



What does a NAFLD patient journey look like? Importance of HR-QoL



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Flash for webinar (~20 mins)

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NAFLD, mental health and QoL

Public awareness of fatty liver disease is much lower than for other chronic diseases.

NAFLD has a marked effect on HRQoL. Four components of a participants' health-related quality of life (HRQoL-4) over a previous 30-day period were assessed and there was a significant difference for NAFLD patients compared with controls for 3 out of the 4 components.¹

Another study analyzed 567 patients with biopsy-proven NAFLD enrolled in the Duke NAFLD Clinical Database. Depressive and anxiety symptoms were assessed using the Hospital Anxiety & Depression Scale (HADS). The associations of depression and anxiety with severity of histological features of NAFLD were analyzed using multiple logistic (or ordinal logistic) regression models. Depression was found to be associated with more severe hepatocyte ballooning in NAFLD.²

A negative relationship between ballooning grade and mini-mental state examination (MMSE) has also been shown in NAFLD patients.³

The prevalence of OSA in patients with severe fibrotic NAFLD is high and the degree of fibrosis is independently associated with the degree of nocturnal oxygen saturation <95%: f2–f4 fibrosis related factor.⁴

Experience in China

NAFLD has become the most common chronic liver disease in China, with ~50% of diagnoses compared with ~26% for viral hepatitis ~15% of ALD.⁵ NAFLD is common in non-obese Chinese:

- Prevalence of NAFLD among non-obese: 7.3%
- Five-year NAFLD cumulative incidence: 8.9%

There is an urgent need for non-invasive tools for NASH, to diagnose, monitor treatment response and predict prognosis.⁶

RWE: real-world evidence; **EPL:** essential phospholipids; **NAFLD:** non-alcoholic fatty liver disease; **NASH:** non-alcoholic steatohepatitis; **ALD:** alcoholic liver disease; **T2DM:** type 2 diabetes; **QoL:** quality of life; **HrQoL:** health-related quality of life; **OSA:** obstructive sleep apnea.

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Importance of HR-QoL

NAFLD patient QoL-caring initiative (NICE)⁷

Aim: to assess the impact of NAFLD on Chinese patients' HRQoL, to investigate whether variables related to sociodemographic characteristics, degree of liver impairment and clinical comorbidities are independently associated with HRQoL, and finally, to identify significant related factors of the HRQoL in these patients by Chronic Liver Disease Questionnaire-Non-Alcoholic Fatty Liver Disease (CLDQ-NAFLD).⁸

Data were collected from 90 hospitals in 24 provinces.

Tools: the study uses the CLDQ-NAFLD questionnaire a disease-specific instrument developed and validated for assessment of HRQoL in patients with NAFLD. It has 36 items (29 items from original CLDQ and 7 new items) grouped into 6 HRQoL domains: Abdominal Symptoms, Activity, Emotional, Fatigue, Systemic Symptoms and Worry.

The questionnaire is designed to find out how a patient has been feeling during the last 2 weeks.

And the Stage of Change in Self-Management of Chronic Diseases: University of Rhode Island Change Assessment (C-URICA) Scale which has 32 items representing four stages of change, with 8 items in each of the precontemplation, contemplation, action and maintenance sections.⁹

Enrollment: patients of at least 18 years of age seen in the outpatient departments of 90 hospitals across China between March 1st and August 1st 2019 were enrolled.⁷

Ultrasound, computed tomography (CT), magnetic resonance imaging (MRI) at 24 months and liver biopsies at 36 months were used to identify adult patients with NAFLD, all other causes of liver damage were excluded.

BMI, treatment regimen and disease severity were all significantly associated with poorer HRQoL scores. The presence of comorbidities and cardiovascular disease also were associated with decreased HRQoL.⁷

More than 93% of NAFLD patients were in a precontemplation state as measured by the C-URICA Scale which correlated with obesity, cardiovascular disease and TG level.⁷

At this stage, people do not intend to take action such changing their behavior in the foreseeable future (defined as within the next 6 months).

References

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Key learnings:



Understand the relationship between NAFLD and mental health and QoL.



Review of the findings from the NICE project, which has assessed the impact of NAFLD on HRQoL in China.



The importance of incorporating QoL measures to adopt a patient-centric approach to NAFLD management.

Main take aways:



The logo features a stylized liver shape with a hexagonal pattern, transitioning from orange to red. The text "1st GLOBAL LIVER HEALTH FORUM" is written in white, bold, sans-serif font over the liver shape.

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