

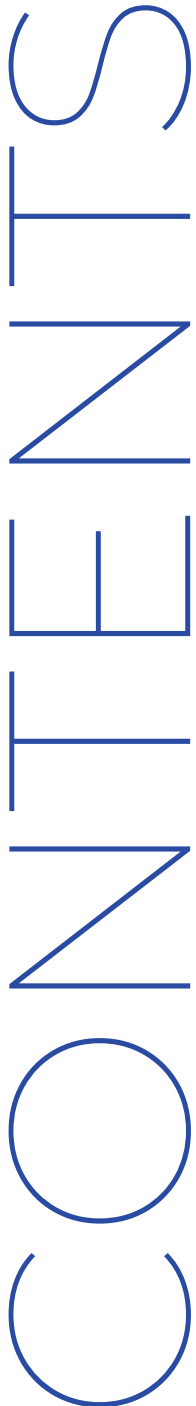


Liver
Foundation

Impact Report

2022/23

Table of Contents



01.	Introduction	2
02.	Priorities	4
03.	Measuring progress	5
04.	Activities	6
05.	Looking ahead	7

NON-PROFIT ORGANIZATION

One in three Australian adults has a liver disease, as well as many children. Liver cancer is the most rapidly rising cause of cancer – yet liver disease is entirely preventable or reversible in many cases.

By promoting liver health and raising awareness and early detection of liver disease, we can avert the coming tide of advanced disease and help people take control of their health to live longer and more productive lives.

The Liver Foundation represents all children and adults with all liver diseases in Australia. During the last two years, we have undergone an unprecedented period of development and growth.

Our ambitious aim has been to build a national peak body amid a competitive charitable market, taking a holistic view of all causes of liver disease to support the community and advocate for change.

We have invested in connecting liver patients to vital resources and services to help them manage their condition and achieve a better quality of life. We have sponsored new research and worked to ensure liver disease receives the attention and funding that is warranted by a health issue of this magnitude.

We have created a suite of courses for GPs and nurses that have been accessed an unprecedented number of times.

We have also built a remarkable community of financial supporters, to enable our work into the future.

This report highlights our achievements since January 2022.

THE CHANGING FACE OF LIVER DISEASE

Within the next two years, metabolic associated fatty liver disease (MAFLD) will overtake viral hepatitis as the leading cause of liver cancer and adult liver transplantation in Australia.

The Liver Foundation has our sights set firmly on this condition. It is estimated that one in four Australian adults, and a growing number of children, have MAFLD.

If diagnosed early it can be entirely reversed with lifestyle changes such as weight loss and increased physical activity. Left unchecked patients go on to develop cardiovascular disease, Type 2 diabetes, liver cancer and liver failure.

It is our vision that all Australians become aware of this condition and are given the tools and support to reverse it.



1 in 3 Australians has liver disease. Too many will only find out once they develop cirrhosis or liver cancer.

PRIORITIES

With up to one in three Australians having liver disease and very low awareness amongst the community, we have a great deal to do. These past two years we have focused on building a strong base to support as many people as possible.

01

Education for GPs and nurses

Primary care is the first place patients turn in most cases of liver disease. Ensuring that our incredible GPs and nurses have access to the latest information is vital. Our accredited courses translate the latest evidence into actionable, clear resources.

02

Evidence-based information for patients & carers

Being diagnosed with a liver disease is a challenging time. Having a source of information written simply and without judgement is essential to remove distress and support people. We translate the latest evidence into simple resources that patients can trust.

03

Advocacy to ensure liver disease is supported

Australia has ambitious and well documented plans to eradicate Hepatitis B & C by 2030. Sadly, liver cancer, MAFLD and other liver diseases are not given the same attention. We work with State and Federal governments and other key stakeholders to advocate for more funding, and focus on tackling all liver disease - whatever the cause.

04

Research and research translation

We continued to fund the Pauline Hall Research Fellowship and created a new research scholarship in paediatric liver disease, the Dr Arnold Smith Scholarship. Our representatives sit on the Steering Committees of clinical trials. Our WA Liver Meeting brings a cross-disciplinary approach to translating evidence in to clinical practice.

MEASURING PROGRESS

Liver disease is the biggest health issue that no-one has heard of. We have a huge job ahead of us, but we are making progress. Before we can raise awareness in the broader community, a number of foundations needed to be in place. This has been our focus in 2022 and 2023.

