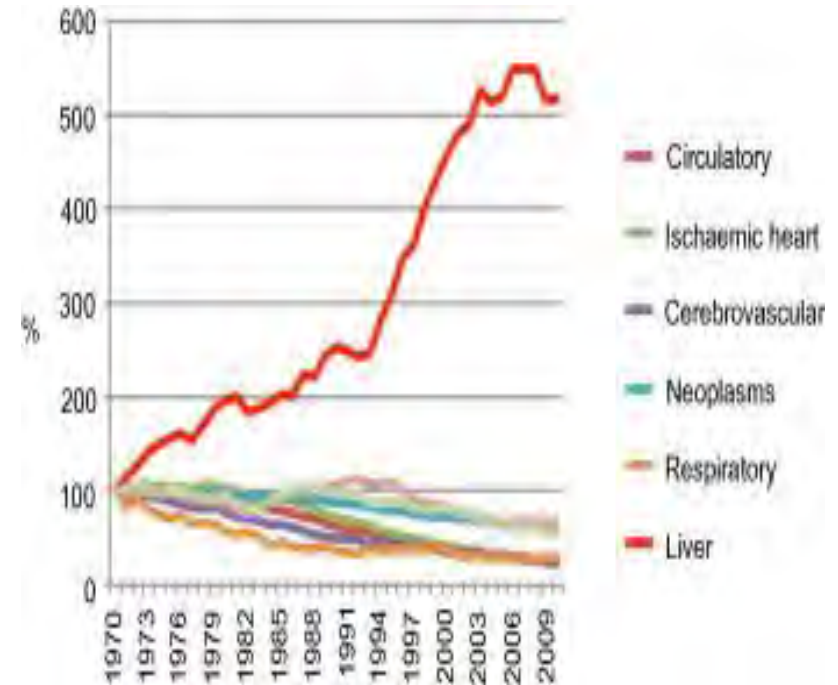


**A Nurse Led Fibroscan® Outreach Clinic Encourages
Socially Deprived Heavy Drinkers to Engage with
Liver Services**

Karen Matthews, Alastair MacGilchrist, Margaret Coulter Smith, Jacklyn Jones, Roseanne Cetnarskyj

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
- ≤ 7 kPa – no referral
- > 7 kPa – referral to nurse led liver clinic
- Monitor attendance via Trak for 6 months

