

Advanced practice nurses in the management of alcoholic liver disease

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UEG Week Vienna 2024

Presentation

Nurses

October 12, 2024

The speaker described the role of hepatology nurses in managing alcohol-related liver disease through screening, emotional support, patient education, and coordination with interdisciplinary teams to address both the medical and psychosocial aspects of ALD and alcohol use disorder.

KEY POINTS

- The speaker stated that nine out of ten people who regularly drink over 60g of alcohol per day develop steatosis, and between 20 and 40% develop some degree of fibrosis.
- Stigma around alcohol use disorders negatively impacts patients with ALD according to the speaker, leading to poor quality of life, low self-esteem, social isolation, and limited access to healthcare resources.
- The speaker emphasized that screening for alcohol consumption using validated tools like the AUDIT score and biomarkers such as ETG and phosphatidyl ethanol is a crucial nursing intervention.
- The speaker described providing emotional support through establishing supportive patient relationships, regular follow-up visits, motivational interviewing, and mobilizing family or caregiver support.
- The speaker stated that the cornerstone of treating ALD is achieving and maintaining total alcohol abstinence, requiring coordination among an interdisciplinary team including mental health nurses, hepatology nurses, psychologists, psychiatrists, hepatologists, and social workers.
- In the Q&A, the speaker expressed the view that building a trust relationship with patients is essential because patients often try to hide information about alcohol use due to stigma, and noted that direct patient access to nurses increases trust and allows early detection of complications.

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