

Dr. Kate Hallsworth

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Dr. Kate Hallsworth is a Senior Clinical Academic Physiotherapist within the Liver Unit at Newcastle upon Tyne Hospitals NHS Foundation Trust (NuTH), UK. She has published world-leading research in the field of lifestyle management for patients with NAFLD. She led the first study assessing the effects of resistance exercise in NAFLD and subsequent trials investigating different physical activity/exercise modalities. She also led the first study assessing the feasibility and acceptability of using a very-low calorie diet to manage patients with advanced NAFLD, which showed very exciting results in terms of patient uptake, adherence and improvements in key clinical outcomes.

Her translational research focusses on the use of lifestyle interventions in the management of NAFLD/NASH. This includes physical activity measurement in this patient population and assessing the impact of different exercise modalities on liver, metabolic and cardiac health. Her more recent research has looked at why lifestyle interventions are not being optimised in clinical practice and what tools are necessary to aid healthcare professionals to support patients to make lifestyle changes. She led the development of an evidence-based NAFLD-specific digital intervention (VITALISE- interVention to promote lIfesTYle change in non-Alcoholic fatty LIver diseaSE) which was co-designed with patients and will be trialled within the NHS in the coming months.

Kate is passionate about improving the care of patients with NAFLD and is driving service redesign to ensure a multidisciplinary, holistic approach to disease management, offering patients tailored lifestyle interventions that meet their needs. She was part of an international group working on an EASL NAFLD Patient Guideline and national groups working on developing BASL Quality Care Standards for patients with NAFLD and BSG Liver Transplant Guidelines for NASH.

Kate is an advocate for Public/Patient Involvement and Engagement and has a close relationship with the British Liver Trust and national patient representative group LIVErNORTH. She has also helped to develop a website to support patients diagnosed with liver cancer and their relatives/carers providing input on lifestyle interventions (<https://www.livingwithlivercancer.co.uk/>).

Kate was awarded a prestigious Rising Star Award from EASL in 2021 for her work which focuses on putting people with, or at risk of, liver disease at the heart of her practice.

Lifestyle interventions in NAFLD: What should we aim to achieve in the clinical setting?

In the absence of approved drug therapy, lifestyle interventions remain the cornerstone of NAFLD management. This session will cover the EASL–EASD–EASO Clinical Practice Guidelines for the management of NAFLD in relation to lifestyle treatment, and the evidence that the guidelines were based on.

The session will highlight different treatment options for both diet and physical activity/exercise and the importance of tailoring interventions to individual patients. The session aims to provide practical tips for use in the clinical setting and will highlight useful techniques to support patients to make and sustain lifestyle changes.