Key Indicator	Activity / Project	Data / Outcome
Number of GPs and nurses enrolled in accredited CPD courses covering all aspects of liver disease applicable to primary care	We developed an Advanced Course, also available as a series of shorter courses, a clinical Audit in MAFLD delivered online & delivered face to face training at GPCE nationally	<ul style="list-style-type: none"> • 6,062 enrolled in year 1 (target 1200) • All courses accredited with RACGP, ACCRM and AHA • All online courses fully funded to run a second year
Patients and carers have access to trustworthy and actionable health information	Co-develop patient information with patients and clinicians, using the latest evidence	<ul style="list-style-type: none"> • 57 pages of new information created • Website views up to 10,000 a month in September 2023
Government and other key stakeholders have liver disease on their agenda	Comprehensive lobbying efforts undertaken We contribute to key policy consultations	<ul style="list-style-type: none"> • 21 meetings with State and Federal Ministers/Depts • Government policy contributions: 8

Patient and Carer Information

A healthy lifestyle eases the burden of liver disease, whatever its cause. For most people with liver disease, it's never too late to make a change and improve their outlook.

Working closely with our community, we support patients and their loved ones to navigate their condition and live the best life possible.

We provide easy to understand, actionable information about the spectrum of liver disease for the community, patients and carers. Our resources are evidence-based and clinically validated, providing a trusted, one-stop-shop for all liver health information in Australia.

We put patients and carers at the centre of everything we do.

- 623 supportive conversations with patients and carers
- 57 new evidence-based patient resources co-developed with patients, liver nurses and specialists
- 19 in-depth interviews with patients to inform our work
- 2 surveys of patients and carers to inform our work

"It's been so lonely and so confusing since his diagnosis. Mario had given up, thinking there was nothing he could do. Now we have ideas. We have a plan. He feels positive for the first time in a long time."
Amanda, carer to her husband



Highlight 1

New Website launched Dec 2022

Views have increased steadily from 2,300 in Jan 2023 to 10,000 in September 2023 and rising.

Education for GPs and Nurses

Health promotion, prevention, proactive case-finding, early identification of progressive liver fibrosis and early treatment of liver diseases are essential to prevent premature mortality from liver disease.

Since 2022, we have focused on targeted education and capacity building to support health professionals to learn how to identify, manage and support their patients with liver disease. We have secured funding to run our very popular CPD courses through to December 2024.

- 6,062** GPs across Australia have taken one of our online CPD courses on liver disease
- 387** GPs across Australia attended 3 or 5 hour face to face education sessions on liver disease
- 1** endorsement from the Australasian Hepatology Association of our Advanced Course as education recommended for their members
- 1** Prime Award, Winner - Best Education category

“ I’ll never tell a patient, ‘don’t worry, it’s just fatty liver disease’, ever again.”
GP attending training



Highlight 2

GP Education Takes Off

We initially had a goal of educating 1,200 GPs. So far, over 4 times that many, or 18% of Australian GPs have enrolled. Numbers continue to grow.



Research and Research Translation

We support medical research aimed at understanding the causes and consequences of liver disease, including how to prevent, diagnose and treat the diverse spectrum of liver diseases.

We translate new research and clinical guidelines into education, patient information and share it at our multi-disciplinary clinical conference. Our commitment to research extends to all liver research in Australia, where we are often called upon to provide the patient voice.

- 1 Basic Research Fellowship awarded in liver transplantation
- 1 new Clinical Research Scholarship created and awarded in rare childhood liver diseases
- 2 steering committee places on national clinical research projects, representing people with liver disease
- 1 national multi-disciplinary clinical meeting hosted

“The outcome of this research could potentially help millions of people around the world. It wouldn't have been possible without the support of the Liver Foundation.”

Dr Sahar Keshvari, recipient Pauline Hall Research Fellowship



Highlight 3

New Clinical Scholarship

The inaugural Dr Arnold Smith Scholarship in paediatric liver disease was created and awarded in 2023 to Dr Prerna Diksha for work in rare diseases.

Advocacy and Collaboration

Liver disease receives very little publicity, funding, research or support. We are committed to ensuring it remains on the agenda.

