

WELCOME TO AK LIVER DISEASE ECHO



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



NPAIHB

Indian Leadership for Indian Health

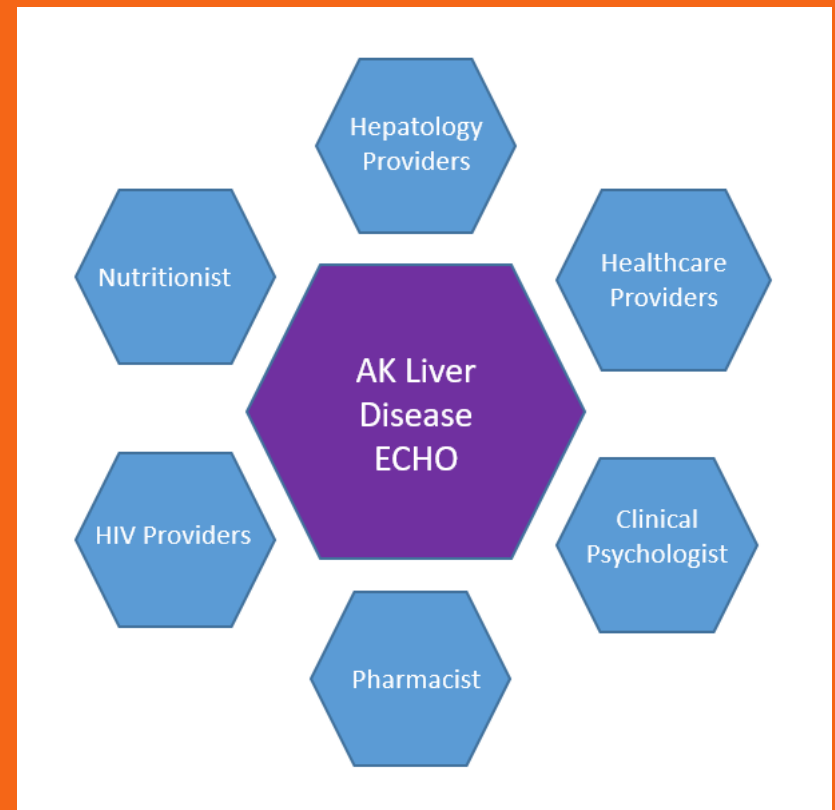
This project is supported by a grant from the Northwest Portland Area Indian Health Board and funding is provided from the HHS Secretary's Minority HIV/AIDS Fund.

WHAT WE DO

- Didactic Presentations pertaining to ECHO topics
- We're accepting **case presentations and questions pertaining to:**
 - Elevated Liver Function Tests
 - Cirrhosis
 - Managing Complications of Decompensated Cirrhosis – Ascites, encephalopathy, esophageal varices
 - Alcohol-related liver disease, including Alcohol Hepatitis
 - Autoimmune liver disease – Autoimmune Hepatitis, Primary Biliary Cholangitis, Overlap
 - Nonalcoholic fatty liver disease/Nonalcoholic steatohepatitis
 - Hepatocellular carcinoma
- Provide Expert Panelists

CONSULTANT TEAM

- Brian McMahon, MD Hepatologist
- Youssef Barbour, MD Hepatologist
- Lisa Townshend, ANP Hepatology Provider
- Annette Hewitt, ANP Hepatology Provider
- Leah Besh, PA-C HIV/Hepatology Provider
- Anne Fleetwood, MS, RDN, NDN
- Brittany Keener, PharmD, MPH, BCPS
- Rebecca Robinson, PhD Clinical Psychologist



Welcome to Alaska Liver Disease ECHO

Approved Provider Statements:



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Alaska Native Medical Center (ANMC) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Contact Hours:

ANMC designates this activity for a maximum of 12 contact hours, including 3 total pharmacotherapeutics contact hours, commensurate with participation.

Financial Disclosures:

Youssef Barbour, MD & Lisa Townshend-Bulson, APRN / faculty for this educational event, are primary investigators in an ANTHC sponsored hepatitis C study funded in part by Gilead Sciences. All of the relevant financial relationships listed have been mitigated.

Requirements for Successful Completion:

To receive CE credit please make sure you have actively engaged in the entire activity, your attendance is recorded by the facilitator, and complete the course evaluation form found here: <https://forms.gle/R8vibUZgMbRcoScw9>.



