

Workshop 10: Practical skills for managing frailty and sarcopenic obesity in complex advanced liver diseases.

Presenters:

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- Helen Vidot, Royal Prince Alfred Hospital

Overview

The session will introduce the value of sarcopenia and frailty measures within the nutrition assessment of people with advanced liver disease including a summary of the variety of methodologies available for which Dietitians can perform functional assessments as well as practical teachings to support the attendee's development of competence and confidence with clinical assessment of physical function and body composition image analysis. There will be a focus on the specialised skill set required to manage the complexity of increasing prevalence of co-morbid obesity in people with advanced liver disease, highlighted through interactive real-world case studies from specialist units.

Learning outcomes

Gain knowledge of current evidence-based guidelines on the nutrition assessment of people with cirrhosis, and the level of evidence for the benefit of nutrition interventions -
Understand the importance of objective assessments of frailty and sarcopenia for people with cirrhosis and factors that may impact on feasibility in clinical practice - Develop skills and competence in assessing physical function, sarcopenia and frailty in clinical practice -
Understand the evolving phenotype of co-morbid obesity and cirrhosis - Develop skills and confidence with complex management of people with cirrhosis and co-morbid obesity, through engaging with interactive real-world case studies

Target audience

Dietitians working in a clinical specialist area that manages patients with advanced liver disease and assessment for liver transplant consideration, and/or Dietitians in private practice who manage people with advanced liver disease and/or Dietitians with an interest in developing specialist skills in managing advanced liver disease. - Dietitians with an interest in developing skills in use of body composition image analysis and use of objective assessments beyond the standard anthropometric measures including sarcopenia, physical function, and frailty assessments to extend their current scope of practice.

Workshop abstract

Advanced liver disease (or cirrhosis) is often complicated by sarcopenia (severe muscle wasting) and frailty (a state of global physiological decline). Both are associated with poor outcomes yet are potentially modifiable through nutrition and exercise. Traditional anthropometry is limited in this population due to fluid retention. Despite recent guideline recommendations, objective assessments of sarcopenia or frailty have not typically been included in the nutrition assessment for cirrhosis. A tsunami of obesity-related cirrhosis, from metabolic-related fatty liver disease, will soon impact health services and it is vital that the dietetic workforce is competent in the assessment and management of sarcopenic obesity in cirrhosis. Dietetic care is complex due to the need to balance increased nutritional needs with the potential need for weight loss without exacerbating sarcopenia. Therefore, skills to objectively assess sarcopenia and frailty are crucial for identifying those at greatest risk, prioritising those requiring interventions and monitoring outcomes. Content overview: Impact of sarcopenia/frailty in cirrhosis, including various definitions and guidelines. A demonstration of CT image analysis of body composition that contributes to diagnosis of sarcopenia. Small group practical engagement with physical assessments of sarcopenia and frailty. Evidence base: International practice guidelines (2019) state these assessments should be considered in this population. Strategies to be used for audience engagement: Practical demonstrations and supervision of physical function and frailty assessments through rotating stations of small groups including guided inter and intra-rater reliability exercises. Presentation of case studies will involve interactive polls and discussion.