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- ▶ 17 June 2025
- ▶ Charitable Funds Update

Patient Experience, Bronglais Hospital FibroScan

What is a FibroScan

Benefit to Patients

Benefit to Staging Cirrhosis

Outreach Service

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Summary

What is a FibroScan



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A FibroScan measures the 'stiffness' of your liver, reflecting the degree of scarring in your liver (fibrosis). It is a simple, painless test which gives immediate results. Additionally, the new scanner measures the amount of fat/steatosis a person has in a liver, which accounts for over 60% of the patients with abnormal liver enzymes.

FibroScans work out the severity of liver disease in patients who have recognised risk factors for liver disease.

National Institute for Health and Care (NICE), British Association for the study of the Liver (BASL), European Association for the Study of the Liver (EASL), the All-Wales Liver Blood Tests Pathway, and The Liver Delivery plan advise that all patients who are at risk of liver disease should have a fibroscan.

Benefit of a FibroScan to Patients



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- **Non-invasive and painless, reducing the need for biopsies**, often replaces the need for a liver biopsy.
- **Instant results**, allowing quick diagnosis and treatment planning.
- **Monitors liver health**, annual FibroScan monitor changes in liver health and track the progression of liver disease.
- **Helps in treatment planning and provides motivation and empowerment**, the results are discussed with the patient in clinic, explaining both the level of fibrosis and steatosis. This enables patient care plans to be formulated directly with the patient, allowing them to be the centre of their care and keeping them fully informed of liver disease management. A repeat FibroScan following lifestyle changes can provide motivation and empowerment.





Benefits of a FibroScans in Patient Management

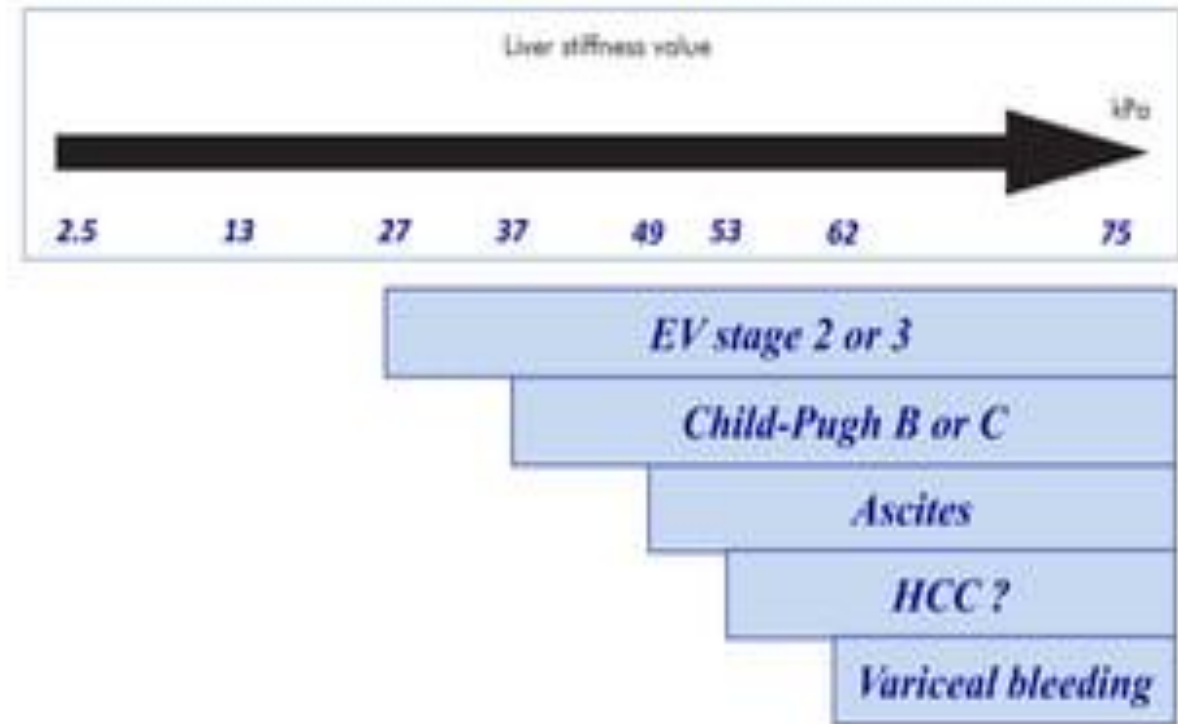
F0/F1. All Patients who have normal liver stiffness or mild fibrosis are discharged back to the GP with management recommendations.

F2/S2. All Patients who have moderate fibrosis and raised Controlled Attenuation Parameter (CAP) received one further FibroScan a year later and then either discharged back to GP or due to disease progression/additional liver aetiologies', have received joint care between primary and secondary care.

F3/F4. All Patients who advanced fibrosis/early cirrhosis stay under secondary care, they get placed on Hepatocellular Carcinoma (HCC) and variceal screening and 6 monthly liver clinic health assessments.

CAP readings of S2 and S3 get targeted health promotion, talked through self-referral to weight management, if >F3 commenced on Vitamin E therapy.

