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Summary

A NOVEL, NURSE-LED 'ONE STOP' CLINIC FOR PATIENTS WITH LIVER CIRRHOSIS RESULTS IN FEWER LIVER-RELATED UNPLANNED HOSPITAL ADMISSIONS AND IMPROVED SURVIVAL

Golo Ahlenstiel

UEG Week Copenhagen 2023 | Poster

Hepatobiliary

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A nurse-led cirrhosis clinic in Western Sydney reduced 30-day liver-related readmissions and mortality in patients with advanced chronic liver disease compared to standard care.

KEY POINTS

- Unplanned liver-related readmissions at 30 days were significantly lower in the intervention cohort (2.08%) compared to the control cohort (12.2%, $p<0.01$).
- Mortality at 30 days was 0% in the intervention cohort versus 7.3% in the control cohort ($p=0.03$), with no deaths observed in the intervention group at 90 days.
- The number needed to treat was 10 to prevent one readmission within 30 days, and 4 over the 3-month study period.
- The authors conclude that optimised care coordination through post-discharge follow-up and education in a nurse-led clinic delivers cost-effective secondary prevention.
- The study involved 89 patients matched by age, sex, and MELD-NA severity score following index presentation to Blacktown or Mount Druitt hospitals; the authors recommend a multicentre randomised trial for wider evaluation.

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