

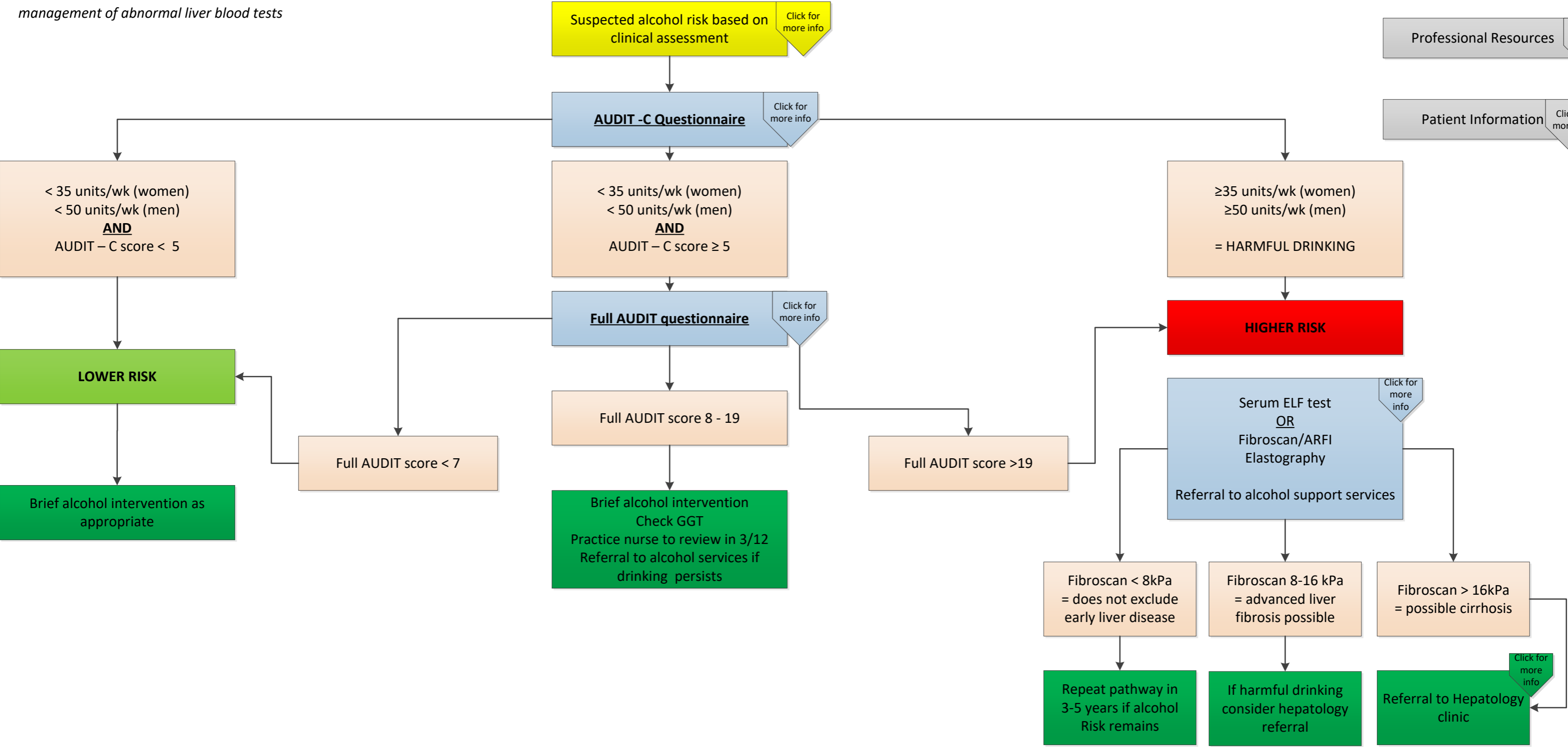
Alcohol-Related Liver Disease Algorithm

NB- Based on BSG Guidelines on the management of abnormal liver blood tests

Abbreviations [Click for more info](#)

Professional Resources [Click for more Info](#)

Patient Information [Click for more Info](#)



