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'Lockdown Liver'?

Rob Hampton, Portfolio GP
Occupational Physician
GPER Drug & Alcohol treatment
Leicester Medic 1981-86



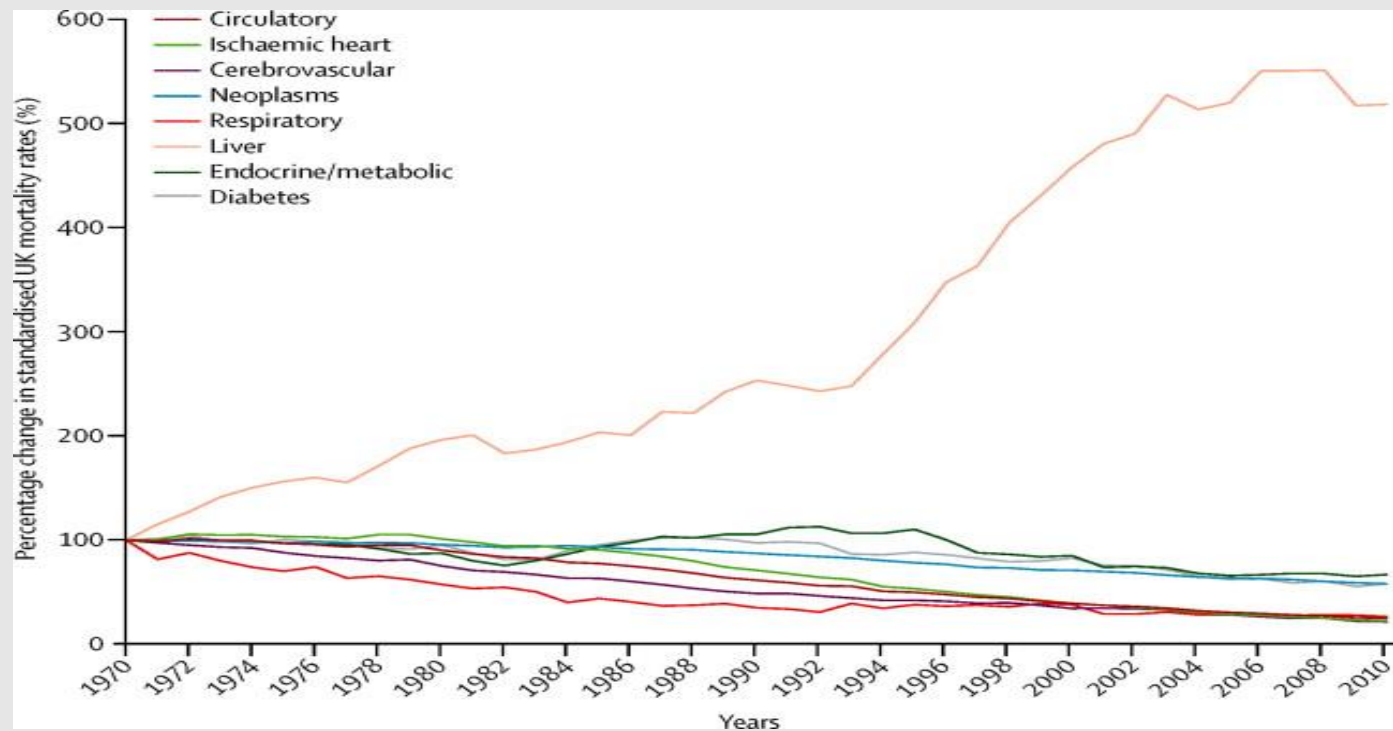
Liver Disease in the UK

Most people who die of liver disease are of working age

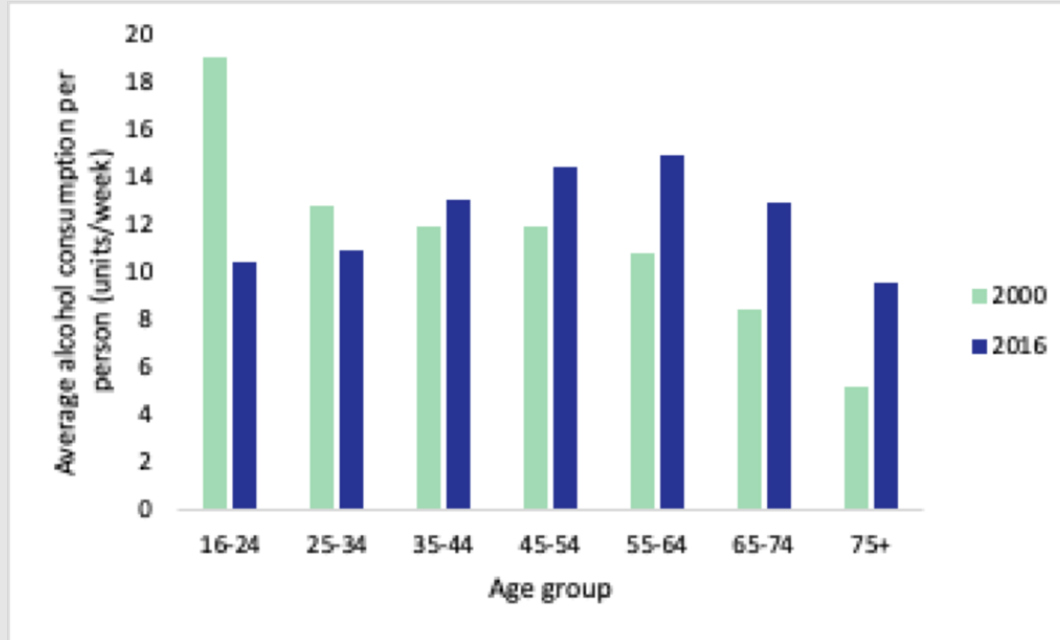
Liver disease in the UK has increased by 500% in the last 30 years