For more information contact
jlfielder@anthc.org or (907) 729-1387



ALASKA NATIVE
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WHO YOU CALLIN' FATTY?

Nutrition and Physical Activity
for Non-Alcoholic Fatty Liver Disease

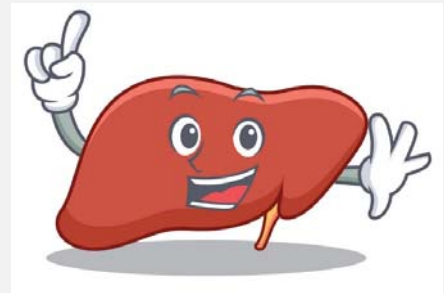
Anne Fleetwood, MS, RDN, CDCES

ANTHC Diabetes Program

amfleetwood@anthc.org

PRE-TEST

- What is the best diet for weight loss?
 - Plant based
 - Mediterranean
 - DASH
 - All of the above
 - None of the above



PRE-TEST

- How many calories equals a pound?
 - ~3,000
 - ~3,500
 - ~4,000
 - ~4,500



WHAT IS NAFLD

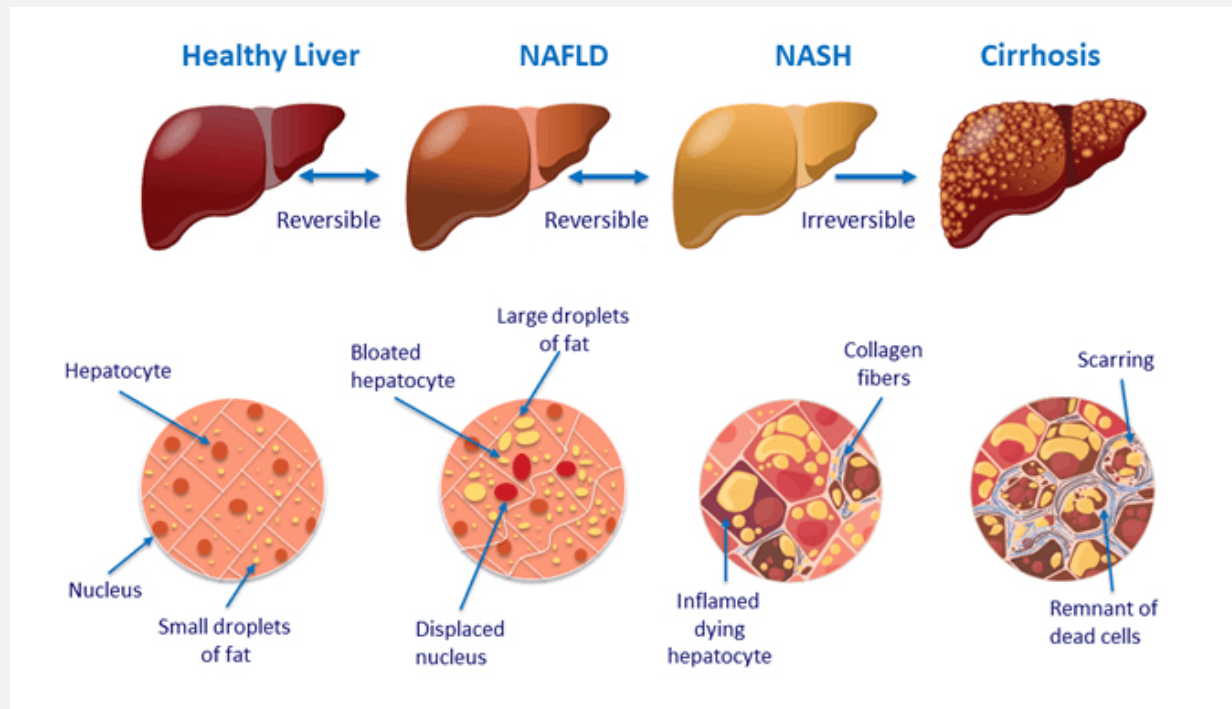
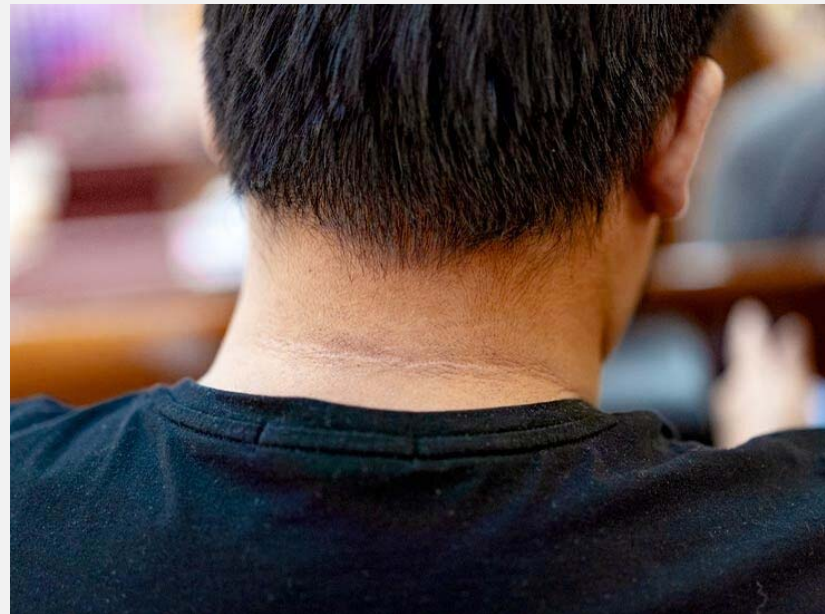


