



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

Name of project:	Middlesbrough Live Well Centre:	
Project start and end dates:	Start date: 2017	Project end date: On-going
Submitted by:	Jonathan Bowden, Advanced Public Health Practitioner Rachel Burns, Health Improvement Specialist Middlesbrough	

Aims of the project:

Middlesbrough has developed a 'Live Well Centre'.

The centre is a one-stop shop to support people in changing their lives for the better across a full spectrum of life issues.

Current plans are specifically to build in identification of risk factors for liver disease and signposting to further interventions as part of an opportunistic screening programme with a view to reducing the high burden of liver disease in the town.

Introduction:

Planned approaches to the prevention of liver disease and its early detection through opportunistic health screening at the Live Well Centre will be:

Alcohol misuse

- Screening for alcohol misuse through recording of units consumed/week and AUDIT C test.
- Signposting to recommended interventions for all those who are drinking in a hazardous or harmful way

- Signposting to the liver harm reduction clinic for consideration of further investigation (transient elastography) for those who drink > 50units/week (men) and 35 units/week (women)

Obesity and the metabolic syndrome

- Screening for obesity through measurement of BMI
- Signposting to interventions for all those who are overweight and obese, including signposting to GP for those with a BMI >30
- Screening for diabetes for those at higher risk through random glucometer testing
- Signposting to the GP for those with an abnormal screening glucometer test

Chronic hepatitis B or C virus infection

- Assessment of exposure to hepatitis B or C virus
- Dried blood spot testing for those customers in at-risk groups
- Management of positive results including signposting to the GP for consideration of onward referral
- If the customer says has been found to have hepatitis B, C or HIV infection in the past but is not currently engaged with specialist care, signposting to the GP for clarification of infection status and onward referral if indicated

Outcomes and evaluation

The planned Live Well Centre Liver Health Check programme, starting in 2017, will be evaluated through measurement of:

- Footfall: numbers of health checks performed
- Process: numbers of brief interventions/signposting provided for customers:
 - problem alcohol use
 - nutrition and diet advice
 - exercise and activity
 - problem drug use advice
 - hepatitis B and C advice
- Outcomes: numbers of LWHC customers signposted to LWC services who make an appointment for further interventions with the service:
 - sexual health
 - Middlesbrough Recovery Together drug and alcohol services
 - The liver harm reduction clinic
 - nutrition and diet advice services
 - exercise and physical activity