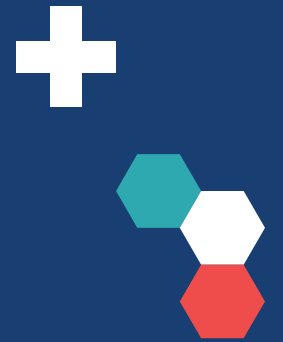


# Evaluating the feasibility and acceptability of virtual group consultations (vGCs) for patients with non-alcoholic fatty liver disease (NAFLD): a mixed methods pilot study



*Principle Investigator:*

*Dr Dina Mansour, Gateshead NHS Foundation Trust*

*Co-Investigators:*

*Fiona Graham PhD, Newcastle University*

*Kate Hallsworth PhD, Newcastle University, Newcastle upon Tyne Hospitals*

*NHS Foundation Trust*



- NAFLD affects over 20million people in UK
- Strategies in clinical practice to promote lifestyle changes are highly variable
- Group consultations
  - More patient-doctor contact time
  - Observe the consultation of others
  - Peer support
- Patient and practitioner perspectives of vGCs needed



Image: British Liver Trust 2011



Image: British Society of Lifestyle Medicine

**Aim:** To develop and evaluate the feasibility and acceptability of vGCs for the management of patients with NAFLD

**Study design:** single-arm pilot, mixed-methods

**Setting:** Gastroenterology clinic

**Objectives:**

- Co-design a vGC and implement
- Measure patient uptake, attendance and satisfaction
- Explore the views of patients that attend/decline vGC
- To assess the feasibility of various outcome measures
- Explore the views of practitioners



Image: © 2020 The Health Foundation & NHS Improvement  
<https://q.health.org.uk/idea/2019/virtual-group-clinics/>

# Timeline

Jan-Mar 2020

Apr-May 2020

Jun-Sep 2020

Oct-Dec 2020

Jan-Jun 2021

vGC design and prep

Patient recruitment

Baseline measures  
Run vGC

Outcome measures

6-month follow-up outcome measures

Prep for interviews/  
focus groups

Patients that declined

Healthcare professionals

Patients that attended & dropped out

Analysis, write up & share findings

# Deliverables and collaborators



*Liver*  
NORTH

LIVER PATIENT SUPPORT National Liver Patient Support Group - Registered UK Charity No 1087226



**Newcastle Gateshead**  
Clinical Commissioning Group

- Fraser Birrell, Newcastle University
- Quentin Anstee, Newcastle University
- Stuart McPherson, NUTH NHS foundation trust/  
Newcastle University
- Helen Martin, North of England Commissioning Support
- Rebecca Haines, Glen Park Medical centre
- Paul Cassidy, Teams Medical
- Tara Kelly, Visiting Dietitian (Honorary research associate  
Dietitian, Newcastle University)
- Joan Bedlington, Liver North
- Keith Martin, PPI Rep
- Alison Manson, Group consultations Ltd