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Summary

Supporting self-management: Development and implementation of a structured group education programme for patients with MASLD

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Nurses

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A structured three-session group education program for adults with newly diagnosed MASLD achieved high patient satisfaction and clinically meaningful weight loss, with the speaker reporting an average 3.4 kg weight loss compared to 1.3 kg in usual care.

KEY POINTS

- The speaker reported that 84% of invited patients booked into the program and 54% attended, with the majority choosing face-to-face delivery over online sessions.
- The program consists of three one-hour sessions covering MASLD explanation, dietary modification toward Mediterranean eating, and physical activity integration, followed by an optional individualized appointment.
- The speaker stated that attendees lost an average of 3.4 kg, with 11% achieving over 10% weight loss, compared to 1.3 kg in patients receiving standard care without the program.
- Patient satisfaction was very high according to the speaker, with participants valuing the peer support, extended time for discussion, and understanding that MASLD could be halted or reversed.
- The program has been adopted as standard care in Newcastle and the speaker noted they are receiving national and international requests to help replicate the service.
- In the Q&A, the speaker expressed interest in expanding to primary care settings but noted funding remains a barrier, and stated they plan to begin measuring grip strength to monitor sarcopenia, especially in patients on GLP-1 medications.

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