

The Sheila Sherlock Royal Free Hepatology Postgraduate Course 2019

Date: 15th – 17th May 2019

Location: Royal Free Hospital, London, United Kingdom

*Includes histopathology within talk

Includes radiology within talk

Day 1 Wednesday 15 th May	
08:30-08:45	Registration
08:45-08:55	Opening welcome & Introduction Professor Massimo Pinzani
Session 1	Hepatology in the Clinic (1) Liver disease and lifestyle. Chair: Professor Kevin Moore
08:55-09:15	Abnormal liver function tests – what should I do? (Dr Doug Macdonald) <i>Themes: interpreting and investigating abnormal LFTs Aim: to provide an overview of common differentials for abnormal LFTs, key investigations required & where able to rationalise in routine practice.</i>
09:15-09:45	Alcohol-related liver Disease (Professor Kevin Moore) <i>Themes: presentation of ALD in clinic and acutely, liver biochemistry, alcohol withdrawal, prognosis. Aim: to equip doctors to discuss with their patients the risk of harmful drinking and manage acute presentations.</i>
09.45-10:10	'Nothing can be done.' Or can it? Strategies to reduce harmful drinking (Dr Gautam Mehta) <i>Themes: strategies to reduce alcohol intake from a public health level to technological and brief interventions. The role of alcohol liaison nurses in acute presentations. Aim: to inform doctors what can be done on a national and individual patient level to reduce levels of alcohol intake.</i>
10.10-10:15	Discussion
10:15-10:40	NAFLD (Dr Penny Manousou) <i>Themes: prevalence, risk factors and natural history of NAFLD, histological disease stage and prognostic significance Aim: to understand which patients develop advanced disease and why.</i>
10:40-11:05	Coffee

<p>11:05-11:30</p>	<p>Who to refer with ALD and NAFLD to secondary care (Dr Emmanuel Tsochatzis) <i>Themes: non- invasive markers of liver disease, risk stratification, management options in secondary care including emerging drug therapies.</i> <i>Aim: to focus secondary care referrals and understand the therapeutic landscape for NAFLD</i></p>
<p>Session 2</p>	<p>Hepatology in the Clinic (2) Viral hepatitis. Chair: Professor William Rosenberg</p>
<p>11:30-12:00</p>	<p>Hepatitis B (Dr Doug MacDonald) <i>Themes: Prevalence, diagnosis, natural history of hep B, decisions to treat, available strategies, HCC risk.</i> <i>Aim: to understand who to treat, with which drugs, and when screening is appropriate.</i></p>
<p>12:00-12:30</p>	<p>Hepatitis C (Professor William Rosenberg) <i>Themes: efficacy of DAAs, NHS treatment networks, WHO elimination plans, the role of primary care.</i> <i>Aim: to understand the transformation of outcomes due to DAAs, and the evolving landscape of service delivery.</i></p>
<p>12:30-12:35</p>	<p>Discussion</p>
<p>12:35–13.30</p>	<p>Lunch (optional Fibroscan demonstration)</p>
	<p>Optional lunchtime workshop (12.50-13.20): Implementing efficient primary care referral pathways (Dr Emmanuel Tsochatzis) <i>Themes: sharing the Royal Free experience in Camden for NAFLD referrals and ALD link up with the community</i> <i>Aims: for GPs/consultants/ senior SPRs to understand aspects of service development in communication with primary care.</i></p>
<p>Session 3</p>	<p>Hepatology in the Clinic (3) Hereditary liver diseases. Autoimmune liver disease. Chair: Professor Steve Pereira</p>
<p>13:30-14:00</p>	<p>Wilson’s Disease (Sheila Sherlock invited lecture - Professor Peter Ferenci, Vienna, Austria) <i>Themes: pathophysiology, interpreting serology, genetic tests and counselling, the role for liver biopsy and imaging, management for Wilson’s disease.</i> <i>Aim: to have a clear understanding of how to interpret biochemistry, when genetic tests aid diagnosis, treatment targets & latest evidence.</i></p>
<p>14:00-14:30</p>	<p>PBC (Dr Doug Thorburn) <i>Themes: epidemiology, natural history, diagnosis, therapeutic options for disease modification and symptom control. Update on recent BSG guidance.</i></p>