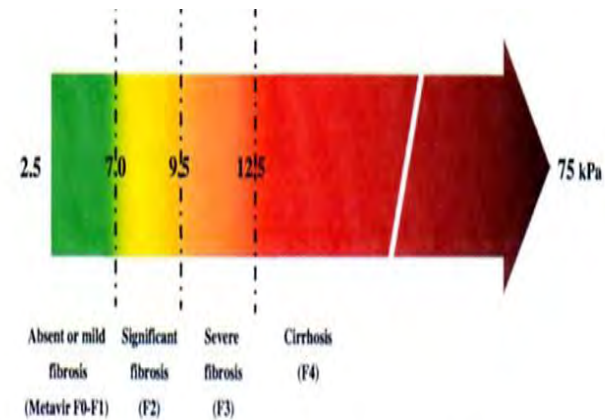
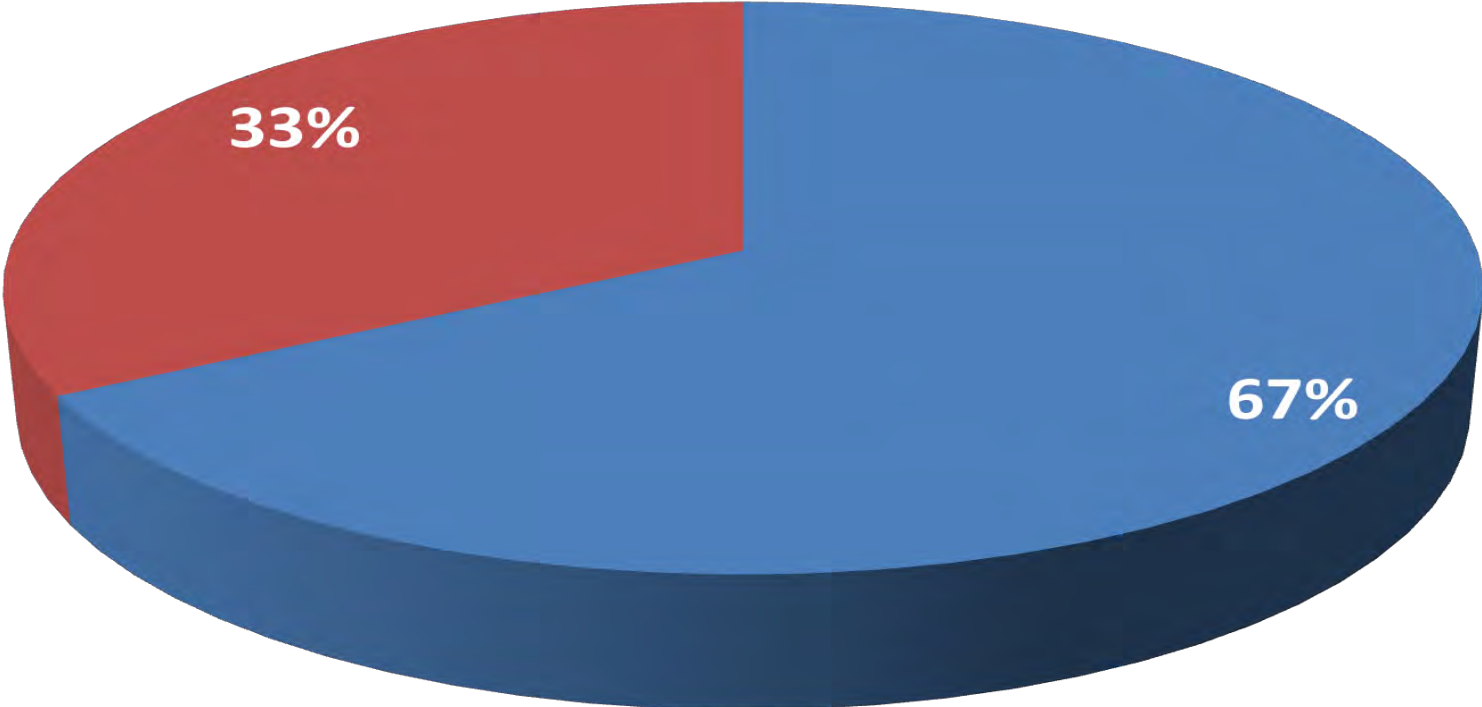


Fig. 6. Clinical significance of liver stiffness cut-offs in chronic liver diseases. When liver stiffness values range between 2.5 and 7 kPa, mild or absent fibrosis is likely, whereas when liver stiffness values are above 12.5 kPa, cirrhosis is likely.

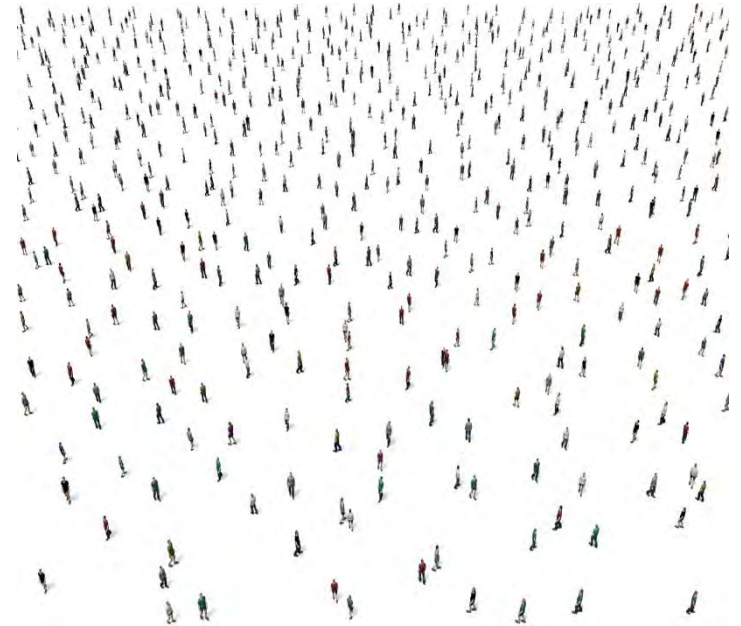
Uptake of Fibroscan n=118

■ 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 > 100units weekly
- 86% no symptoms of concern
- Mean BMI= 26.5kg/m²
- Risk of BBVs= 72%



