

## Pennine GP Learning Group

### Minutes of meeting

**Date: 23rd November 2016**

**Time: 7-9pm**

**Topic: Interpreting abnormal LFTs, Review of learning points from recent medical update course**

**Members present:** Dr Rukhsana Hussain and Dr Ainie Chaudhry

**Apologies:** Several members sent their apologies for cancellation at short notice due to unforeseen circumstances. Other members had already advised that they were unable to attend on this occasion but wanted to be kept informed of future meetings.

1. Dr Hussain presented the topic "interpreting abnormal LFTs". We discussed a case study initially and revised relevant points in history taking in a patient with abnormal LFTs. We discussed causes of specific abnormalities and tests to consider as second line investigations.

We learned that more than 80 % of glandular fever patients will have abnormal LFTs and that Coeliac disease can be a cause of raised ALT. This would be expected to normalise on a gluten free diet within a year.

We covered a brief synopsis of the presentation of primary biliary cirrhosis. Dr Hussain had seen a middle aged patient with gallstones but no pain and a rising ALP. She also had xanthelasma so she wondered whether this patient could have PBC and requested an antimitochondrial antibody screen as a direct result of her research for the topic.

We learned that statins should be continued in NAFLD despite raised ALT unless the levels double within 3 months of starting the statin.

2. Dr Hussain had recently attended a full day medical update course and discussed some learning points with Dr Chaudhry.

Topics included drug alerts and the link between migraines and increased risk of cardiovascular disease and much more.

We concluded the session with a brief catch up regarding work/life situations and decided not to make a decision regarding the next meeting as yet.

#### Action Plan

1. Dr Hussain will upload the presentation and minutes on to the website.
2. Dr Hussain to book a room for the next meeting in January 2017.