

Background for proposal for AHP-Led Supported Self-Management Service for patients with non-alcoholic fatty liver disease (NAFLD)

- **NAFLD represents a spectrum of disease** ranging from simple fatty liver to non-alcoholic steatohepatitis, cirrhosis, liver cancer and liver failure.
- **NAFLD affects up to 30-40% of adults** in Western countries and is directly linked to overweight and obesity.
- There are **no approved drugs** to specifically target NAFLD, therefore **weight loss achieved through changes in dietary and physical activity behaviours is the recommended management approach.**
- The **current patient pathway in NuTH does not fulfil NICE and specialist EASL/BASL/BSG recommendations** in relation to the provision of tailored lifestyle interventions as a core treatment for ALL people with NAFLD.



Objectives:

1. To enhance patient care by improving access to evidence-based treatment for people with NAFLD based on NICE/EASL/BSG best-practice guidelines/recommendations and published patient feedback
2. To translate locally generated research findings into improvements in clinical practice
3. Longer term: To use the NAFLD service as a 'template' to develop other supported self-management pathways for patients with LTCs in NuTH



Plan for service development

- **Tailored patient education** on what NAFLD is/why they have developed it/what they can do about it
- **Individualised advice** (using Motivational Interviewing techniques) to support weight loss through dietary modification and increasing physical activity (patients with complex dietary needs will be referred on to the Specialist NAFLD dietitian)
- **Personalised goal setting** linked to weight loss/diet/physical activity
- Introduction to appropriate **self-monitoring** tools (linked to weight loss/diet/physical activity goals)
- **Signposting** to online or community-based resources (development of a menu of credible online resources and build links with community/third sector organisations in the region)
- **Group sessions** to support patients to self-manage their NAFLD (ideally community-based)
- Focus on addressing **health inequalities** within service development

Next steps:

Secure funding of a joint appointment between NuTH and Newcastle Uni for a Cons AHP/Clinical Academic role.

This will combine:

- **Clinical** (development of an AHP-Led Supported Self-Management Service for patients with NAFLD and LTCs)
- **Research** (to include BRC/Therapy Services priorities (VITALISE, BISTRO and SOLID studies in NAFLD); AHP research capacity building activities: PhD /MSc student supervision, 4Ps leadership, mentoring, attendance at the ‘NMAHP Research Capacity Building and Futures Group’)
- **Education** (teaching at NuTH (to include leading on MECC and PACC training) and HEIs)
- **Leadership** (across all pillars nationally (e.g. BASL Committee)/internationally (e.g. Lancet Commission; ESSA; ACSM; EASL))