Fibroscan results

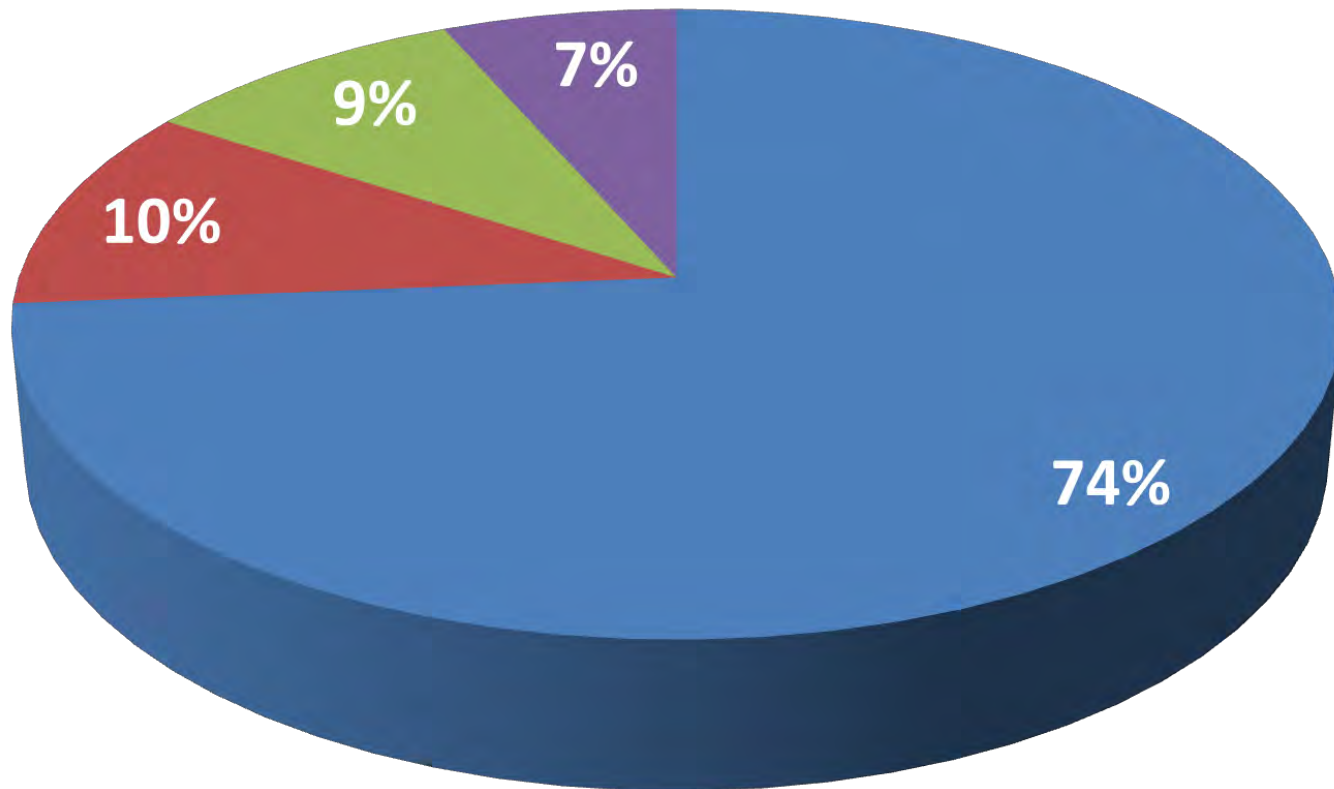
n=76

■ ≤ 7 kPa (n=56)

■ >7 kPa <8 kPa (n=8)

■ ≥ 8 kPa <12.5 kPa (n=7)

