

VIRGINIA MASON CONTINUING MEDICAL EDUCATION

# Updates in Alcoholic Liver Disease

PRESENTED BY The Digestive Disease Institute at Virginia Mason

Friday, March 9, 2018

Virginia Mason • Seattle, Washington



## Faculty

### COURSE DIRECTORS:

**Alexander Kuo, MD, FAASLD**

Director, Liver Center of Excellence  
Digestive Disease Institute at Virginia Mason, Seattle, Wash.

**Asma Siddique, MD**

Hepatologist  
Digestive Disease Institute at Virginia Mason, Seattle, Wash.

**Blaire E. Burman, MD, MAS**

Gastroenterologist and Hepatologist  
Digestive Disease Institute at Virginia Mason, Seattle, Wash.

### KEYNOTE SPEAKER:

**Gyongyi Szabo, MD, PhD, FAASLD**

Past President, American Association for the Study of Liver Diseases  
Worcester Foundation for Biomedical Research Endowed Chair  
Professor and Vice Chair of Research, Department of Medicine  
Associate Dean, Clinical and Translational Research  
University of Massachusetts Medical School, Worcester, Mass.

### FACULTY:

**Elenore P. Bhatraju, MD, MPH**

Adult Primary Care Internist, Department of Internal Medicine  
Virginia Mason Federal Way Medical Center, Federal Way, Wash.

**Megan J. Bott, MSW, LICSW**

Clinical Social Worker  
Virginia Mason, Seattle, Wash.

**Marquis E. Hart, MD**

Executive Medical Director of Organ Transplant  
Swedish Organ Transplant and Liver Center  
Swedish Medical Center, Seattle, Wash.

**Natasha Mooney, RD**

Registered Dietitian  
University of California, San Diego Health System, San Diego, Calif.

**Nizar A. Mukhtar, MD**

Transplant Hepatologist  
Swedish Organ Transplant and Liver Center  
Swedish Medical Center, Seattle, Wash.

**Jorge D. Reyes, MD**

Roger K. Giesecke Distinguished Chair  
Professor and Chief, Division of Transplant Surgery  
Department of Surgery  
University of Washington, Seattle, Wash.

# Updates in Alcoholic Liver Disease

**A**lcoholic liver disease represents a wide spectrum of disorders including fatty liver, alcoholic cirrhosis, and alcoholic hepatitis. The mainstay of treatment for many years has been alcohol cessation, however the pathophysiology of alcoholic liver disease, especially alcoholic hepatitis, is becoming better understood, with a clear interplay between the gut-liver axis.

The management of alcohol use disorders and alcoholic liver disease is a multidisciplinary affair involving hepatologists, primary care providers, psychiatrists, substance abuse counselors, dietitians, nurses, and others. This update on the science and treatment of alcoholic liver disease will be invaluable for all of these attendees, providing key information about resources available in the region to help coordinate and improve care for patients at multiple disease stages. Given the controversial role of liver transplantation for acute alcoholic hepatitis, discussion with local liver transplant partners regarding appropriate candidates for liver transplant is sure to be robust.

## **Course aims include:**

- Provide an update on basic and translational research into the physiology of alcoholic liver disease
- Assess potential therapeutic targets to treat alcoholic hepatitis
- Review the role of liver transplantation for alcoholic hepatitis
- Discuss the role of coordinated and multidisciplinary care for patients with alcoholic liver disease

Teaching methods include lecture, case presentation, panel discussions, audience response, and question-and-answer sessions with faculty.

**TARGET AUDIENCE:** This course is appropriate for primary care and specialty physicians, fellows in training, residents, nurse practitioners, physician assistants and nurses.

## **OBJECTIVES:**

At the conclusion of this activity, participants should be able to:

- Describe current clinical management and therapies and highlight new potential therapeutic targets in alcoholic hepatitis based on preclinical studies
- Review available pharmacologic treatment for severe alcoholic hepatitis
- Recognize early signs and symptoms of liver decompensation
- Utilize effective language when talking with patients about their alcohol use
- Compare and contrast treatment options for patients living with an alcohol use disorder
- Identify malnutrition in a patient with alcoholic liver disease
- Describe novel biomarkers of alcohol use and their role in the evaluation of liver transplant candidates
- Summarize outcomes following liver transplantation in alcoholic patients and discuss factors which contribute to alcohol recidivism
- Review the clinical and ethical history of alcoholic cirrhosis as an indication for liver transplantation

