



## Example of innovative and best practice in the management of liver disease

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| <b>Name of project:</b>    | Liver Matters                                |                          |         |
| <b>Project start date:</b> | April 2016                                   | <b>Project end date:</b> | Ongoing |
| <b>Submitted by:</b>       | Vicky Lindsay, Senior Practitioner, Aquarius |                          |         |

### Introduction:

The Liver Matters project works across the Birmingham South Central CCG to enhance the quality of life for people with alcohol-related liver disease and their carer(s) and families.

### Aims:

- to provide advice and information about liver disease to individuals, families and the community;
- to liaise and coordinate between individuals, families and services in order to maximise the effectiveness of treatment;
- to provide support to individuals and families with volunteers to support abstinence;
- to facilitate expansion of social networks and encourage a healthy lifestyle;
- to ensure supportive and end of life pathways are open for the individual, preparing them, their relatives and staff for the possibility of death.

### Actions:

- Case co-ordination to ensure clients and families have access to treatment and support to meet their health, social care and financial needs;
- Volunteer-led activities to help those who are mobile to access social and well-being resources, like walking, craft and coffee mornings and walking football;
- Home visiting to support abstinence and provide emotional and practical support, for example transport to appointments;
- Advice and information about liver disease to individuals, families and the community;
- Liaison and coordination between individuals, families and services;
- Volunteer befriending services for individuals and their families who are isolated with alcohol related liver disease.

### Results:

#### Health improvement:

- Increased understanding about liver disease and advice on healthier lifestyle;
- Increased abstinence;
- Increased attendance at planned medical appointments, support at medical appointments; helps to ensure all medical needs are addressed;
- Support to implement medical advice and medication regimens;

- Improved access to support from home nursing teams;
- Liaison with hospital teams improved through close working with QE Hospital clinical nurse specialist in hepatology;
- Increased number of end of life discussions, with individuals, their families and other professionals.

Social Improvement:

- Reduced isolation for clients and family members;
- Increased social and physical activity;
- Increase in benefits take up;
- Support to maintain tenancies and improve housing conditions.

If you would like further information about this project please contact [livermatters@aquarius.org.uk](mailto:livermatters@aquarius.org.uk)