	<i>Aim: understand the holistic management of PBC, including challenging symptoms such as pruritus and fatigue.</i>
14:30-15:00#	<p>PSC (Professor Steve Pereira) <i>Themes: diagnosis, investigations, natural history and complications, endoscopic management, screening (HCC/cholangiocarcinoma/CRC), transplant selection. Radiological features of dominant stricture/ cholangiocarcinoma.</i> <i>Aims: to know which patients benefit from endoscopic intervention, how to manage cholangitis, optimal screening strategies, variant syndrome indications for transplant.</i></p>
15:00-15:30*	<p>Autoimmune Hepatitis (Dr Doug Thorburn) <i>Themes: diagnosis (serology, imaging, biopsy, scoring systems), treatment initiation-monitoring-withdrawal.</i> <i>Aim: to know how to confidently diagnose and manage AIH, and when to refer to specialists.</i></p>
15:30-15:50	Coffee
Session 4	<p>Hepatology in the Clinic (4) – Hereditary liver diseases. Liver lesions MDT. Chair: Dr Aileen Marshall</p>
15.50-16.10	<p>Hereditary Haemochromatosis (Dr James Dooley) <i>Themes: interpreting serology, genetic tests and counselling, the role for liver biopsy and imaging, management of haemochromatosis.</i> <i>Aim: to have a clear understanding of interpreting biochemistry, diagnosis including genetic testing, and management.</i></p>
16:10-17:00#	<p>Investigation and management of liver lesions, HCC and Cholangiocarcinoma (Dr Aileen Marshall, Dr TuVinh Luong, Dr Dominic Yu, Professor Steve Pereira). <i>Themes: differentials of liver lesions and follow-up, histological features of benign and malignant lesions, radiological features of HCC and cholangiocarcinoma, Barcelona staging, management options.</i> <i>Aim: to understand when able to appropriately discharge patients with benign liver lesions, the management options appropriate to each stage of HCC and cholangiocarcinoma.</i></p>
	Close

Day 2 Thursday 16 th May	
Session 5	Hepatology on the acute medical take (1) Chair: Dr Jennifer Ryan
09:00-09:30	Acute Confusion (Dr Jane MacNaughtan) <i>Themes: Differential diagnosis, causes of hepatic encephalopathy (HE), key acute investigations, treatment and prophylaxis of HE.</i> <i>Aim: adopt a structured approach to managing a patient with acute confusion and chronic liver disease in A&E/AAU.</i>
09:30-10:00*	Jaundice in the alcohol-dependent patient (Dr Jennifer Ryan) <i>Themes: differentials of jaundice in alcohol-dependent patients presenting to A&E; important acute tests to differentiate ALF/decompensation/obstructive jaundice; diagnosis of alcoholic hepatitis, role of steroids and Lille scoring, impact of sepsis.</i> <i>Aim: to be confident diagnosing and managing patients with alcoholic hepatitis, with appropriate initiation and withdrawal of steroids and treatment of sepsis.</i>
10:00-10:05	Discussion
10:05-10:35	Ascites, SPB and Renal Dysfunction (Dr Emmanuel Tsochatzis) <i>Themes: Prognostic significance of ascites and renal impairment in cirrhosis; pathophysiology; key initial investigations; drug therapy and complications; TIPSS.</i> <i>Aims: to competently diagnose ascites, SPB and HRS on the medical take and identify causes; to be able to initiate and adjust medical therapy, and decide when to escalate to other treatments e.g. TIPSS, renal replacement therapy.</i>
10:35-11:00	Coffee
Session 6	Hepatology on the acute medical take (2) Chair: Dr Raj Mookerjee
11:00-11:30	Medical management of portal hypertension (Dr Raj Mookerjee) <i>Themes: Primary prophylaxis for varices; efficacy of non-selective beta-blockers (NSBB); the therapeutic 'window' & contra-indications; emerging new therapies.</i> <i>Aim: to review primary prophylaxis guidelines for variceal bleeding, clinical indications, and when it is appropriate to dose-reduce or hold NSBB.</i>
11:30-12:00[#]	Variceal Bleeding (Dr David Patch)

	<p><i>Themes: causes (cirrhotic and non-cirrhotic), pathophysiology, vascular anatomy. Resuscitation, rationale for antibiotics and terlipressin, endoscopic and radiological management. Images/Video of TIPSS.</i></p> <p><i>Aim: to identify different causes of variceal bleeding, and how this may impact presentation; to know the fundamental importance of good resuscitation; timing and location of endoscopic management; when to consider escalation to TIPSS.</i></p>
12:00-12:30[#]	<p>Vascular Liver Disease (Dr David Patch and Dr Dominic Yu)</p> <p><i>Themes: Budd Chiari syndrome and acute portal-splenic vein thrombosis: causes, diagnosis and management</i></p> <p><i>Aim: to be able to identify and treat acute splanchnic vein thrombosis in a timely way with appropriate anticoagulation.</i></p>
12:30-13:30	Lunch
	<p>Hepatology on the acute medical take (3) Chair: Professor Massimo Pinzani</p>
13:30-14:00	<p>A pregnant woman with deranged LFTs (Dr Rachel Westbrook)</p> <p><i>Themes: causes of liver disease in pregnancy; pregnancy-related liver disease emergencies; pregnancy & cirrhosis.</i></p> <p><i>Aim: to take a structured approach when assessing a pregnant lady with deranged LFTs.</i></p>
14:00-14:30*	<p>Drug-induced liver injury (Professor Massimo Pinzani)</p> <p><i>Theme: case-based examples of patterns of DILI, acute presentations and diagnosis.</i></p> <p><i>Aim: to understand the breadth of causes and histological types of DILI, and a structured approach to diagnosis.</i></p>
Session 7	<p>Hepatology in the Intensive care unit (1) Admitting a patient with liver disease to ITU Chair: Professor Rajiv Jalan</p>
14:30-15:00	<p>Cirrhosis- the disease trajectory (Professor Rajiv Jalan)</p> <p><i>Themes: the prognostic significance of key stages of disease; decompensation; ACLF and scoring systems.</i></p> <p><i>Aim: to understand where our patients lie in the 'big picture' of outcomes to frame treatment decisions/ escalation and discussion with ITU.</i></p>
15:00-15:40	<p>'Hawks and Doves:' medical ethics and ceilings of care (Dr Phillip Berry)</p> <p><i>Themes: ethical considerations in deciding when to escalate or withdraw care; factors influencing our negotiations with ITU.</i></p>