GP accessed investigations do not assess risk

Liver disease in the UK

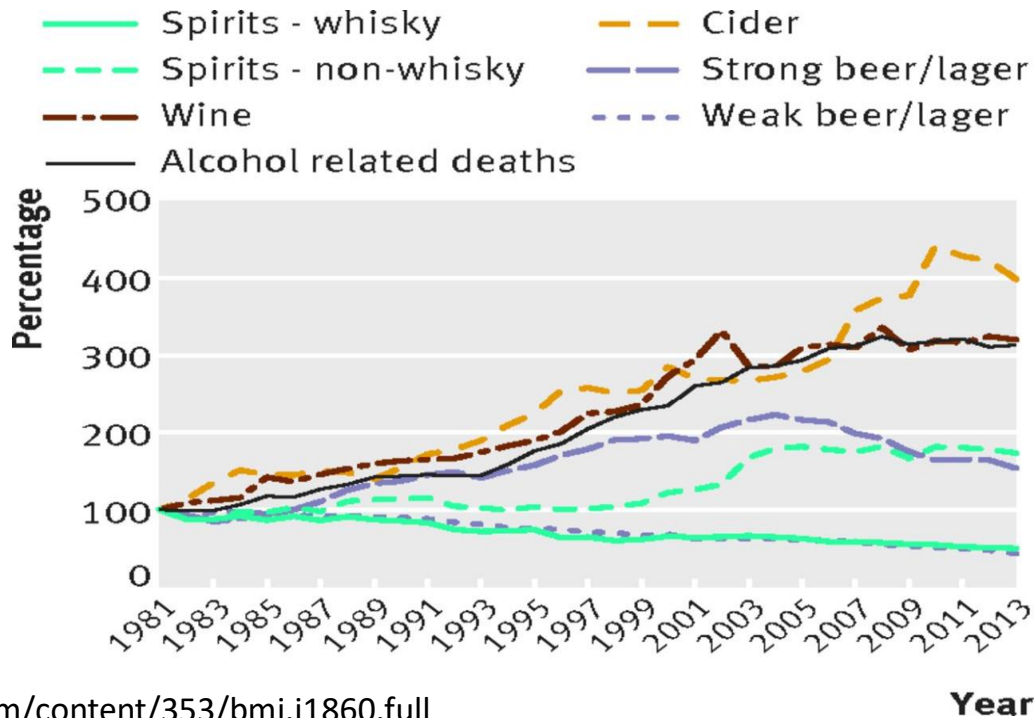


Alcohol consumption in the UK



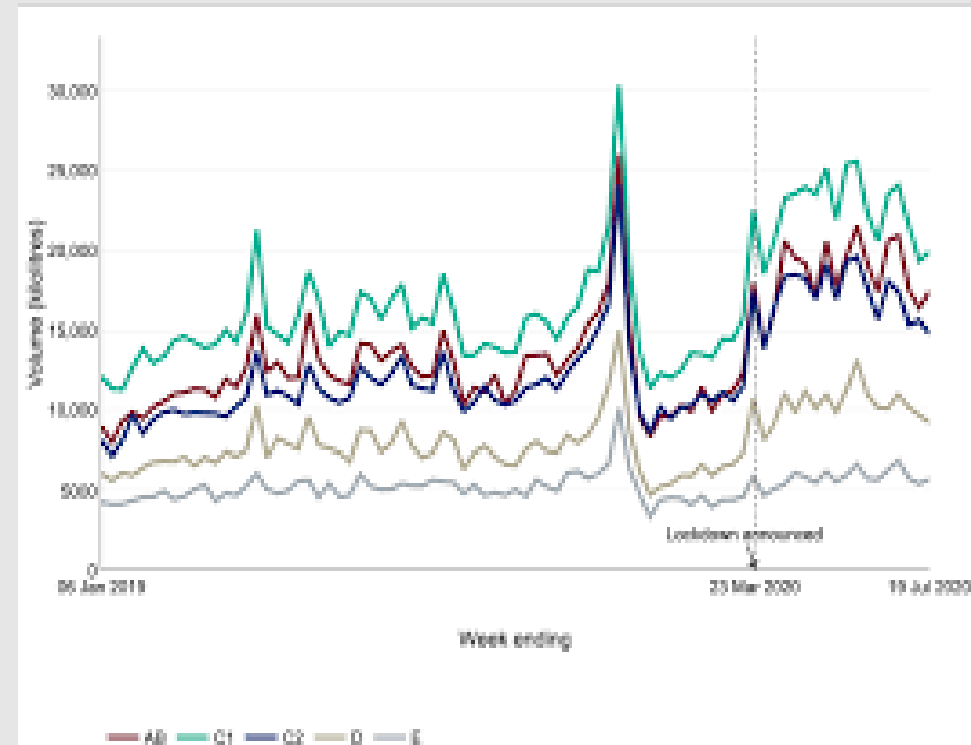
<http://www.ias.org.uk/>

Alcohol consumption and liver disease in the UK



Alcohol consumption in lockdown

1. 29% drinking more alcohol during lockdown than they normally would
2. Adult risky drinkers
25% April 2019 – Feb 2020
38% April 2020





DNUK survey alcohol June 2020

Has your alcohol consumption changed during lockdown?

467 doctors responded

150 – Don't drink alcohol 32%

150 – drinking the same 32%

75 – drinking less 16%

92 - drinking more 20% (nearly 1/3 of doctors who do drink alcohol)

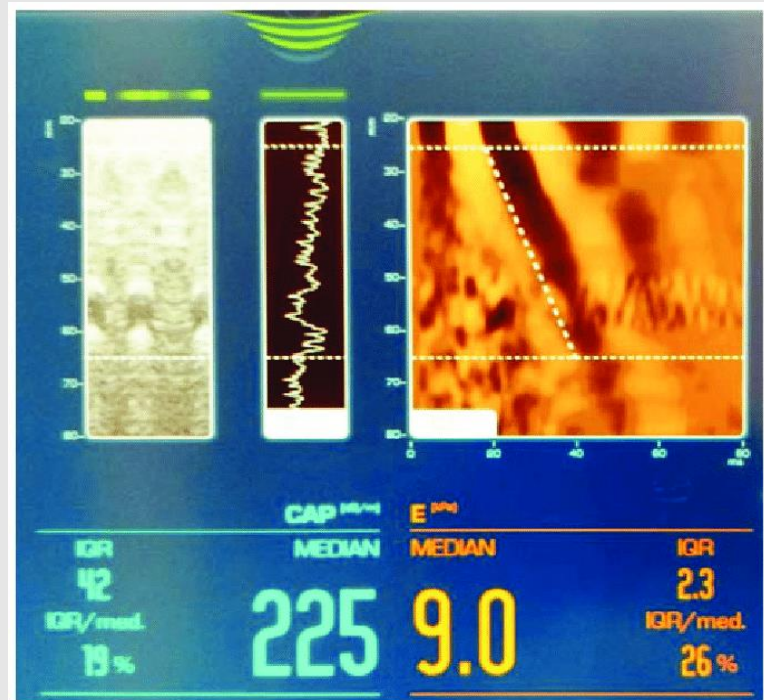
NICE and screening for liver disease

Biofeedback & motivation to change?

- Lessons from lung age and smoking
- Fibrosis as precursor to cirrhosis
- 3 NICE guidelines, 2 investigations
 1. Enhanced Liver Fibrosis (ELF) Test
 2. Liver elasticity scans (Fibroscan)
- Fibroscan - NICE innovation briefing [MIB216 June 2020]
Suitable as a primary care near patient test



Liver elasticity scan



Progress in Leicester, opportunities for research?

1. Why slow progress in NHS?
 - Cost (effective) ?
 - Disease burden
2. LLR Restoration/Recovery plan & Turning Point
3. Research
 - Cost effective at scale?
 - Motivation to change?
 - Workplace testing?



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Thank-you

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