

1. Introduction and Who Guideline applies to

This guideline covers the recommended management for all adult patients treated with methotrexate for psoriasis under the care of dermatology in University Hospitals of Leicester and the LLR Alliance.

2. Guideline Standards and Procedures

See Appendix 1.

3. Education and Training

Changes e.g. use of Fatty Liver Index screening tool, to be disseminated to dermatology doctors and specialist nurses at Continuing Professional Development session. The need to repeat this session in future will be based on compliance when monitored.

4. Monitoring Compliance

What will be measured to monitor compliance	How will compliance be monitored	Monitoring Lead	Frequency	Reporting arrangements
Proportion of patients taking methotrexate for psoriasis managed in concordance with guideline	Clinical audit	Dr Matthew Scorer	After 6 months then depending on concordance	Audit report and departmental presentation

5. Supporting References (maximum of 3)

Cheng HS, Rademaker M. Monitoring methotrexate-induced liver fibrosis in patients with psoriasis: utility of transient elastography. *Psoriasis (Auckl)*. 2018;8:21-29. doi:10.2147/PTT.S141629

Potts JR, Maybury CM, Salam A, Barker JN, Agarwal K, Smith CH. Diagnosing liver fibrosis: a narrative review of current literature for dermatologists. *Br J Dermatol*. 2017;177(3):637-644. doi:10.1111/bjd.15246

6. Key Words

Methotrexate, liver, fibroscan, transient elastography, dermatology, psoriasis

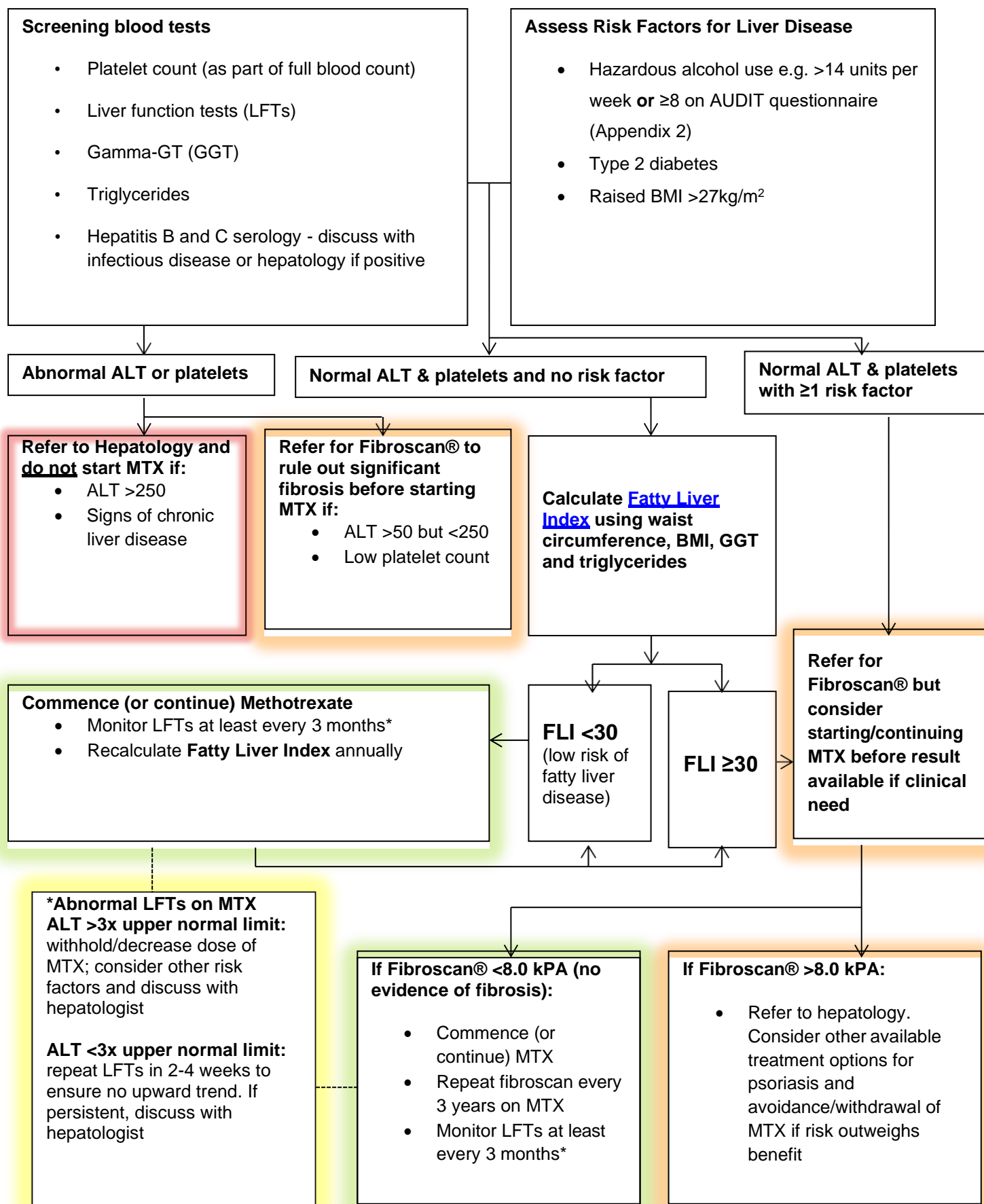
CONTACT AND REVIEW DETAILS

Guideline Lead (Name and Title) Dr Matthew Scorer, Consultant Dermatologist	Executive Lead Dr Rachel Marsh, Clinical Director ESM
---	---

Details of Changes made during review:
New guideline produced by Dermatology in collaboration with Hepatology.

Appendix 1: Screening Pathway for Liver Toxicity in Patients Taking Methotrexate for Psoriasis

Before Initiation of Methotrexate – Screening Bloods and Assessment of Risk Factors



Alcohol use disorders identification test (AUDIT)

AUDIT is a comprehensive 10 question alcohol harm screening tool. It was developed by the World Health Organisation (WHO) and modified for use in the UK and has been used in a variety of health and social care settings.

Questions	Scoring system					Your score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2 to 4 times per month	2 to 3 times per week	4 times or more per week	
How many units of alcohol do you drink on a typical day when you are drinking?	0 to 2	3 to 4	5 to 6	7 to 9	10 or more	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Have you or somebody else been injured as a result of your drinking?	No		Yes, but not in the last year		Yes, during the last year	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

Total AUDIT score	
--------------------------	--