Patient details

**Care bundle: Management of patients with non-alcoholic fatty liver disease**

Date seen…………………………

|  |  |  |  |
| --- | --- | --- | --- |
| Weight (kg) | Height (m) | BMI | BP (mmHg) |
| Overweight/ □ Obesity  | Type 2 diabetes □Year diagnosed: …………. | Hypertension □ | Dyslipidaemia □ |
| Current alcohol consumption units/weekIf alcohol consumption consistently greater than 14/21 units per week for females/males, this is not NAFLD |
| **Current stage of NAFLD Last staging date**: …………………… Stage at diagnosis and then re-stage every 3 years or more frequently, non-invasively where possible.  |
| Liver biopsy: NAS Grade………………. Stage………………………Date……………………. N/A |
| FIB-4 score =  |
| Fibroscan = kPa Date……………………. N/A |
| **Lifestyle changes**  |
| Ensure information leaflets on NAFLD given |  Y N |
| Change in weight since last clinic appointment (+ or -) |  kg % |
| Target weight (aim >5% weight loss if overweight and >10% if obese) |  kg |
| Discuss/reinforce dietary advice |  Y N |
| If not losing weight offer referral to dietician  |  Y N N/A decline |
| Current activity levels & discuss increasing activity/exercise |
| **Managing metabolic risk factors** |
| Review BP (further monitoring or treatment if BP>140/90 via GP) |  Y N |
| Review diabetic control/ screen for diabetes(If suboptimal control, then advise GP/diabetologist to review regimen) |  Y N |
| Ensure on statin - If no, why not? Not tolerated □ Low risk □ (statins are recommended for patients with T2DM or a QRISK2 >10%) |  Y N  |
| Smoking cessation advice Smoker: Y N |  Y N NA |
| **Specific NAFLD treatment:** If patients have NASH and/or ≥F2 on biopsy (or Fibroscan > 8 and FIB-4 >1.3) consider referring to specialist clinic for a trial or specialist treatment |  Y N N/A |
| **Routine investigations:** FBC, U/E, LFT, AST, GGT, HbA1c, glucose, lipids (fasting preferred). If Cirrhotic: AFP, vitamin D. Check liver screen completed. |
|  **Consultation:** |

