

A Pre-intervention Analysis of Metabolic Dysfunction–Associated Steatotic Liver Disease (MASLD) Screening Practices In An Internal Medicine Residency Clinic

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Background

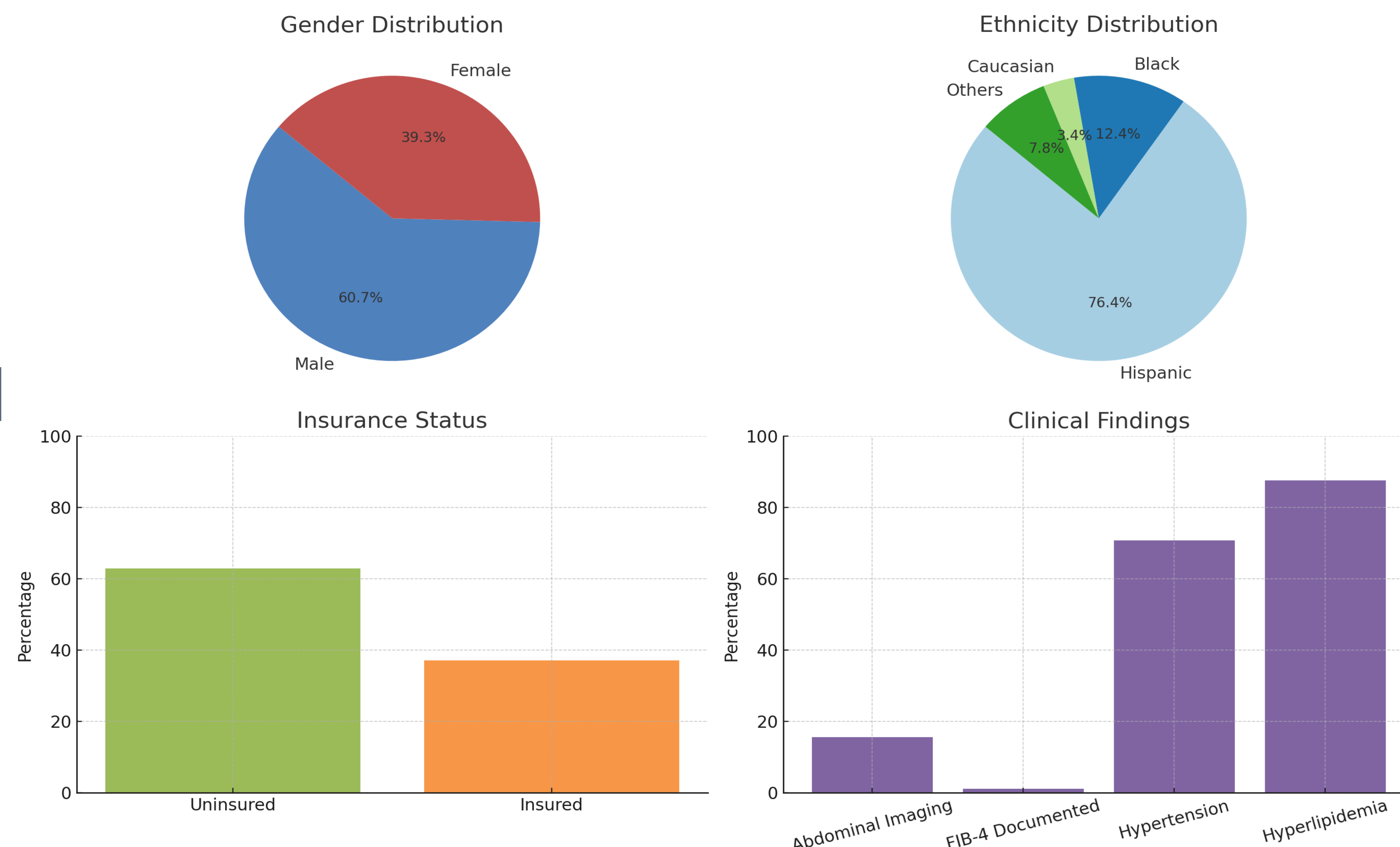
- Metabolic dysfunction–associated steatotic liver disease (MASLD), formerly known as non-alcoholic fatty liver disease (NAFLD), is defined as steatotic liver disease in the presence of one or more cardiometabolic risk factor(s) and the absence of harmful alcohol intake.
- We sought to examine the rate of screening for MASLD in high-risk patients with diabetes and obesity in our resident-led outpatient clinic in order to improve its deficiencies.

Method

- This study analyzes patients who visited the North Hudson Community Action Corporation (NHCAC) in Englewood, NJ, from January 30th to April 23rd, 2024. NHCAC is a federally funded clinic that serves a high-risk population.
- The Internal Medicine clinic is staffed by residents from Englewood Health. IRB approval was obtained, and the eCW health record system was utilized to acquire data.
- We studied patients aged 18 years and older with obesity and diabetes.
- We reviewed medical charts and collected variables of interest, including the presence or absence of hypertension, hyperlipidemia/treatment with statins, smoking status, CKD, documented screening with FIB-4 score, use of enhanced liver fibrosis test, and imaging modalities.

Result

Patient Characteristics Summary (N=89)



Conclusion

This pre-interventional study showed a low rate of MASLD screening in our high-risk patient population. Factors considered were resident knowledge and awareness of the disease process, health literacy, and insurance status of patients, inconsistent follow-up, and limited educational resources. We plan to implement measures to increase the rate of MASLD screening in the clinic.