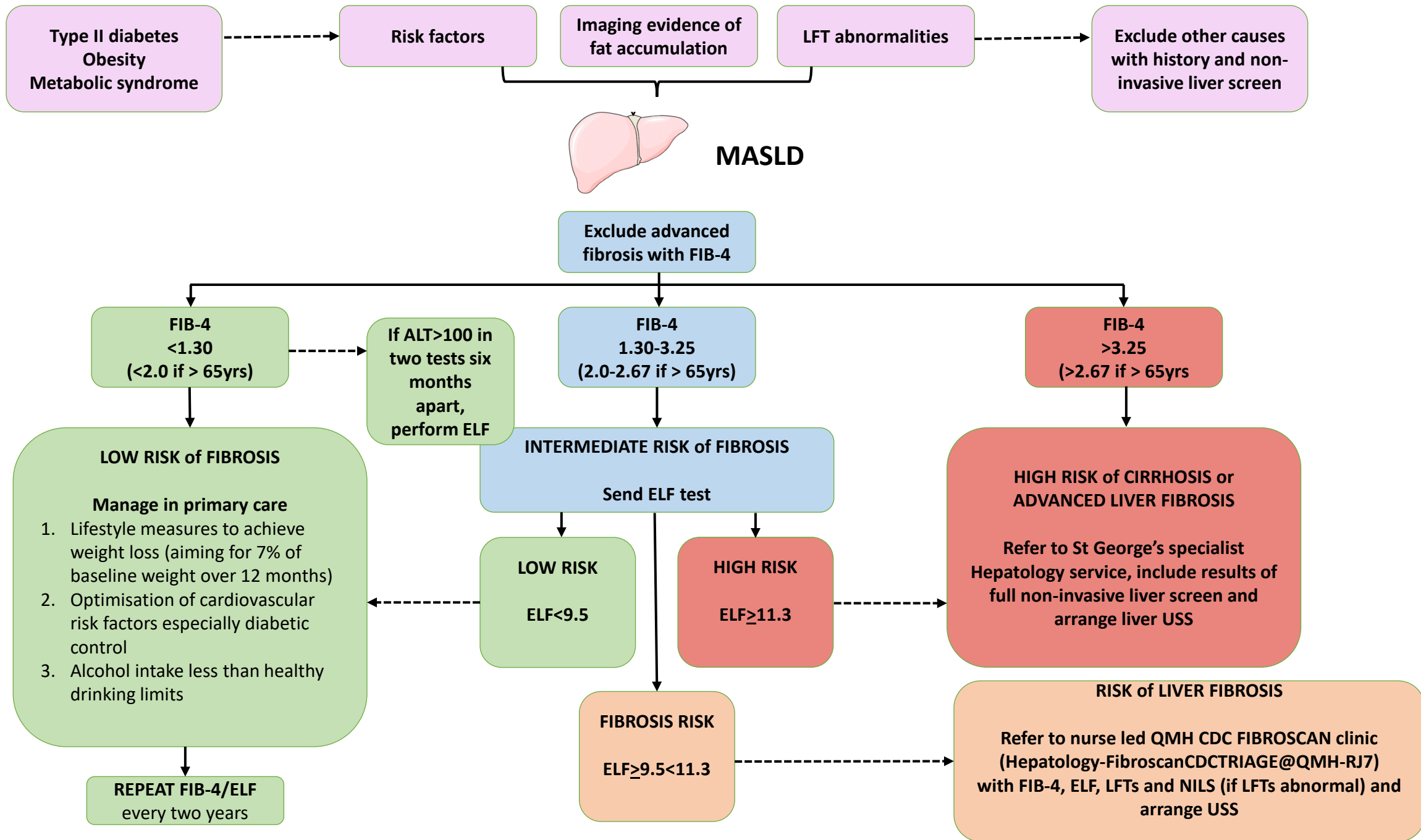




Wandsworth and Merton Protocol for Diagnosis and Referral of Metabolic Dysfunction Associated Steatotic Liver Disease(MASLD)

MASLD is common in patients with type II diabetes, dyslipidaemia, hypertension and BMI>25. It may be diagnosed by liver ultrasound appearances or when abnormal liver function tests occur in association with the above risk factors and with an otherwise normal non-invasive liver screen (NILS = liver autoantibodies, ANA, immunoglobulins, alpha1antitrypsin, HBV/HCV serology, ferritin, lipids, HbA1C, AFP and ceruloplasmin if <40 years). Those who drink moderate amounts of alcohol (<35u in females, <42u in males) with metabolic risk factors can be assessed through this pathway.

All patients with MASLD should have a fibrosis assessment, which can be requested and completed in primary care and through the Community Diagnostic Centre, in order to identify patients with advanced fibrosis. Advanced fibrosis is associated with progression to liver cirrhosis, hepatocellular carcinoma as well as myocardial infarction, ischaemic stroke and death from cardiovascular causes. These patients should be referred to a specialist Hepatology service at St George's. Patients **without** advanced fibrosis should be managed in primary care with medical and lifestyle measures to improve cardiovascular and liver outcomes.

MASLD fibrosis assessment:

Request or calculate FIB-4, using ALT, AST and platelet count (yellow top and EDTA)

This can be ordered directly from SWLP

FIB-4 <1.3 (<2.0 if over 65) = low risk of advanced fibrosis (NPV 88-95%) and manage in primary care

FIB-4 >3.25 (>2.67 if over 65) = high risk of advanced fibrosis or cirrhosis (PPV 75-90%) and refer to Hepatology service

FIB-4 =1.3-3.25 (2.0 to 2.67 if over 65) = intermediate risk of advanced fibrosis and go to step 2 ELF

Step 2: ELF (Enhanced Liver Fibrosis) testing will be performed as a reflex test if FIB-4 gives an intermediate result

ELF <9.5 = low risk of advanced fibrosis and manage in primary care

ELF ≥11.3= high risk of advanced fibrosis or cirrhosis and refer to Hepatology service

ELF ≥9.5,<11.3= risk of liver fibrosis and refer to QMH Community Diagnostic Centre FIBROSCAN clinic (Hepatology-FibroscanCDCTRIAGE@QMH-RJ7)