

# A Randomised Controlled Study on Nurse-led Clinic for Liver Cirrhotic Patients: Effects on Health Related Quality of Life

Authors, **M. HJORTH<sup>1,2</sup>**, **D. SJÖBERG<sup>2</sup>**, **A. SVANBERG<sup>1,3</sup>**, **E. KAMINSKY<sup>1</sup>**, **S. LANGENSKIÖLD<sup>1</sup>** and **F. RORSMAN<sup>1</sup>**  
 1Uppsala University, Uppsala, Sweden  
 2Center for Clinical Research, Falun, Sweden  
 3Dalarna University, Falun, Sweden

## INTRODUCTION

Liver cirrhosis affects health-related quality of life (HRQoL) even in early stages. Morbidity is especially high when the disease decompensates, when self-care actions become essential.

In other chronic diseases secondary prevention by nurse-led clinics has contributed to:

- 1) better symptom control
- 2) decreased need of inpatient care
- 3) improved HRQoL

The role of nurse-led clinic in the management of patients with liver cirrhosis is unclear. Therefore, this study compare structured nurse-led clinics, inspired by Orem self-deficit theory and motivational strategies, with a group of patients receiving standard care according to clinical routine.

## AIM

The intervention aims to improve HRQoL in patients with liver cirrhosis

## METHOD

### DESIGN

A pragmatic, multicenter randomized controlled study comparing two group of patients:

- A: Intervention group
- B: Control group

### OUTCOMES

#### Primary outcome

Health related quality of life the summary component of the physical and mental domain of HRQoL as measured by RAND-36 at enrolment, and after one and two years

#### Secondary outcomes

- Quality of care from the patient's perspective
- Visits at outpatient clinics and admissions to hospital
- Health literacy
- Disease progress:
  - Child-Pugh score, MELD score, The royal free hospital nutritional prioritizing tool or Appearance of decompensation episodes i.e. ascites, hepatic encephalopathy or variceal bleed

## POPULATION

Eligible patients are adults with a diagnosis of liver cirrhosis (n=500) at six Swedish gastroenterology departments.

### Inclusion criteria

- Diagnosed liver cirrhosis within the last 24 months
- Follow up at the gastroenterology department
- Age 18-85 years

### Exclusion criteria

- Insufficient knowledge of the Swedish language
- Persistent hepatic encephalopathy grade 2-4
- Comorbidity:
  - Chronic obstructive pulmonary disease grade 3-4
  - Coronary heart disease HYHA class 3-4,
  - Dementia, Actual advanced cancer , Stroke with sequelae, Severe psychiatric disease, Renal failure requiring dialysis

## NURSE-LED INTERVENTION

Participants are followed 24 months within the study. The nurse-led intervention aims to:

- Monitor risk factors due to disease deterioration
- Inform and motivate to perform self-care and medical treatment
- Assess need of support for nutritional adjustments
- Motivate to life-style changes essential to prevent or delay disease progress
- Psychosocial care

## RESULTS

Recruitment is ongoing and scheduled to continue until 2020

## ACKNOWLEDGEMENT

To nurses and physicians at the six Swedish Gastroenterology departments involved in this study: Falu hospital, Uppsala Academical hospital, Örebro University hospital, Sahlgrenska hospital, Skåne University hospital in Malmö and Danderyd hospital in Stockholm.

Fundings from Center for Clinical Research Dalarna, Ester Åsberg Lindbergs Foundation, FoU Foundings from Internal Medicin Falu hospital. Fundings from Norgine for CRT equipment for the study purpose.

## CONTACT INFORMATION



[Maria.Hjorth@ltdalarna.se](mailto:Maria.Hjorth@ltdalarna.se)

Maria Hjorth, PhD student

Study group		Visit intervals: Intervention group		Visit intervals: Control group	
Disease severity		Nurse-led clinic	Physician	Nurse-led clinic	Physician
Compensated disease		1 visit/year	According to clinical routine,	No visits	According to clinical routine
Decompensated disease	Within past 12 months	1-2 visits/month	minimum 1 visit/year		
	Previous decompensation without current decompensation	Every 3rd month			

Figure 1: Follow-up protocol for intervention and control group