Abbreviations

- ALP = Alkaline Phosphatase
- ALT = Alanine aminotransferase
- AMA = Anti-mitochondrial antibody
- AMSA = Anti-smooth muscle antibody
- ANA = Antinuclear antibody
- ARFI = Acoustic radiation force impulse
- ARLD = Alcohol related liver disease
- AST = Aspartate aminotransferase
- BMI = Body Mass Index
- FBC = Full blood count
- FIB-4 = Fibrosis -4
- GGT = γ Glutamyl transferase
- INR = International normalise ratio
- LDH = Lactate dehydrogenase
- NAFLD = Non-alcoholic fatty liver disease
- NFS = NALFD fibrosis score
- PT = Prothrombin time
- Serum ELF = Serum enhanced liver fibrosis
- T2DM = Type 2 diabetes mellitus
- USS = Ultrasound scan



General

- Most common cause of liver-related mortality in Western populations
- If BMI >35, risk of liver disease doubles for any given alcohol intake
- Aim of management = alcohol cessation
- NB – Normal liver blood tests **DO NOT** rule out advanced liver fibrosis or cirrhosis



AUDIT Questionnaire

- Lancet Commission:
 - AUDIT -C for 1st line screening in high risk group
 - Full 10-item AUDIT → determine need to investigate for liver disease
- AUDIT Score:
 - If > 19 → referral to alcohol services
 - If ≥ 8 → consider referral to alcohol services

Back to
Pathway

Fibrosis

- NICE guidance (NG50):
 - Fibroscan/ARFI if alcohol intake >50 units/wk (men) or >35 units/wk (women)
 - If known cirrhosis → screening for oesophageal varices and hepatocellular carcinoma
- If GGT > 100U/L assess for liver fibrosis.

Back to
Pathway

Hepatology Clinic

- High risk patients should be referred to Hepatology clinic for:
 - Specialist assessment of liver disease
 - Management of advanced fibrosis
 - Screening and treatment of portal hypertension
 - Hepatocellular carcinoma screening and management.

Professional Resources

1. Newsome PN, Cramb R, Davison SM, et al. Guidelines on the management of abnormal liver blood tests. Gut. 2018;67(1):6-19. doi:10.1136/gutjnl-2017-314924. **(British Society of Gastroenterology guidance. Last reviewed: 9th December 2021)**
2. NICE. Non-alcoholic fatty liver disease (NAFLD): assessment and management. [NG49].Published: 06 July 2016. **www.nice.org.uk/guidance/ng49**
3. NICE. Cirrhosis in over 16s: assessment and management. [NG50]. Published: 06 July 2016. **www.nice.org.uk/guidance/ng50**
4. GOV.UK. Office for Health Improvement and Disparities. Alcohol use screening tests. Guidance. Published: 01 June 2017. Last updated: 30 October 2020. **<https://www.gov.uk/government/publications/alcohol-use-screening-tests>**
5. RCGP. Liver disease toolkit. **<https://elearning.rcgp.org.uk/mod/book/view.php?id=13042>**
6. Lilford RJ, Bentham L, Girling A, et al. Birmingham and Lambeth Liver Evaluation Testing Strategies (BALLETS): a prospective cohort study. Health Technol Assess. 2013;17(28):i-307.doi:10.3310/hta17280

Patient Information

1. Liver Function tests. Patient UK: **<https://patient.info/digestive-health/abnormal-liver-function-tests-leaflet>**
2. Gilbert's Syndrome. Patient UK: **<https://patient.info/digestive-health/abnormal-liver-function-tests-leaflet/gilberts-syndrome>**
3. Non-alcoholic fatty liver disease. British Liver Trust: **<https://britishlivertrust.org.uk/information-and-support/liver-conditions/non-alcohol-related-fatty-liver-disease/>**
4. Alcohol related liver disease. British Liver Trust: **<https://britishlivertrust.org.uk/information-and-support/liver-conditions/alcohol-related-liver-disease/>**
5. Liver conditions. British Liver Trust: **<https://britishlivertrust.org.uk/information-and-support/liver-conditions/> (NB – Links to pages for other liver conditions)**