Photo: <https://holisticprimarycare.net/>

RISK FACTORS

- BMI >25
- Insulin resistance
- High blood glucose
- High cholesterol, triglycerides





NAFLD PREVALENCE

- United States
 - 33.6% US adults
 - 10-20% US children
- Australia
 - 30%
- Europe
 - 25% adults
- Asia
 - 25%

NAFLD - TREATMENT

- Weight loss
- Control cholesterol and triglycerides
- Control diabetes
- Avoid alcohol

WEIGHT LOSS

10% weight loss recommended

3-5% still effective

Gradual – 1-2 pounds weekly

Best if achieved with a combination of dietary changes and activity



	12-mo Weight Loss, kg										
No diet	4.10 (1.30 to 6.91)	4.51 (2.37 to 6.73)	7.19 (3.83 to 10.63)	6.35 (3.88 to 8.89)	5.95 (3.23 to 8.72)	5.90 (3.88 to 8.05)	6.55 (3.42 to 9.79)	6.42 (3.04 to 9.70)	5.98 (0.63 to 11.46)	6.47 (3.56 to 9.45)	NA
6.02 (4.20 to 7.81)	LEARN	0.41 (-1.98 to 2.82)	3.08 (-0.52 to 6.76)	2.27 (-0.22 to 4.77)	1.85 (-0.97 to 4.65)	1.79 (-1.02 to 4.70)	2.45 (-0.63 to 5.59)	2.34 (-2.07 to 6.59)	1.88 (-3.62 to 7.43)	2.36 (-1.24 to 6.00)	NA
7.67 (5.73 to 9.56)	1.65 (0 to 3.34)	Moderate macronutrient	2.69 (-0.73 to 6.10)	1.86 (0.29 to 3.40)	1.45 (-0.75 to 3.61)	1.40 (-0.54 to 3.37)	2.04 (-0.55 to 4.69)	1.92 (-2.20 to 5.87)	1.48 (-3.45 to 6.40)	1.96 (-0.98 to 4.87)	NA
8.26 (5.87 to 10.66)	2.25 (-0.18 to 4.72)	0.59 (-1.75 to 2.95)	Low fat	-0.83 (-4.46 to 2.75)	-1.23 (-4.56 to 1.97)	-1.28 (-4.84 to 2.31)	-0.64 (-4.58 to 3.31)	-0.77 (-5.72 to 3.93)	-1.20 (-7.27 to 4.80)	-0.71 (-4.88 to 3.41)	NA
10.14 (8.19 to 12.12)	4.13 (2.40 to 5.88)	2.48 (1.55 to 3.44)	1.88 (-0.55 to 4.34)	Atkins	-0.42 (-2.79 to 1.96)	-0.45 (-2.74 to 1.90)	0.19 (-2.50 to 2.91)	0.07 (-4.25 to 4.19)	-0.37 (-5.54 to 4.82)	0.11 (-3.05 to 3.25)	NA
8.44 (6.42 to 10.44)	2.42 (0.60 to 4.26)	0.77 (-0.39 to 1.92)	0.17 (-2.05 to 2.36)	-1.71 (-3.09 to -0.35)	Zone	-0.05 (-2.66 to 2.62)	0.60 (-2.25 to 3.46)	0.48 (-3.93 to 4.73)	0.04 (-5.32 to 5.42)	0.52 (-2.93 to 3.97)	NA
7.26 (5.25 to 9.27)	1.24 (-1.08 to 3.58)	-0.41 (-2.35 to 1.54)	-0.99 (-3.69 to 1.63)	-2.88 (-4.94 to -0.88)	-1.17 (-3.27 to 0.90)	Weight Watchers	0.65 (-2.37 to 3.61)	0.52 (-3.50 to 4.31)	0.08 (-5.29 to 5.39)	0.57 (-2.41 to 3.44)	NA
