



Liver Disease in 2022: The Specialized Hepatology Nurse Perspective

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Perspectives





Care for patients with liver disease

- People with multi-level burden: physical, psychological, social problems
- Greater prevalence of behavioural problems
- High healthcare utilization

Patient-centred liver care

- empowers patients to be active
- is collaborative and multi-professional
- involves continuous development

Pimpin et al. *J Hepatol.* 2018;69(3):718-735; Asrani et al. *J Hepatol.* 2019;70(1):151-171; Verma et al. *Hepatology.* 2015;62(4):988-990.

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Advanced Practice Nurse (APN)



- Have a Master or PhD
- Advanced expertise and a specialization
- Training in research and leadership skills

Hamric et al. 2009; Dowling et al. 2013; ICN 2020

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It is a team effort

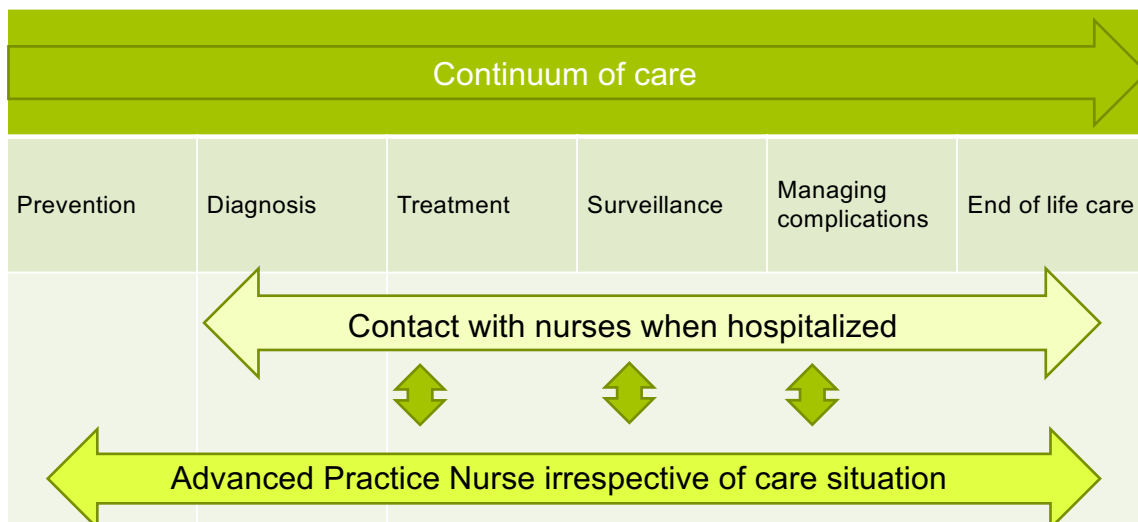


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Continuum of care



Adapted to NHS Liver Care, 2013
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The journey started



Patients with viral hepatitis

Nurses role?

What are the changing needs?

Prevention?

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Behavioural risk counselling



Men who have sex with men (MSM) living with HIV:

- 4.8% prevalence
- 10-15/100 person years show an **HCV reinfection** after successful treatment
- Engagement in **high-risk** sexual behavior

Elimination of HCV requires treatment and **behavioral change**

- **Swiss HCVfree Trial:** Multi-center, open-label trial in 3 phases
- Implementation of an eHealth-assisted behavioural intervention

Chan et al. *DP Int J Infect Dis.* 2016;49:47-58; Danta & Rodger *Curr Opin HIV AIDS.* 2011;6(6):451-458; Schmidt et al. *PLoS One.* 2011;6(3):e17781; Salazar-Vizcaya et al. *Hepatology.* 2016;64(6):1856-1869; Martin et al. *Clin Infect Dis.* 2016;62(9):1072-1080; Braun et al. *Clin Infect Dis.* 2021 Oct 5;73(7):e2194-e2202.

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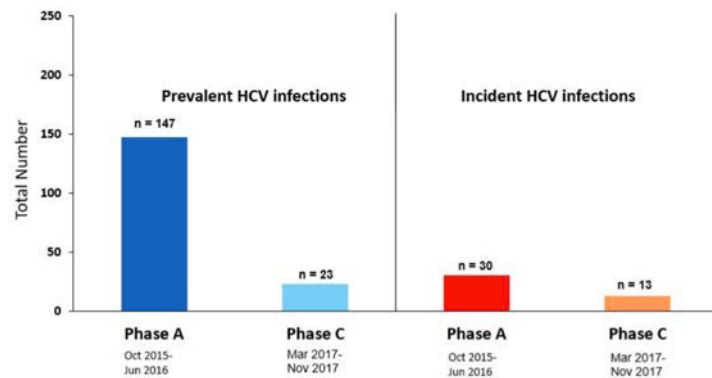
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Swiss HCVfree Trial - Results



- A strong decline in HCV prevalence (84%)
HCV incidence (57%)



- All participants responded to the intervention with reflection of behavior and values, but indicating different motivation to initiate risk reduction behavior.

