

## Questionnaire on knowledge of NAFLD among doctors

|                                    |                                                                    |                      |                  |                                                       |
|------------------------------------|--------------------------------------------------------------------|----------------------|------------------|-------------------------------------------------------|
| Designation(Circle)                | HO/RHO                                                             | <input type="text"/> | Registrar        | <input type="text"/>                                  |
|                                    | MO/SHO                                                             | <input type="text"/> | Senior Registrar | <input type="text"/>                                  |
|                                    | Consultant                                                         | <input type="text"/> |                  |                                                       |
| Speciality (Circle one)            | <input type="text"/> Medicine/Gynaecology/Surgery                  |                      |                  |                                                       |
| Subspecialty (Circle one)          | <input type="text"/>                                               |                      |                  |                                                       |
| Qualification (Circle one)         | <input type="text"/> Diploma/Screening exam/Part 1/MD/MS/Mphil/PhD |                      |                  |                                                       |
| Age                                | <26                                                                | <input type="text"/> | Gender           | <input type="text"/> Male <input type="text"/> Female |
|                                    | 27-30                                                              | <input type="text"/> |                  |                                                       |
|                                    | 31-35                                                              | <input type="text"/> |                  |                                                       |
|                                    | 36-40                                                              | <input type="text"/> |                  |                                                       |
|                                    | 41-45                                                              | <input type="text"/> |                  |                                                       |
|                                    | >45                                                                | <input type="text"/> |                  |                                                       |
| Years since passing out of faculty | <5years                                                            | <input type="text"/> | 11-15 years      | <input type="text"/>                                  |
|                                    | 5-10 years                                                         | <input type="text"/> | 15-20years       | <input type="text"/>                                  |

### Epidemiology/Screening/Diagnosis

Prevalence of NAFLD in Sri Lanka  %

How many patients with NAFLD do you see for a year?

Who would you screen for NAFLD: (Tick all appropriate)

|                                            |                                         |
|--------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> DM                | <input type="checkbox"/> Sleep apnoea   |
| <input type="checkbox"/> HPT               | <input type="checkbox"/> Hypothyroidism |
| <input type="checkbox"/> Obese             | <input type="checkbox"/> PCOS           |
| <input type="checkbox"/> Increased AST/ALT | <input type="checkbox"/> IHD            |
| <input type="checkbox"/> Dyslipidemia      | <input type="checkbox"/> Hypothyroidism |

|                                                            |                                                  |
|------------------------------------------------------------|--------------------------------------------------|
| Do you screen patients with obesity or Diabetes for NAFLD? | <input type="text"/> Yes <input type="text"/> No |
| Is family screening for NAFLD recommended                  | <input type="text"/> Yes <input type="text"/> No |

Methods available for diagnosis

|                      |                    |                      |     |
|----------------------|--------------------|----------------------|-----|
| <input type="text"/> | USS                | <input type="text"/> | AST |
| <input type="text"/> | Thromboelastometry | <input type="text"/> | ALT |
| <input type="text"/> | CT                 |                      |     |
| <input type="text"/> | MRI                |                      |     |
| <input type="text"/> | Liver biopsy       |                      |     |

Indications for liver biopsy?

|                      |                                                            |
|----------------------|------------------------------------------------------------|
| <input type="text"/> | At risk for steatohepatitis and cirrhosis                  |
| <input type="text"/> | Other conditions causing steatohepatitis can't be excluded |
| <input type="text"/> | Other conditions causing steatohepatitis coexist           |
| <input type="text"/> | Presence of metabolic syndrome                             |
| <input type="text"/> | High NAFLD fibrosis score                                  |
| <input type="text"/> | In children before starting pharmacological therapy        |

Do you refer patients with NAFLD to a gastroenterologist/physician? Yes/No

### Management of NAFLD involves

|                      |                                     |                      |                  |
|----------------------|-------------------------------------|----------------------|------------------|
| <input type="text"/> | Dietary modifications               | <input type="text"/> | Statins          |
| <input type="text"/> | Exercise                            | <input type="text"/> | Antioxidants     |
| <input type="text"/> | Vitamin E for non diabetic patients | <input type="text"/> | Obetocholic acid |

|                          |                                       |                          |                                            |
|--------------------------|---------------------------------------|--------------------------|--------------------------------------------|
| <input type="checkbox"/> | Metformin                             | <input type="checkbox"/> | Weight loss of 3-5%                        |
| <input type="checkbox"/> | Pioglitazones                         | <input type="checkbox"/> | Weight loss of 10%                         |
| <input type="checkbox"/> | Avoiding hepatotoxic drugs            | <input type="checkbox"/> | Weight loss of 2%                          |
| <input type="checkbox"/> | Ursodeoxycholic acid (UDCA)           | <input type="checkbox"/> | Bariatric patients without cirrhosis       |
| <input type="checkbox"/> | Bariatric surgery in cirrhosis        | <input type="checkbox"/> | Avoiding > 14 units of alcohol/week in men |
| <input type="checkbox"/> | Avoiding > 7Us of alcohol/wk in women |                          |                                            |

Which of the following sentences about NAFLD is true?

It is not inherited

|                          |      |                          |       |
|--------------------------|------|--------------------------|-------|
| <input type="checkbox"/> | TRUE | <input type="checkbox"/> | FALSE |
| <input type="checkbox"/> | TRUE | <input type="checkbox"/> | FALSE |

It can lead to cirrhosis

what percentage

Which is the best diet in a patient with NAFLD?

- a. Hypocaloric diet
- b. Low lipid content diet
- c. Low carbohydrate content diet
- d. High protein content diet

Have you read a guideline or visited a lecture on management of NAFLD

|                          |                  |
|--------------------------|------------------|
| <input type="checkbox"/> | No               |
| <input type="checkbox"/> | Read Guideline   |
| <input type="checkbox"/> | Attended Lecture |
| <input type="checkbox"/> | Other            |

Which patients with NAFLD should receive pharmacological treatment

|                          |                    |
|--------------------------|--------------------|
| <input type="checkbox"/> | High AST ALT       |
| <input type="checkbox"/> | After Liver biopsy |

What are the dangerous side effects of vitamin E

|                          |            |
|--------------------------|------------|
| <input type="checkbox"/> | Know       |
| <input type="checkbox"/> | Don't know |

If so specify

Do you frequently use Vitamin E for patients with NAFLD?

Can you give statins for patients with high AST/ALT?

|                          |     |                          |    |
|--------------------------|-----|--------------------------|----|
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No |
| <input type="checkbox"/> | Yes | <input type="checkbox"/> | No |

Which of the following drugs can precipitate or worsen a NAFLD

|                          |             |                          |           |                          |              |
|--------------------------|-------------|--------------------------|-----------|--------------------------|--------------|
| <input type="checkbox"/> | Statins     | <input type="checkbox"/> | Amidarone | <input type="checkbox"/> | Azathioprine |
| <input type="checkbox"/> | Valproate   | <input type="checkbox"/> | MTX       | <input type="checkbox"/> | NSAIDs       |
| <input type="checkbox"/> | Paracetamol | <input type="checkbox"/> | Steroids  | <input type="checkbox"/> | Quinine      |
|                          |             | <input type="checkbox"/> | Tamoxifen |                          |              |

Do you think NAFLD is a major health problem

Yes/No

Barriers for NAFLD management ?

Lack of confidence in managing it

Time constraints

Cost of evaluation and treatment

Lack of compliance by patient

Not comfortable to discuss obesity with patient

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