

OTHER

#P03 - Insights from the European Liver Patients' Association's mobile testing at the European Parliament

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Background & Aims

The European Union (EU) is witnessing a rise in fatty liver disease due to lifestyle and dietary changes. Despite its increasing prevalence and significant association with liver cancer risk, there are limited policies for identifying individuals with liver conditions. This project sought to promote awareness of the ease and effectiveness of early detection using portable transient elastography (TE) in community settings. The European Liver Patients' Association (ELPA) collaborated with the EU Parliament in Brussels to organise a liver screening event.

Methods

The Liver4Life testing van was at the EU Parliament during October Liver Cancer Awareness Month 2023 for 3 days to offer TE to the staff and the general public. ELPA engaged with Members of the Parliament to promote the event and sent invites to those who engage with the liver health agenda. The van was set up outside the main entrance. The TE device was managed by trained operators, including Belgian HCPs, with access to M and XL probes. A brief intervention on lifestyle was used when a high Controlled Attenuation Parameter (CAP) reading was identified. The same was used if a high stiffness reading was identified paired with a self-referral letter inviting to seek medical consultation.

Results

The total number of completed and recorded examinations was 152 adults. As it was an awareness-only event, no personal information was collected. Of the 152 examinations, 19 (12.5%) people had stiffness readings in excess of 7.1Kpa, and they were given self-referral letters after brief intervention advice by a doctor. The highest stiffness reading over the 3 days was 10.9Kpa. The study also identified 47 (31%) people with a CAP reading of 275 or higher (UK criteria) and 106 (69.7%) people with a CAP reading of 225 or higher (Belgium criteria). Everyone with a CAP score of 225 or greater was given brief intervention lifestyle advice.

Conclusions

While only a few exhibited significant fibrosis, a large number displayed elevated CAP readings. Many were unaware of it, despite some suspecting high readings due to their lifestyles, causing hesitation in checking results. These findings underscore the necessity for public health initiatives to raise awareness of liver health.