9.03 (6.44 to 11.66)	3.02 (0.62 to 5.45)	1.36 (-0.72 to 3.43)	0.77 (-2.18 to 3.67)	-1.12 (-3.24 to 1.00)	0.59 (-1.58 to 2.75)	1.77 (-0.84 to 4.40)	Ornish	-0.12 (-4.86 to 4.40)	-0.57 (-6.19 to 5.05)	-0.08 (-3.88 to 3.64)	NA
5.78 (3.29 to 8.29)	-0.23 (-3.26 to 2.81)	-1.89 (-4.99 to 1.22)	-2.49 (-5.93 to 0.95)	-4.36 (-7.53 to -1.22)	-2.66 (-5.79 to 0.52)	-1.48 (-4.65 to 1.67)	-3.25 (-6.85 to 0.32)	Jenny Craig	-0.44 (-6.76 to 6.06)	0.05 (-4.35 to 4.53)	NA
9.87 (5.54 to 14.23)	3.86 (-0.37 to 8.11)	2.20 (-1.71 to 6.11)	1.62 (-2.95 to 6.16)	-0.28 (-4.30 to 3.74)	1.44 (-2.63 to 5.51)	2.61 (-1.76 to 6.98)	0.84 (-3.59 to 5.31)	4.09 (-0.89 to 9.11)	Volumetrics	0.49 (-5.31 to 6.20)	NA
6.56 (2.75 to 10.29)	0.54 (-3.51 to 4.55)	-1.13 (-5.09 to 2.77)	-1.72 (-5.98 to 2.48)	-3.60 (-7.54 to 0.29)	-1.90 (-5.89 to 2.08)	-0.70 (-4.53 to 3.02)	-2.50 (-6.83 to 1.80)	0.76 (-3.69 to 5.17)	-3.33 (-8.87 to 2.14)	Rosemary Conley	NA
5.43 (1.50 to 9.31)	-0.58 (-4.42 to 3.23)	-2.23 (-6.22 to 1.69)	-2.84 (-7.49 to 1.73)	-4.71 (-8.70 to -0.78)	-3.00 (-7.10 to 1.05)	-1.82 (-6.27 to 2.59)	-3.58 (-8.03 to 0.80)	-0.35 (-4.89 to 4.16)	-4.42 (-10.04 to 1.14)	-1.13 (-6.40 to 4.24)	Biggest loss
7.41 (4.63 to 10.18)	1.40 (-1.66 to 4.43)	-0.26 (-3.39 to 2.85)	-0.85 (-4.58 to 2.83)	-2.74 (-5.90 to 0.41)	-1.03 (-4.27 to 2.24)	0.15 (-3.28 to 3.65)	-1.62 (-5.27 to 2.03)	1.62 (-2.12 to 5.28)	-2.45 (-7.52 to 2.53)	0.86 (-3.08 to 5.73)	1.9 (-2.18 to 6.04)
NA	NA	NA	NA	NA	Comparison of Weight Loss Among Named Diet Programs in Overweight Adults A Meta-analysis. JAMA 312(9):923-33 · September 2014. Johnst						

WEIGHT LOSS

“Until the evidence surrounding comparative benefits of different eating patterns in specific individuals strengthens, health care providers should focus on the key factors that are common among the patters:

- 1) Emphasize nonstarchy vegetables*
- 2) Minimize added sugars and refined grains, and*
- 3) Choose whole foods over highly processed foods to the extent possible”*



