



# Knowledge, Attitude, and Practice of Internal Medicine and Family Medicine Resident Physicians on Non-alcoholic Fatty Liver Disease



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## Introduction

- Non-alcoholic fatty liver disease (NAFLD) is the most common liver disorder in Western countries.<sup>1</sup>
- It is a leading indication for liver transplantation in the U.S.<sup>2</sup>
- It is under-recognized in the primary care setting.<sup>3</sup>

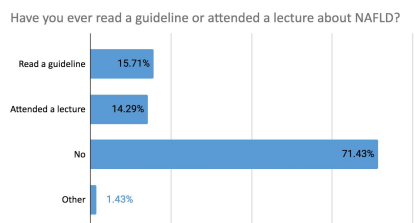
## Objectives

- To assess the knowledge, attitude, and practice of internal medicine (IM) and family medicine (FM) resident physicians regarding NAFLD.
- To identify knowledge gaps in NAFLD among resident physicians as part of a new curriculum development.

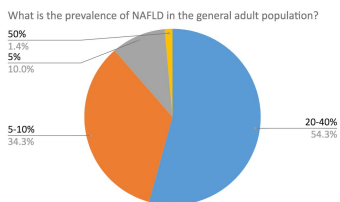
## Methods

- A "Needs Assessment" survey was sent to all IM and FM residents at a community teaching hospital.
- The survey was administered online via Microsoft Forms between July 27, 2020 and August 16, 2020.
- The survey had a total of 25 questions and covered:
  - General information about the resident (e.g., training program, postgraduate year).
  - The resident's personal experience with NAFLD and barriers to properly treating NAFLD.
  - General information about NAFLD (e.g., epidemiology, risk factors, screening modalities, diagnostic modalities, treatment options, complications).

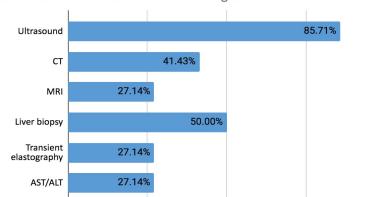
## Results



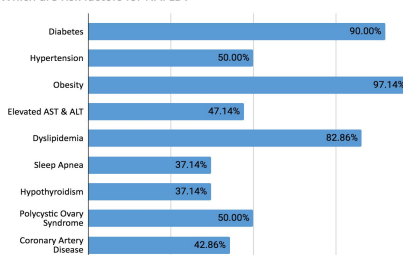
## Results (continued)



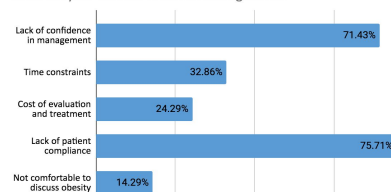
### What are some methods available for diagnosis?



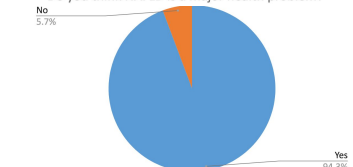
### Which are risk factors for NAFLD?



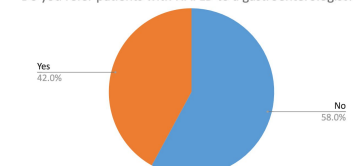
### What are your barriers to NAFLD management?



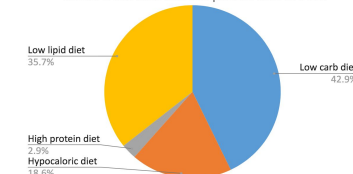
### Do you think NAFLD is a major health problem?



### Do you refer patients with NAFLD to a gastroenterologist?



### Which is the best diet in a patient with NAFLD?



## Conclusion

- Prior to the development of a curriculum on NAFLD, the majority of IM and FM resident physicians had never received a lecture or read a guideline on NAFLD.
- A majority of trainees did not feel confident in managing patients with NAFLD.
- A curriculum on NAFLD should be part of the learning requirements in IM and FM residency programs.

## References

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3. Blais P, Husain N, Kramer JR, Kowalkowski M, El-Serag H, Kanwal F. Nonalcoholic fatty liver disease is underrecognized in the primary care setting. *Am J Gastroenterol.* 2015 Jan;110(1):10-4. doi: 10.1038/ajg.2014.134. Epub 2014 Jun 3. PMID: 24890441.