Elevating Cystic Fibrosis Care: Implementing Updated Guidelines for Enhanced Patient Monitoring

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BACKGROUND

- Cystic Fibrosis (CF) is defined as a progressive, genetic disease that affects the lungs, pancreas, and other organs according to Cystic Fibrosis Foundation.
- Lifelong treatment and monitoring is required for the patients to ensure the best quality of life.
- Since patients with CF need to have lifelong treatments, our goal as providers is to prevent serious complications by continuously monitoring the patients.
- Recently in October of 2023 AASLD updated the monitoring parameters for patients living with Cystic Fibrosis and was the first update to this since 1999.
- The monitoring parameters that should be checked annually are total bilirubin, AST, ALT, Alkaline Phosphatase, GGT, Platelets, Abdominal Physical Exam. An abdominal Ultrasound should be done every 2 years.
- For patients with CFHBI the recommendation is a consultation with pharmacist every 6 months, physical exam, liver fibrosis index score, liver elastography are annual and an US every 2 years.

METHODS

- This study will be a QI project utilizing Cardinal Glennon's Cystic Fibrosis patients.
- The excel file will live on the CG's Cystic Fibrosis Microsoft Teams page, which is invite only and password secured.

RESULTS

Annual Screening labs

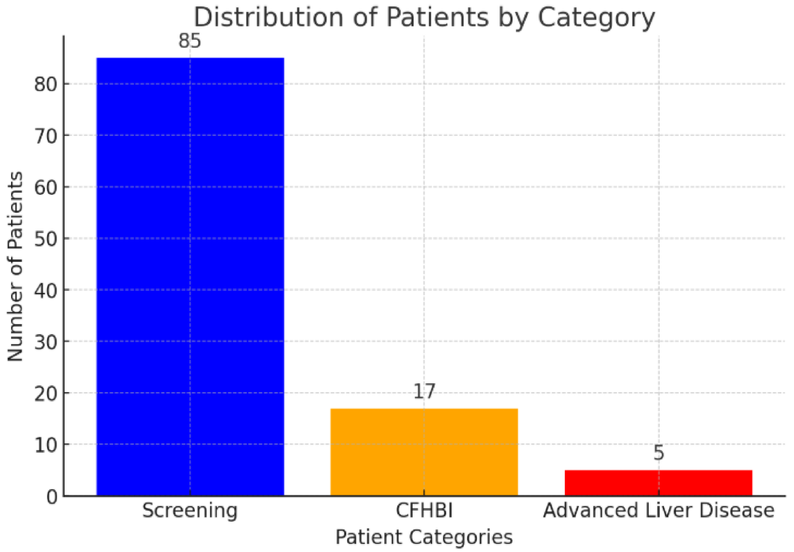
- 105 patients
- 104/105 current on labs
- 1/105 overdue for physical abdominal exam
- 20 patients overdue for transabdominal ultrasound (every 2 years)

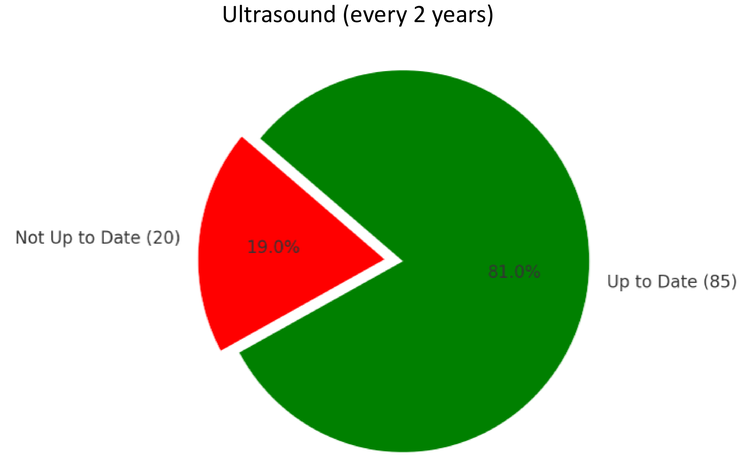
CFHBI Monitoring

- 22/105 patients met criteria of Fibrosis Index **≥0.545**
  - APRI, GPR index or both
- 8/22 patients were up-to-date on liver elastography
- 22/22 patients up-to-date on physical exam and liver fibrosis index

Advanced Liver Disease

- 5/22 patients monitored for advanced liver disease
- 0/5 patients had recorded alpha-feto protein levels





FUTURE PLANS

- This file will be used as a running list to chart these patients monitoring parameters to continue correct monitoring practices and frequency of monitoring for these patients.

CONCLUSION

- The Cardinal Glennon Cystic Fibrosis team has made significant progress in implementing updated monitoring guidelines, with high compliance in many areas. However, gaps remain in certain parameters, such as liver elastography and alpha-fetoprotein testing, highlighting the importance of continued patient tracking and appointment adherence to optimize health outcomes.

References

- Sellers ZM, Assis DN, Paranjape SM, Sathe M, Bodewes F, Bowen M, Cipolli M, Debray D, Green N, Hughan KS, Hunt WR, Leey J, Ling SC, Morelli G, Peckham D, Pettit RS, Philbrick A, Stoll J, Vavrina K, Allen S, Goodwin T, Hempstead SE, Narkewicz MR. Cystic fibrosis screening, evaluation, and management of hepatobiliary disease consensus recommendations. Hepatology. 2024 May 1;79(5):1220-1238. doi: 10.1097/HEP.0000000000000646. Epub 2023 Oct 26. PMID: 37934656; PMCID: PMC11020118.