

PHC 2018, January 15-16th, Paris

Management of patients with NASH in real life

Lawrence Serfaty

Hôpital Hautepierre, HUS

UMR_S 938

Université Pierre&Marie Curie, Paris VI





French Institute of Health and Medical Research

Disclosures

- Abbvie
- Allergan
- BMS
- Gilead
- Intercept
- MSD
- Sanofi





- No real life cohorts evaluating the management of NAFLD patients (Target cohort ongoing)
- Practice surveys in NAFLD and NASH can provide surrogate information on the real-life management :
 - practitioner's interviews
 - patients' charts review



Practice surveys and chart reviews studies in NAFLD/NASH

Author	Country	Medical profile	Source of data	Response rate
Ratziu	France	Academic and on academic hepato- gastroenterologists	Interview	352/482
Rinella	US	Academic and non academic hepato- gastroenteterologist	Interview	163/812
Biais	US	Primary care (Veteran Administration)	Chart review	NA
Riley	US	Academic pediatricians and pediatric subspecialists	Chart review	NA
Bergqvist	Australia	Specialists out of hepatology	Interview	100/100
Said	US	Primary care physicians	Interview	119/210
Iacob	Romania	Academic and non academic gastroenterologists	Interview	102/548

Managing NAFLD in 3 steps





NAFLD is under-recognised in the primary care setting

 A random sample of patients in the Houston VA database system between 2001–2011 with elevated liver enzymes and no other documented liver diseases (ALT >2 x ULN, HBV- and/or HCV-negative, no alcohol) were tested for NAFLD criteria through medical record review.



Magnitude of ALT elevation was the only factor associated with receiving specified NAFLD care



Blais P, et al. Am J Gastroenterol 2015;110:10–4

Screening and referral practices among US primary care practitionners

Characteristics of respondents (119/210)				
Primary care type Internal Medicine Family Practice	64 (54%) 55 (46%)			
Practice setting Private practice Hospital based Office based Other	92 (77%) 29 (24%) 23 (19%) 40 (34%)			
University/academic	27 (23%)			



Number of patients seen with NAFLD (last year) (%)



Patients with obesity and/or diabetes screen for NAFLD (last year) (%) Patients with NAFLD that your refer to a specialist (Gastroenterology/ Hepatology) (%)

Said A et al. Ann Hepatol 2013; 12: 758-65

Practice patterns

Referral practices among specialits

100 specialits, 60% estimating NAFLD rate > 10% in their patients population





Practice survey among 352 French gastroenterologists (response rate 43%)





Practice survey among French gastroenterologists Patients profile explored for NASH





Ratziu V et al. J Hepatol 2012

Managing NAFLD in 3 steps





Practice survey among French gastroenterologists Indications for liver biopsy

67% of respondents performed liver biopsy





Practice survey among French gastroenterologists Non invasive diagnostic procedures





Ratziu V et al. J Hepatol 2012

Practice survey of NAFLD among US academic gastroenterologists and hepatologists (response rate 20%)

Member of AASLD	93%	
Staff/attending physician	96%	
Academic, gastroenterology and		
hepatology		
Academic, hepatology Only	57%	
Private practice, gastroenterology and		
hepatology		
Private practice, hepatology only		
Number of patients with NAFLD seen		
monthly		
<5	3%	
5–10	25%	
10–20	37%	
>20	35%	
Number of patients with biopsy confirmed		
NASH seen monthly		
<5	52%	
5–10	31%	
10–20	11%	
>20	6%	

24% performed liver biopsy for the diagnosis of NASH

Are elevated liver enzymes required for liver biopsy?

 70.0%
 59.7%

 60.0%
 54.4%

 50.0%
 40.3%

 40.0%
 45.6%

 30.0%
 9

 20.0%
 9

 10.0%
 9

GI-Hepatologists

Less than half of study participants were adherent to US guidelines.



Rinella ME et al. Therap Adv Gastroenterol 2016; 9: 4-12.

Hepatologists

Managing NAFLD in 3 steps





Practice survey among French gastroenterologists Therapeutic management

Only diet and life style changes: 72%

Pharmacological agents: 28%





Ratziu V, et al. J Hepatol 2012

Practice survey among US hepato/ gastroenterologists Therapeutic management

Life style and pharmacological tt

Bariatric surgery



Rinella ME et al. Therap Adv Gastroenterol 2016; 9: 4-12.

Practice survey among French gastroenterologists Management of comorbidities





Ratziu V et al. J Hepatol 2012

Detection of NAFLD by PCP is associated with underutilization of statins

Chart review of 255 NAFLD patients with indication of statin use (Houston VA)





Practice survey among French gastroenterologists Monitoring practices





Ratziu V et al. J Hepatol 2012

Conclusions

- NAFLD/NASH remains underdiagnosed in general and specialty practices
- Patterns of practice for the screening, diagnosis or therapeutic management of NAFLD/NASH are quite heterogeneous according to practitioners profile and country of origin, with poor adherence to guidelines.
- This highlight the need for spreading NAFLD/NASH educational in the medical community, and to promote the use of simple tools for patients screening.
- Observational cohort studies from various countries may improve our knowledge about the management of patients with NAFLD/NASH in real life.