We work closely with our local and international colleagues to align our messaging and push for action.

Our Board and CEO meet regularly with politicians and senior bureaucrats to build the case for support for all liver diseases.

21

State and Federal government meetings and policy consultations conducted

4

formal collaborations - Maiden Collaboration, Patient Voice Initiative, Continuity of Care Collaboration, Patient Advocacy Alliance

10

meetings with CEOs of the UK and Canada peak bodies to share best practice

84

collaborative discussions with key stakeholders to advance liver health in Australia

“Today I met with my friend Professor Simone Strasser and Sally Castle from the Liver Foundation so that we can put in place education about the importance of early diagnosis and treatment which is critical as many people have reversible liver diseases.”

Dr Mike Freeland, MP



Highlight 4

Federal Parliament Meetings

Our CEO and Director Assoc Prof Simone Strasser had meetings with the Assistant Minister for Health Ged Kearney, and Dr Mike Freeland to build the case for support for all liver disease.



A Community of Support

Running a national charity takes the combined effort and support of many of people. Over the past two years we have been steadily building a community of remarkable volunteers, patients, clinicians, companies and philanthropists.

While we work with Governments across Australia to try and secure funding, it is these financial and in kind contributions that make this work possible.

Every act of kindness and every dollar donated helps to improve the lives of people with liver disease. Thank you.



Supporters

The Liver Foundation complies with the Medicines Australia Code of Conduct Edition 19 at all times when working with industry

GP Education

Australian Government Department of Health and Aged Care
Roche Diagnostics Novo Nordisk GPCE

Patient Materials

Roche Cook Medical Gilead Norgine Eisai
Dr Falk Pharma

Liver Foundation Support

Thursday Design HealthIT Deloitte Moore Australia
Queensland Community Foundation



Thank you to our speakers and sponsors

WA Liver Meeting Sponsors

Roche Gilead Sirtex Eisai
Abbvie Dr Falk Astellas CSL Behring
Bristol Myers Squibb Norgine Chiesi
Charlies Foundation

Donors

The Liver Foundation is supported by a small but growing number of exceptional individuals who donate, raise funds and share their stories to support people with liver disease.



LOOKING AHEAD

We will not rest until liver disease is well understood and incidence rates decline.

Our current priorities are to tackle the rising tide of metabolic associated fatty liver disease, support the elimination of hepatitis C and management of hepatitis B, to stem the growth of liver cancer and bring more awareness to the rarer liver diseases.

Liver cancer survival and liver disease supports in Australia are the same as those for breast cancer 35 years ago. With breast cancer, we have seen what a community dedicated to support, research and education can do. We will do that for liver cancer, and all liver diseases, over the next 10 years.

As you can see in this report, we have laid strong foundations. We have put together the essentials of patient information and GP education, built strong relationships with government and other key stakeholders, and really started to understand what our patient and carer community need from us.

We know what to do, and who we need to work with, to achieve our aim of supporting people with liver disease and their families and achieving a world free of liver disease. For information on how you can help to deliver our priority projects below, or to discuss other areas requiring support, please contact us on 1300 454 837 or visit www.liver.org.au to donate.

01

Develop a nurse-led helpline - Pilot

People with liver disease have questions and they need support. This pilot project will help define the need and scope for both incoming requests, and online patient support communities.

02

MAFLD Lifestyle Adaptation Resources

MAFLD, NASH and even fibrosis can often be managed or even reversed with lifestyle changes. We will create tools that help people take control of their liver health.

03

Patient Awareness and Information

We will upgrade the information available on our website, tailoring it to key communities and available in a range of formats to support our diverse community, and undertake public awareness campaigns.

The Liver Foundation is run by a highly respected Board of Directors and CEO.

BOARD

David Smith - Chair of the Board and Chair, Business, Risk & Governance Committee

Assoc Prof Simone Strasser, Chair, Clinical and Scientific Committee

John Dewar, Treasurer

Ed Smith

Prof Gary Jeffrey

Prof Winita Hardikar

Assoc Prof Paul Clark

CEO

Sally Castle

We thank you for your continued support of our efforts to turn the tide on liver disease in Australia.

CONTACT

Liver Foundation

PO Box 8010
Camberwell North
VICTORIA 3124

www.liver.org.au
hello@liver.org.au

1300 454 837