	<i>Aim: to grasp the complex interplay of personality/experience/ethical frameworks, in the context of scoring systems and evidence-based outcomes. To facilitate discussions with colleagues in ITU.</i>
15:40-15:45	Discussion
15:45-16:15	Coffee
Session 8	The Sheila Sherlock Hepatology Debate 2019 Chair: Professor Mark Thursz
16:15-16:55	Debate: patients with acute-on-chronic liver failure should be prioritised for urgent liver transplantation. For: Professor Rajiv Jalan Against: Dr David Patch
16:55-17:00	Close
	Social event/networking

Day 3 Friday 17th May	
Session 9	Hepatology in the Intensive Care Unit (2) The sick liver patient Chair: Dr Alistair O'Brien
09:00-09:40	Acute liver failure (Dr Jennifer Ryan) <i>Themes: aetiology, clinical course and prognosis, when to refer to ITU, complications and management of acute liver failure (ALF), indications for transplant. Aim: to recognise ALF early, understand when patients need referral to a transplant centre, and the optimal management of acute complications.</i>
09:40-10:00	Coagulation in liver disease (Dr Ameet Dhar) <i>Themes: abnormalities of haemostasis in cirrhosis and ALF, including both pro-thrombotic tendencies and increased bleeding risk; methods to measure haemostasis; invasive procedures in liver patients; management and sequelae of portal vein thrombosis. Aim: to understand the limitations of standard lab assays to assess haemostasis in liver patients and use this knowledge to appropriately manage patients requiring invasive procedures.</i>
10:00-10:05	Discussion
10.05-10.30	Infection in liver disease (Dr Alistair O'Brien) <i>Themes: prognostic implications of bacterial and fungal infections in cirrhotic patients, emergence of antibiotic</i>

	<p><i>resistant bacterial strains, role of albumin in decompensated liver disease.</i></p> <p><i>Aim: to understand the prognostic implications of infections and antibiotic resistance in liver disease.</i></p>
10:30-10:55	<p>Nutrition in liver disease (Professor Marsha Morgan)</p> <p><i>Themes: practical guide to nutritional assessment in cirrhosis, sarcopenia, recommendations for management.</i></p> <p><i>Aim: to understand the prognostic implications of malnutrition/sarcopenia, and dietary recommendations.</i></p>
10:55-11:20	Coffee
Session 10	<p>Transplant (1)</p> <p>Chair: Professor Jeorg-Matthias Pollok</p>
11:20-11:50	<p>Transplant selection and workup (Dr Aileen Marshall)</p> <p><i>Themes: UK listing criteria, transplant assessment, role of the multi-disciplinary team.</i></p> <p><i>Aim: to know when to refer patients for assessment and understand the criteria for listing for liver transplantation.</i></p>
11:50-12:20	<p>Liver transplant: from donor retrieval to surgery (Mr Charlie Imber)</p> <p><i>Themes: organ allocation, retrieval and surgical procedures during a liver transplant operation.</i></p> <p><i>Aim: to have an awareness of the surgical aspects of liver transplantation.</i></p>
12:20-12:50	<p>Post-transplant care (Dr Rachel Westbrook)</p> <p><i>Themes: immunosuppression, common complications and their time course.</i></p> <p><i>Aim: to be familiar with immunosuppression regimens and recognise complications which may need discussion with a local transplant centre.</i></p>
12:50-13:50	Lunch
Session 11	<p>Transplant (2)</p> <p>Chair: Dr Rachel Westbrook</p>
13:50-14:50	<p>Transplant MDT (Dr Rachel Westbrook)</p> <p><i>Themes: to draw together the concepts of transplant session 1 in an MDT format discussing real-life cases and issues involved in the decision to list for transplant.</i></p> <p><i>Aim: to re-enforce knowledge on disease stage, co-morbidities (e.g. diabetes, or hepatopulmonary syndrome), and social factors (e.g. alcohol abstinence, smoking) and the role they play in decisions to list for transplant.</i></p>
14:50-15:20[#]	<p>Palliative Care (Dr Phillip Lodge)</p> <p><i>Themes: disease trajectories and identifying the dying patient; timing of palliative involvement; optimised symptom management and impact of liver function of pharmacotherapy.</i></p>

	<i>Aim: to better integrate palliative care into the management of patients with end stage liver disease.</i>
15:20-15:30	Discussion
15:30	Closing statement (Professor Massimo Pinzani)