Braun et al. *Clin Infect Dis.* 2021 Oct 5;73(7):e2194–e2202; Künzler-Heule et al. *BMC Infectious Diseases.* 2021;21 May, 12th 2022 | www.kssg.ch

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Implications for clinical practice



- Clinicians well-positioned to **initiate and stimulate risk-related discussion**
- Turning the discussion to a **teachable moment** by addressing and planning concrete behavioral changes
- Patient-centered communication styles



Künzler-Heule et al. *BMC Infect Dis.* 2019;19(1):821; Künzler-Heule et al. *BMC Infectious Diseases.* 2021;21 May, 12th 2022 | www.kssg.ch

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Self-management in liver care



- The **ability to manage** symptoms, treatments, lifestyle changes, and psychosocial, cultural, and spiritual consequences of health conditions
- **Support** is associated with improved knowledge, self-efficacy and better quality of life



Bodenheimer et al. 2013 *JAMA* 2002;288(19):2469–2475; Holman & Lorig *Public health reports* 2004;119(3):239–243

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Implications for clinical practice



- Patients and caregivers act as team
 - ✓ Inclusion of caregivers
 - ✓ Individualized support for both
- Dealing with emotions are often neglected, stigma
 - ✓ Asking, acknowledgement, empowerment
- Experience of overt hepatic encephalopathy was shocking but part of learning process
 - ✓ Reprocessing of an episode prevents additional burden

Beckmann et al. *Progress in Transplantation* 2016;1-9; Künzler-Heule et al. *J Clin Nurs* 2016;25(17/18), 2559–2568

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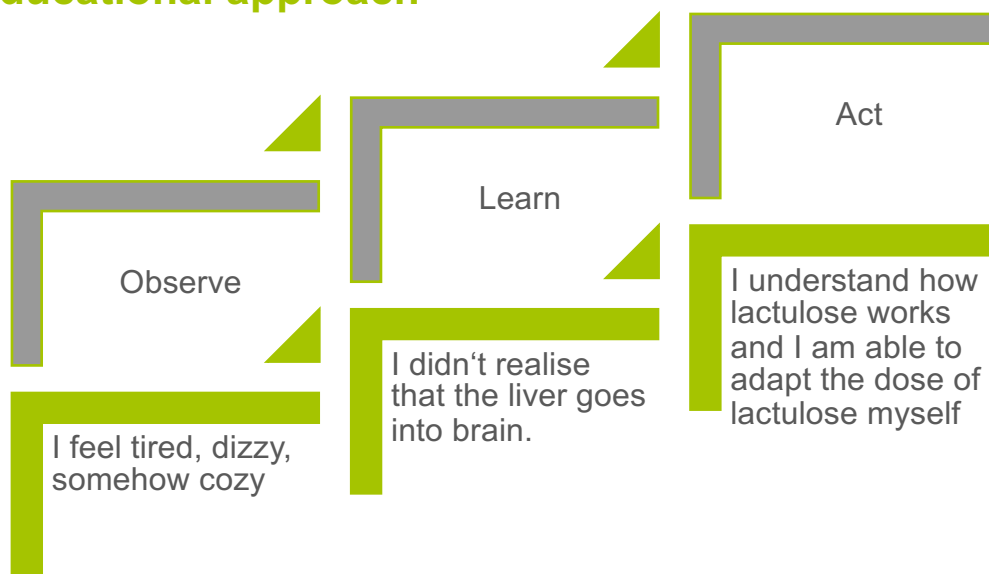


Nurse-led counselling service



- We developed the content of a nurse-led counselling service.
- We defined processes and structures to provide continuity of care and self-management support.
- The APNs provide face-to-face consultations, using developed written and visual material.
- Ward nurses practice with patients and repeat learnings.

Educational approach





It remains a team work



Email from a nurse after APN counselling:
“Mr B. was already on the scales at 6.30am and he had already prepared his lactulose himself but waited with taking until he could discuss with me. I am thrilled!” 😊

Take Home Message



- We put people with or at risk of liver disease at the heart of our practice.
- We think interprofessional: We learn with, from and about all team members.
- Clinical practice is continuously developed, research findings are disseminated and accessible to others.



Please join us!



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Thank you!



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