



Assessing Knowledge and Management of NAFLD amongst Residents in an Internal Medicine Resident Practice

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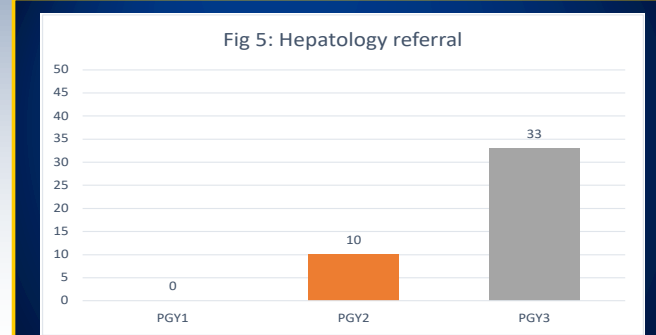
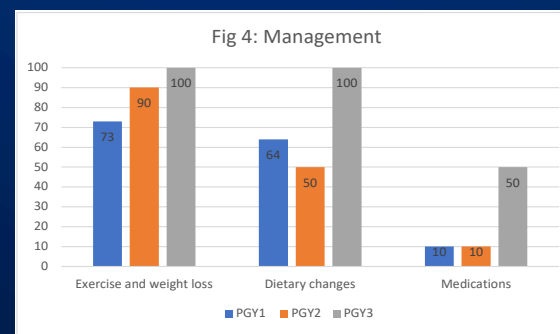
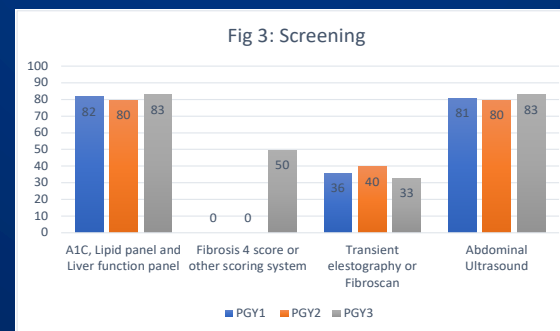
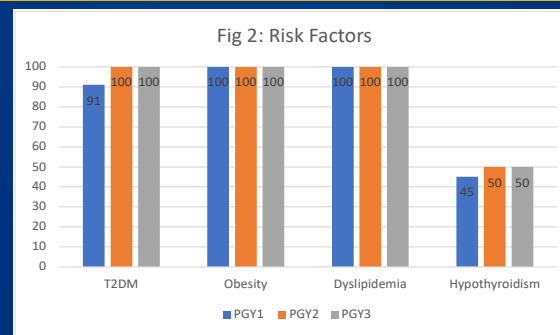
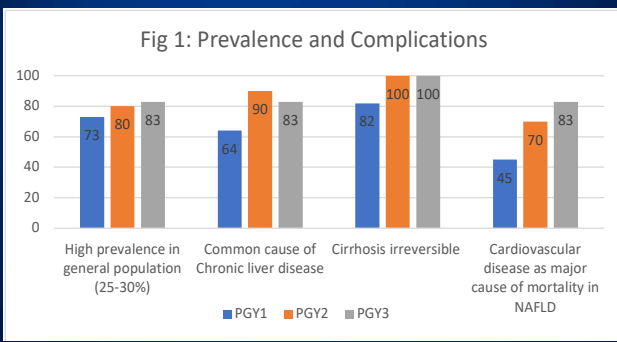
Introduction:

- With increasing prevalence of metabolic syndrome in the US, Non Alcoholic Fatty Liver Disease (NAFLD) is the leading cause of cirrhosis, HCC and need for liver transplantation
- About 70% of patients with Type 2 Diabetes (T2DM) have NAFL, ~20% NASH and ~ 20% will progress to advanced fibrosis and cirrhosis.
- Internist could play a major role in reducing disease burden through early screening and management
- Currently no validated screening/survey tool to assess provider practice patterns in NAFLD
- Aim of study was to develop a survey to assess Resident Physicians knowledge and management patterns of NAFLD

Method:

- Survey created with assistance of hepatologist assessing various NAFLD domains: prevalence, risk factors, complications, screening, management and hepatology referral patterns
- Anonymous survey administered in May 2023 to Internal Medicine residents in a University Medical Center Practice
- 27 residents completed the survey: PGY1 - 11, PGY2 - 10 and PGY3 - 6

Results and Discussion:



Conclusion and Future directions:

- Residents were generally aware of NAFLD high prevalence in general population, risk factors and complications
- Good utilization of serum markers and Abdominal US for screening
- Lifestyle and dietary modification was strongly encouraged
- Significantly low utilization of noninvasive screening tools (scoring systems and fibroscan), pharmacological management and specialist referral
- Study highlights need for education on noninvasive diagnostic modalities available to Internists, pharmacological management and appropriate hepatology referral
- Future directions include: expanding survey, creating educational didactic resources and performing post-education survey.

References:

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