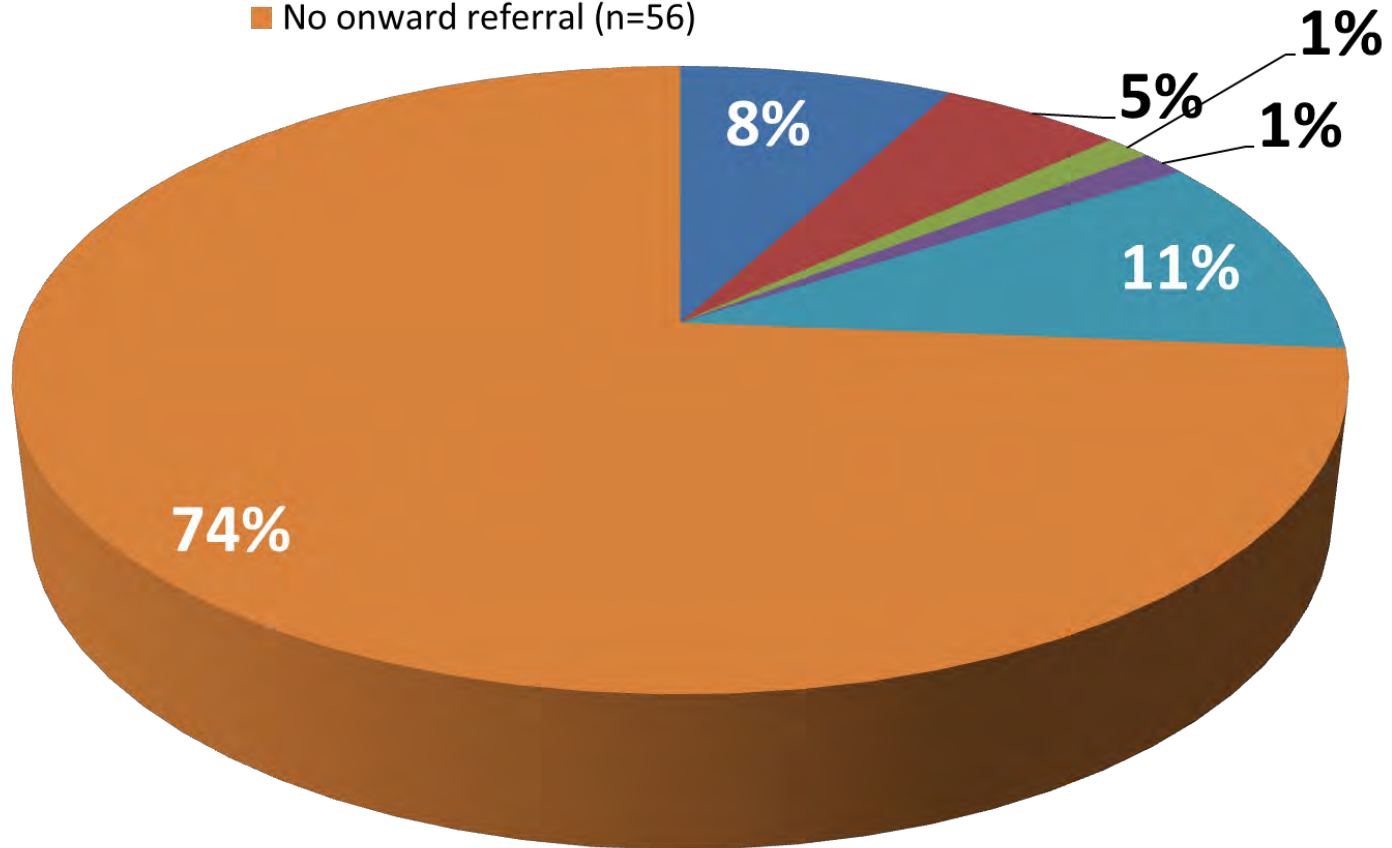
■ ≥ 12.5 kPa (n=5)



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)

