

significant, although mediocre, at 1 year after OLT concerning patient survival for D-MELD (AUC: 0.615, 95% CI: 0.543–0.688) and D-UKELD (AUC: 0.594, 95% CI: 0.527–0.662). The optimal cut-off points from the ROC curves at 1 year after OLT were D-MELD>1012 and D-UKELD>2640 regarding patient survival. Recipients with D-MELD>1012 had worse patient survival within the first year ($p=0.00006$), which remained in the multivariable analysis (HR: 1.917, 95% CI: 1.06–3.465, $p=0.031$). Recipients with D-UKELD>2640 had worse patient survival within the first year as well ($p=0.006$), but this did not remain in the multivariable analysis (HR: 1.724, 95% CI: 0.952–3.121, $p=0.072$).

Conclusions D-MELD and D-UKELD scores have mediocre predictive ability in regards to 1-year patient survival post DBD OLT. D-MELD>1012 is independently associated with an almost double risk of death within the first year, but D-UKELD is not independently related to worse recipient survival.

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BLOOD LACTATE MAY BE SUPERIOR TO CHILD-PUGH SCORE FOR IDENTIFYING FUTILITY IN PATIENTS UNDERGOING SALVAGE TIPSS

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10.1136/gutjnl-2020-BASL56

As per the recently published British Society of Gastroenterology guideline, salvage transjugular intrahepatic portosystemic stent-shunt (TIPSS) is not recommended where the Child-Pugh score is >13 because of futility; however data is sparse, and case series have largely predated the use of covered stents and the modern era of Intensive Care management.

Aim We sought to determine whether Child-Pugh score >13 is indeed a marker of futility in patients undergoing salvage TIPSS, and whether alternative markers are superior.

Methods This was a retrospective single centre study of 37 consecutive patients who underwent salvage TIPSS between 12/2014 and 03/2020. Salvage was defined as gastro-oesophageal variceal bleeding refractory to endoscopic and drug therapy.

Results The median preTIPSS Child-Pugh score was 11: 3%, 38% and 59% of patients were Child-Pugh class A, B and C, respectively. The absolute 6-week mortality rate was 32%; whilst 59% had died by 1-year post TIPSS.

There was no difference in Child-Pugh score (10 vs 11.5; median, $p=0.360$) or Child-Pugh grade (60% vs 58%, Child-Pugh C, $p=0.923$) when patients who did or did not survive to 6 weeks were compared. Six patients had a preTIPSS Child-Pugh score of >13: 3 died within 6-weeks; one was considered for transplantation but declined because of recidivism risk, dying at 251 days; one recovered and died unexpectedly at 131 days; and one is still alive at 684 days of followup.

There was no association between preTIPSS MELD (22 vs 16; median, $p=0.151$), APACHE II (17 vs 14; median, $p=0.151$), SOFA (10 vs 7; median, $p=0.124$) or CLIF-C ACLF (54 vs 50, median; $p=0.095$) scores preTIPSS and 6 week mortality. Amongst patients with ACLF, 43% did not survive beyond 6 weeks compared with 19% without ACLF ($p=0.121$).

Blood lactate immediately preTIPSS was higher in patients who died by 6-weeks (2.5 vs 1.5 mmol/l; median, $p=0.008$).

The 6-week mortality rate was 12%, 40% and 75% for patients with a lactate of <1.8, 1.8–2.5, and ≥ 2.6 mmol/l, respectively ($p=0.002$). Seven of 8 patients with a lactate ≥ 2.6 mmol/l had died by 1-year with a median time to death of 15 (range 1–52) days.

Conclusion Child-Pugh score >13 is not a definitive indicator of short term mortality in patients undergoing salvage TIPSS. Instead blood lactate may be a superior predictor of futility.

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OPTIMIZING NUTRITION IN PATIENTS WITH CIRRHOSIS MAY REDUCE HOSPITAL READMISSIONS IN MEDIUM AND HIGH RISK GROUPS: A QUALITY IMPROVEMENT PROJECT

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10.1136/gutjnl-2020-BASL57

Introduction Malnutrition adversely affects prognosis in cirrhosis and is often recognized late. All cirrhotic patients should be screened for malnutrition yet this is variably performed. We evaluated the assessment and management of nutrition in cirrhosis by comparing local practice to EASL guidelines, and explored patient outcomes after a focused intervention.

Method Data was collected in 2 cycles. Cycle 1 retrospectively reviewed nutritional assessment of all patients admitted to gastroenterology during September-December 2018 with cirrhosis. An Inpatient Nutrition Proforma (INP) was introduced to record Child-Pugh (CP), anthropometrics, dietary intake, malnutrition risk and nutrition plan. Sarcopenia was assessed in high risk patients using handgrip strength (HGS). All CP-C and BMI <18.5 were high risk. Cycle 2 prospectively audited admissions after intervention (March-June 2019). Calorie-protein intake and HGS after intervention, readmissions and deaths were assessed at 4 months.

Results 47 and 31 patients were identified in cycle 1 and 2, respectively. A Malnutrition Universal Screening Tool (MUST) was completed in 81% of cycle 1 patients. 47% did not trigger a dietetic referral on MUST scoring (44% medium risk and 33% high risk for malnutrition). All cycle 2 patients had a dietetic referral via the INP (26% medium risk and 71% high risk for malnutrition) and received dietary education, with 77% requiring oral supplements and 10% nasogastric feeding. At follow-up, cycle 2 patients met higher caloric and protein requirements (average increase by 46% and 57%, respectively versus 26% and 31% in cycle 1). HGS was measured in 74% in cycle 2 and 2% in cycle 1. Average HGS was 15.9 kg (cycle 2) and improved by 9% on reassessment. There was a 12% reduction in hospital readmissions in cycle 2 compared to 7% increase in cycle 1 with similar mortality at 4 months.

Conclusion MUST inadequately identifies cirrhotic patients at risk of malnutrition. CP and BMI appear more accurate. A dedicated dietetic team and the INP enable early patient identification, thorough nutritional assessment and intervention, improving patient compliance and sarcopenia. Hospital readmission rates reduced over 4 months despite a higher proportion of high risk patients in cycle 2 compared to cycle 1. 12 month follow-up data will assess mortality more accurately. Our intervention forms a platform for wider service development in this area both in the inpatient setting and beyond.