Necessity of a metabolic board

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Surgery | Hepatobiliary

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The speaker presents a one-stop multidisciplinary metabolic board clinic for MASLD at Royal Free Hospital that addresses cardiovascular risk, diabetes, and other metabolic comorbidities alongside liver fibrosis assessment.

KEY POINTS

- The clinic uses a primary-care risk stratification pathway (Camden and Islington pathway with FIB-4 and ELF testing) that the speaker reports increased detection of advanced fibrosis 4.5 times versus standard care.
- In 450 patients seen, the speaker reported that 60% had diabetes, 65% had obesity, and metabolic comorbidities were frequently suboptimally controlled despite prior medical care, with treatment altered in 40% for lipid management.
- The speaker stated that cardiovascular risk reduction interventions resulted in a mean gain of six heart attack and stroke-free years for patients.
- The multidisciplinary team includes hepatologist, cardiovascular specialist, dietician, and clinical nurse specialist, with all consultations occurring on the same day based on individual patient needs.
- Patients are discharged if no fibrosis is present, seen by cardiovascular specialists if metabolic comorbidities are uncontrolled regardless of fibrosis stage, and offered dietetic packages if living with obesity and fibrosis.
- The speaker emphasized that managing cardiovascular risk factors and metabolic comorbidities represents low-hanging fruit in MASLD care, where primary mortality is cardiovascular rather than liver-related.

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