## Agenda

- 7:00 a.m.** Registration opens, breakfast selection available
- 7:30 a.m.** **GRAND ROUNDS PRESENTATION:**  
**Sixth Fritz Fenster Memorial Lecture: Pathophysiology and Emerging Therapeutic Targets of Alcoholic Hepatitis** | Gyongyi Szabo, MD
- 8:30 a.m.** Break
- 8:45 a.m.** **Introduction, Overview of Course Objectives** | Alexander Kuo, MD
- 9:00 a.m.** **Current Treatment of Alcoholic Hepatitis** | Alexander Kuo, MD
- 9:30 a.m.** **Alcoholic Cirrhosis—Non-invasive Tools for Early Diagnosis**  
Asma Siddique, MD
- 10:00 a.m.** **Q & A** | Blaire Burman, MD
- 10:15 a.m.** Break
- 10:30 a.m.** **Identifying and Treating Alcohol Use Disorders in the Outpatient Setting**  
Elenore Bhatraju, MD
- 11:00 a.m.** **Exploring the Continuum of Options for Alcohol Use Disorder Treatment**  
Megan Bott, MSW
- 11:30 a.m.** **Q & A** | Asma Siddique, MD
- 11:45 a.m.** Lunch (provided)
- 12:45 p.m.** **Malnutrition: The Importance of Addressing Nutrition in Alcoholic Liver Disease** | Natasha Mooney, RD
- 1:15 p.m.** **Traditional and Novel Biomarkers for the Detection of Alcohol Use**  
Nizar Mukhtar, MD
- 1:45 p.m.** **Case Review with Faculty Panel** | Blaire Burman, MD
- 2:15 p.m.** Break
- 2:30 p.m.** **Alcohol Abstinence and Liver Transplant** | Marquis Hart, MD
- 3:00 p.m.** **From Rene Laennec to Thomas Starzl: The Path of Treatment of Alcoholic Liver Disease** | Jorge Reyes, MD
- 3:30 p.m.** **Closing Remarks**



**Accreditation with Commendation:** The Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for physicians.

**Credit Designation:** The Virginia Mason Medical Center designates this live activity for a maximum of **6.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**AAFP:** Application for CME credit has been filed with the American Academy of Family Physicians (AAFP).

**Determination of credit is pending.**

**Maintenance of Certification:** Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 6.0 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

**Nursing Contact Hours:** Virginia Mason Medical Center is a provider of nursing continuing education contact hours. Provider is approved by the California Board of Registered Nursing, Provider #CEP15905 for 6.0 Contact Hours March 9, 2018.

**Location:** The course will be held in Volney Richmond Auditorium on Level One of the Virginia Mason Lindeman Pavilion, 1201 Terry Avenue, Seattle (between Seneca & University Streets.) *Please note the Terry Street entrance into Lindeman Pavilion is Level Two.* For information, contact the CME Department at 206-341-0142 or email [cme@virginiamason.org](mailto:cme@virginiamason.org).

To register, complete the form below and send via:



**MAIL:**

Virginia Mason CME Dept.  
1100 Ninth Ave., D3-CME  
Seattle, WA 98101



**PHONE:** 206-341-0142



**FAX:** 206-341-1480



**E-MAIL:** [cme@virginiamason.org](mailto:cme@virginiamason.org)

**WEB:** [VirginiaMasonCME.org](http://VirginiaMasonCME.org)

**Cancellation and Refund Policy:** Refunds will be made for a fee of \$25 if written notice of cancellation is received at least 14 calendar days prior to the activity.

## Registration

# Updates in Alcoholic Liver Disease

Friday, March 9, 2018



*Please print clearly*

NAME \_\_\_\_\_ DEGREE/CREDENTIALS \_\_\_\_\_

SPECIALTY \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

Please provide one question for the faculty: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will attend at the Videoconferencing Site in: \_\_\_\_\_  
*For information, call (206) 341-0142.*

Please add me to your e-mail list for news of upcoming CME courses at Virginia Mason.

**PAYMENT:**

**Tuition:** \$185.00

- Check enclosed. Make check payable to Virginia Mason CME  
 Please charge my:  VISA  MasterCard  American Express  Discover

CARD NUMBER \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

CARDHOLDER NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_