Significance of wide range of LSM in cirrhosis 13 – 75 kPa





- ▶ Carri-Anne was referred for assessment of her raised liver enzymes. The FibroScan showed she had a liver stiffness of 9.1 kilopascal (Kpa), which equates to F3 Advanced fibrosis and her CAP reading was 348 showing S2 Moderate Steatosis. She was diagnosed with Metabolic Associated Fatty Liver Disease. Following the FibroScan we discussed her results at length, gave detailed health promotion and exercise advice. She focused on her diet and exercise which was evident through her improved HbA1c and Cholesterol. Her scan one year later reduced to 6.8Kpa F1 mild fibrosis and CAP reduced to 276 S1 mild steatosis.
 - ▶ *‘On the FibroScan machine I could see how my liver was filtrated with fat and knew that only I could do it. Together with Donna’s team help I completely changed my lifestyle and seeing the improvements for myself was not only a personal achievement but also empowered me to continue*
- ▶ Matthew had been referred for assessment of his alcohol related fatty liver disease. The FibroScan showed that he had a liver stiffness of 49.1Kpa, which equates to F4 Advanced Cirrhosis and his CAP reading was >400 showing S3 Severe Steatosis. This placed him on HCC screening and led to the request of an Oesophago-Gastro-Duodenoscopy (OGD). Along with the support of Dyfed Drug and Alcohol Service (DDAS) and Community Drug and Alcohol Team (CDAT) he reduced his alcohol. This however was a struggle, therefore we re-scanned him 3 months later (when he had stopped drinking spirits). His liver stiffness reduced to 27Kpa, seeing this gave him further motivation and when we scanned him six months later his scan had reduced to 17.8Kpa and CAP had reduced to 290 S2 Moderate Steatosis.
 - ▶ *‘The FibroScan gave me hope, I felt like I had failed myself and my mum. Everyone told me I would end up with cirrhosis but I was working full time and providing for my family and did not believe my alcohol intake was that big a problem-until I had my first scan and then tried to reduce. At this point I accepted help. Stopped drinking spirits and now have only 2-6 pints a night. Seeing the improvement and how my health and future is in my hands is a massive empowerment. When I saw the score of 17.8 F3 Advanced fibrosis after achieving two alcohol free nights I was proud of myself and so was my family, a feeling I have not had in a long while’.*

All patients commenced on Vitamin E have a repeat FibroScan after six months. 28/30 patients in the pilot study showed improved liver stiffness and liver enzymes.

FibroScans to Date In Ceredigion



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- ▶ Since November 2020 (when FibroScan data first started to be collected) 864 FibroScans have been conducted within Ceredigion. In 2024 we received 519 New Patient Referrals and up to date we have received 145 New Patient Referrals for patients with Abnormal Liver Function Tests (Ab LFT's).
- ▶ Since receiving the new FibroScan machine in Feb 2024 558 FibroScans have been conducted within Ceredigion.
- ▶ Additionally, Chloe has supported 64 patients who have been admitted due to alcohol withdrawal of which they have had a FibroScan to stage any liver disease.
- ▶ We aim to deliver One Stop Shops where the patient has their FibroScan, bloods and health promotion, disease staging, alcohol brief intervention, and health education. These occur in Bronglais Hospital Outpatient Department (OPD) every Monday and Friday in Hepatology Clinic and monthly in a different GP surgery-mainly Machynlleth, Ystwyth, Lampeter, and aiming for Tregaron and Aberaeron.
- ▶ Additionally, we deliver weekly substance misuse One Stop Shops in either Newtown, Cardigan and Aberystwyth, with three monthly clinics in Lampeter. During these clinics the FibroScan offers assessment and liver disease staging for high-risk patient group. Leading on to further testing, treatment and referrals to the Multidisciplinary Team (MDT).
- ▶ Since April we have been offering weekly acute outreach clinics in the community (currently only in Aberystwyth), where we are offering health assessments to the more vulnerable groups within the community. Predominantly the homeless teams, but also patients working with the Wallich homelessness charity, probation, Integrated Management Department (IOM) and CDAT who are quite chaotic in the community/frequent flyers to hospital.

All of which have a FibroScan, health education and promotion, their liver disease staged, blood tests as per assessments, hepatitis A&B vaccines and future management planned.

- ▶ In 2024 we ran a pilot study where we commenced patients on Vitamin E to reduce the oxidative stress caused by fat in the liver. The FibroScan played a pivotal role in the study, where patients had a scan pre starting Vitamin E and six months post. The CAP facility showed the reduction of fat in the liver along with the liver stiffness showing improvements.



- The FibroScan service has been in place across the Health Board since 2012. This was following Liver Development Implementation Group (LDIG) funding across Wales. The aim was to reduce the need for invasive Liver Biopsy Diagnosis.
- The FibroScan has allowed a painless non-invasive procedure that is suitable for most patients. The FibroScan result is reviewed as part of a number of investigations including Blood tests and Ultrasound Scan.
- The initial funding in 2012 only allowed for two FibroScans, one static machine based in Prince Philip Hospital and a portable machine which was divided between Ceredigion and Pembrokeshire.



FibroScan clinics:

Carmarthenshire

- Three clinics in total, one during Hepatology Clinic with the Consultant acting as a “one stop shop”.
- Two clinics for New referrals i.e. Dermatology, Haematology, Rheumatology, Alcohol Care Team. Follow ups via identified pathway.
- The FibroScan is also used on an ad hoc basis and can be taken to outreach sites.

Pembrokeshire

- Clinics are held in Winch Lane Haverfordwest, Pembroke Dock Health Centre, Cardigan Integrated Health Centre and Withybush General Hospital.
- One clinic per week is a Consultant led “one stop shop”.

Thank you for listening. Any Questions?



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