



Summary of NICE Guidelines

Title	Non-alcoholic fatty liver disease (NAFLD): Assessment and management
NICE Reference	NG49
Date of Review:	July 2018
Date of Publication	July 2016
Summary of Guidance (Max 250 words)	<p>This guideline covers diagnosis, monitoring and treatment of non-alcoholic fatty liver disease (NAFLD)</p> <p>Diagnosis</p> <ul style="list-style-type: none">• Routine LFTs cannot be used to rule out NAFLD or to assess for advanced liver fibrosis• NAFLD should be suspected in adults with type 2 Diabetes or metabolic syndrome, following exclusion of excess alcohol intake.• NAFLD should be diagnosed in patients with steatosis for which other causes e.g. alcohol, drugs and hepatitis C have been excluded.• Children and young people (CYP) with i) either type 2 diabetes or metabolic syndrome and ii) who do not abuse alcohol should be offered a liver ultrasound. If negative, a retest should be offered every 3 years. <p>Advanced Liver fibrosis</p> <ul style="list-style-type: none">• The enhanced liver fibrosis (ELF) test should be considered as a means to test for advanced liver fibrosis in people with NAFLD<ul style="list-style-type: none">○ An ELF score ≥ 10.51 is diagnostic of advanced liver fibrosis.○ Persons with an ELF < 10.51 should be retested every 2 (CYP) or 3 (adults) years.• Those diagnosed with advanced liver fibrosis should be referred to hepatology <p>Treatment</p> <ul style="list-style-type: none">• Lifestyle advice• Pioglitazone or Vitamin E should be considered for treatment of adults under secondary or tertiary care, irrespective of whether they have diabetes.• Vitamin E should be considered for treatment of CYP. <p>An ELF test at 2yrs post initiation of pharmacological treatment should be considered to assess treatment effectiveness. If the ELF score increases, therapy should be stopped and the second therapeutic option (adults only) should be considered.</p>

Impact on Lab (See below)	<input type="checkbox"/> Moderate
Lab professionals to be made aware	<input checked="" type="checkbox"/> Laboratory Manager <input checked="" type="checkbox"/> Clinical Scientist <input checked="" type="checkbox"/> Chemical Pathologist
Please detail the impact of this guideline (Max 150 words)	<p>Laboratory managers should be aware of the potential increase in requests for ELF testing following publication of this guideline.</p> <p>Clinical scientists and chemical pathologists should be aware of the use of ELF testing and its cut-off.</p>

Impact on Lab

- None:** This NICE guideline has no impact on the provision of laboratory services
- Moderate:** This NICE guideline has information that is of relevance to our pathology service and may require review of our current service provision.
- Important:** This NICE guideline is of direct relevance to our pathology service and will have a direct impact on one or more of the services that we currently offer.

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