Non Alcoholic Fatty Liver Disease Pathway
(For patients aged 30 yrs – 75 yrs)

Abnormal LFT

- FBC, Hba1c, lipid profile, AST, GGT
- USS Liver
- Non-invasive liver screen
  - Hep B surface antigen
  - Hep C antibody
  - ANA + AutoAbs (SMA+AMA)
  - Immunoglobulins
  - Ferritin + Transferrin sat

-ive liver screen & fatty liver on USS

Refer Hepatology

Seek Hepatology Advice & Guidance

-ive liver screen + normal USS + no *NAFLD risk factors

Refer Hepatology

Calculate FIB4
(www.mdcalc.com)

Age <65
FIB4 > 1.45
Age >65
FIB4 > 2.0

Age < 65
<1.45
Age > 65
FIB 4 <2.0

Referral not required
- Lifestyle advice & control CVD risk factors
- Annual CVD risk assessment and QRISK
- Repeat FIB 4 in 5 years

FIB4 unreliable in pts>75yrs – if pt has neg screen & fatty liver on USS and normal synthetic function then no referral needed. Control modifiable CVD risk factors.

Please use Advice & Guidance service if unsure whether a patient requires further investigations for mildly abnormal LFTs

Inclusion Criteria – ALT >35 & <150, GGT >40 & <200, No symptoms of hepatic disease

Exclusion Criteria - Patient under Hepatology, isolated raised bilirubin or ALP, other significant diagnosis (cancer, connective tissue disease), hazardous drinking levels >35 u p/wk

* NAFLD Risk Factors – DM or strong FH DM, NDH, BMI >25, Hyperlipidaemia, Metabolic Syndrome