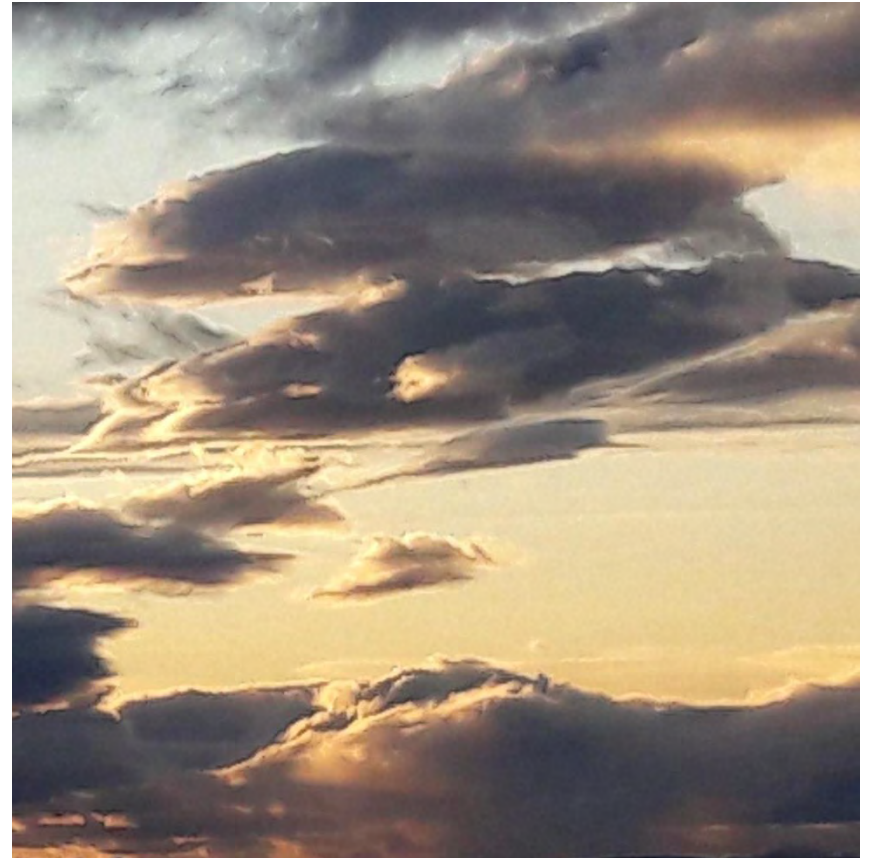


Engagement

Engagement of those requiring onward referral	Expected number	Number attended	Percentage
Attended nurse appointment at the Hub	20	19	95%
Attended first medical appointment at RIE	12	11	92%
Attended six month follow up	10	9	90%
Attended USS	12	12	100%

Theory informing Discussion

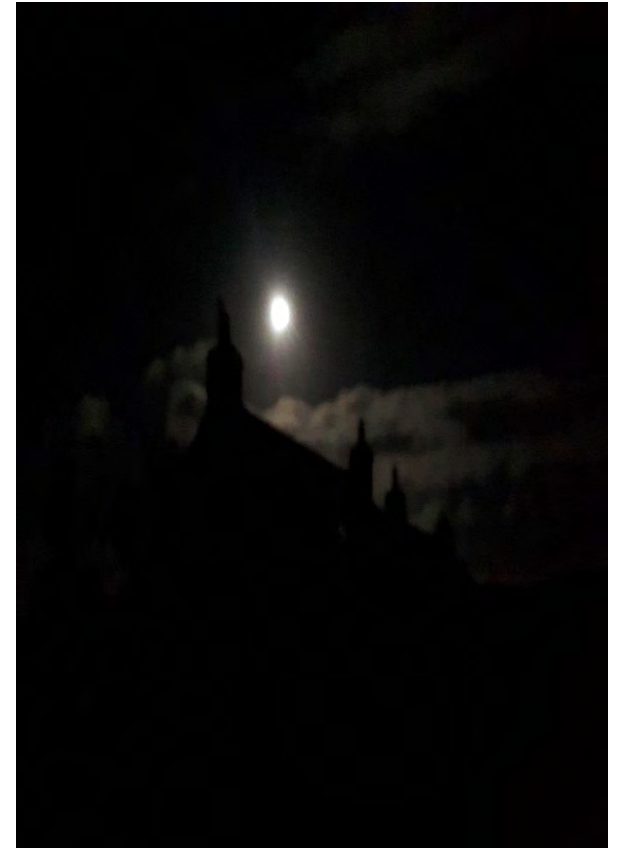
- Self efficacy
- Theory of planned behaviour
- Health belief model
- Multi-component complex intervention
- Normalisation process theory



Conclusion

A nurse led Fibroscan[®] outreach clinic enables:

- early identification of liver disease
- encourages socially deprived drinkers to engage with liver services



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Queen Margaret University
EDINBURGH

Questions??



Contact details:

kmatthews@qmu.ac.uk or

karen.matthews@nhslothian.scot.nhs.uk