



MEGA WE CARE LIVER RISK ASSESSMENT TEST

Executive Summary

Liver cirrhosis and primary liver cancer account for two thirds of liver disease in hospitalized patients in a Nigerian tertiary hospital. Liver diseases accounted for **7.9% of medical admissions**, with primary liver cancer and liver cirrhosis accounting for 44.3% and 20.4%, respectively. **The main risk factors were alcohol consumption (52.1%), hepatitis B virus infection (49.4%), ingestion of herbs and roots (45.5%) and cigarette smoking (30.1%)***

In Nigeria Inadequate public awareness regarding the causes, symptoms, and risk factors of liver disease in Nigeria leads to delayed diagnosis and treatment. This results in the progression of liver conditions to advanced stages, often irreversible, such as cirrhosis, liver failure, and hepatocellular carcinoma. The lack of knowledge contributes to a significant public health burden, characterized by preventable morbidity, mortality, and substantial economic costs associated with advanced liver disease management.

Solution Deliverables

A liver risk assessment test can empower Nigerians by identifying individuals at high risk of developing liver disease. This proactive approach enables early medical intervention, preventing the progression to irreversible liver damage. By raising awareness and facilitating early detection, this tool can significantly reduce the burden of liver disease in Nigeria, including morbidity, mortality, and associated healthcare costs.

Project Description

Goal:

To improve early detection and prevention of liver disease within the adult population in Nigeria.

Objectives:

- To develop and validate a Consumer-friendly liver risk assessment test.
- To obtain approval for the use of this test by the Gastroenterology education body.
- To disseminate information about the test to healthcare providers and the public by World Liver day (**April 19th 2025**)

Target Beneficiaries:

- Healthcare providers (e.g Gastroenterologists, General practitioners & Pharmacists)
- The general public, including individuals at high risk of liver disease (e.g., people with obesity, diabetes, excessive alcohol consumption, chronic viral hepatitis)

Time Frame

Activity	Time line
Submission of application for approval	February
Test validation and refinement	February
Test development and pilot testing	March
Dissemination of information to the public (April 19 th)	April

Conclusion

This project holds immense significance in addressing the critical issue of delayed liver disease diagnosis in Nigeria. By introducing a readily accessible liver risk assessment test, we aim to empower individuals with knowledge about their personal risk, thereby promoting proactive health behaviors and facilitating early medical intervention. This proactive approach is crucial in preventing the progression of liver conditions to irreversible stages, ultimately reducing the significant burden of liver disease on individuals, families, and the healthcare system.

Collaborating closely with the Gastroenterology Education Body is paramount to the success of this initiative. Their expertise in liver disease management will be invaluable in:

- Validating the accuracy and clinical utility of the risk assessment test.
- Ensuring the appropriate interpretation and utilization of test results.
- Integrating the risk assessment tool into existing healthcare pathways for the benefit of all patients