Direct-to-Test

FIBROSCAN PATHWAY

for General Practice

University Hospitals Dorset
NHS Foundation Trust



WHAT IS A FIBROSCAN?

- A Fibroscan is a non-invasive ultrasound-based test measuring liver stiffness (fibrosis/scarring) and fat (steatosis). It is quick, painless, provides immediate results, and reduces the need for liver biopsy. It can identify patients with advanced fibrosis/cirrhosis needing specialist Hepatology input, and those at future risk of developing liver cirrhosis so that lifestyle changes can be made for disease prevention.

WHY REFER VIA A DIRECT-TO-TEST PATHWAY?

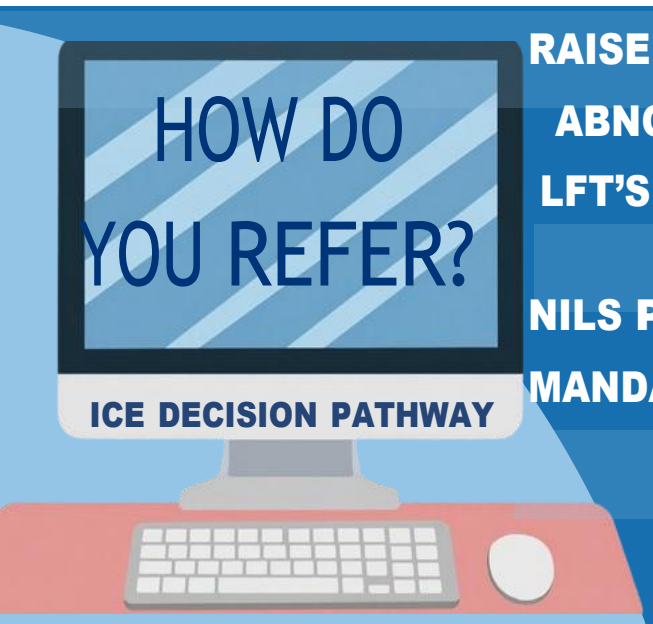
- Early identification of liver fibrosis, improved risk stratification in primary care, reduced unnecessary outpatient referrals, and faster access to appropriate or specialist intervention.

WHO SHOULD BE REFERRED?

- Adults aged >16 and <85 years with raised Fib-4 (with or without persistently abnormal liver function tests). Patients at risk of liver disease (metabolic risk factors: obesity, type 2 diabetes, harmful alcohol use, or other chronic liver disease risk factors) should have a FIB-4 **even in the presence of normal LFTs (you can have advanced liver disease with normal LFTs).**

WHERE DOES THE FIBROSCAN TAKE PLACE?

- University Hospital Dorset Fibroscan service, delivered by the Hepatology team as part of the Community Diagnostic Centre pathway. Test-only appointment - no routine clinic review.



RAISED FIB-4? NO = STOP | YES = (ICE WILL REQUIRE SCORE TO PROCEED)

ABNORMAL LFT'S? | YES = REQUEST NON-INVASIVE LIVER SCREEN (NILS)

LFT'S NORMAL +/- NILS NEGATIVE | ASSESS METABOLIC RISK FACTORS

NILS POSITIVE? REFER TO ADVICE & GUIDANCE

MANDATORY DATA: HEIGHT | WEIGHT | BMI | WEEKLY ALCOHOL UNITS

SUBMIT FIBROSCAN REQUEST

FIBROSCAN RESULTS & GP ACTION – all patients will receive a letter from us explaining their fibroscan result, follow-up plan and lifestyle advice.

< 10KPA: REPEAT FIB-4 AFTER 3 YEARS IF LFTS REMAIN ABNORMAL/LIVER RISKS PERSIST – patients advised in results letter to contact GP at 3 years to ensure FIB-4 repeated.

10-15 KPA: REPEAT FIBROSCAN IN 1 YEAR – GP to request on ICE please – can be requested in advance, at the time of receiving a fibroscan result, – please just state the date the repeat fibroscan is due.

>15 KPA: WE WILL AUTOMATICALLY ARRANGE HEPATOLOGY CLINIC – no action needed by GP