WEIGHT LOSS



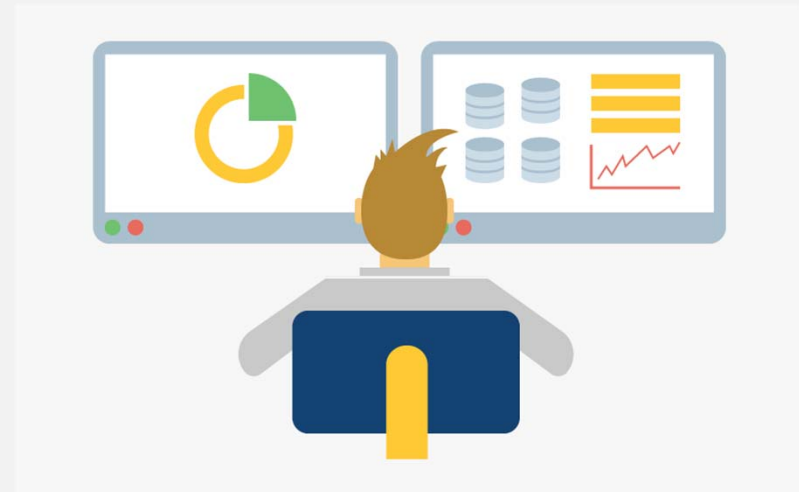
- Physical activity
 - 150 minutes a week
 - 2-3 sessions resistance training
 - 2-3 sessions flexibility and balance for elders

PREVENTION



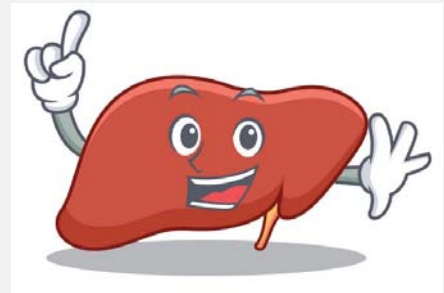
MONITORING

- BMI >25
- Insulin resistance
- High blood glucose
- High cholesterol, triglycerides



POST-TEST

- What is the best diet for weight loss?
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 - All of the above
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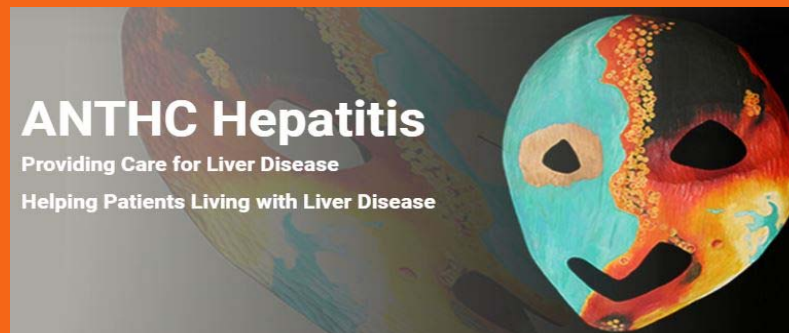
amfleetwood@anthc.org

LIVER DISEASE ECHO SCHEDULE AT A GLANCE

- February 17th- NAFLD Series Part 2: Exercise and Nutrition for NAFLD
- March 17th – Diabetes Drugs that Help NAFLD
- April 21st – Future Drugs for NALFD
- May 19th – Hepatitis B and other Vaccine Updates
- June 16th AIH in AN/AI Population in Alaska
- July 21st – PBC/Overlap
- August 18th – Most Common Liver Toxic Drugs

ADDITIONAL LEARNING OPPORTUNITIES

- AK ID ECHO: HCV, HIV, PrEP, STIs
 - The 2nd Tuesday of every month from 12:00-1:00PM Alaska Standard Time
 - 1CE/CME offered per session
 - anthc.org/project-echo/hcv-hiv-prep-stis-echo
- LiverConnect Webinar Program
 - Second Tuesday of every month 8:00-9:00AM Alaska Standard Time
 - Full Hour didactic topics on Liver Disease and related topics 1CE/CME offered
 - anthc.org/what-we-do/clinical-and-research-services/hep/liverconnect/



AK LIVER DISEASE ECHO -TEAM CONTACTS

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Thank you



This project is supported by a grant from the Northwest Portland Area Indian Health Board and funding is provided from the HHS Secretary's Minority HIV/AIDS Fund.