A PROSPECTIVE OPEN COHORT STUDY EXAMINING THE EFFECTIVENESS OF BACLOFEN

IN AUD PATIENTS ATTENDING A JOINT LIVER AND ALCOHOL TREATMENT CLINIC

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Background & Aims: Alcohol induced liver disease (ALD) is the predominant cause of alcohol related

mortality in the UK. Therefore helping patients with ALD to quit is a primary treatment goal.

The primary aim of this study was to measure the effectiveness and tolerability of baclofen in maintaining

abstinence, and to determine if this resulted improvement in liver function.

Methods: An observational prospective clinical audit with a “open” cohort design was performed.

Patients with ALD were commenced on baclofen titrated according to tolerability and response up to

30 mg TDS. Primary outcome measures were severity of physical dependence (SADQ score) and

biochemical markers of liver injury GGT, ALT, Bilirubin & and liver stiffness score as assessed by

transient elastography. These were compared at baseline, and 1 year.

Results: Two-hundred and nineteen patients were commenced on baclofen, 112 (51%) were male.

One-hundred and ninety tolerated baclofen, were alive and therefore invited to attend 3 month follow-

up, of which 186 (98%) attended; At 12 months, 152 were invited to attend follow-up, of which

113 (74%) attended. Comparison of baseline and 1 year biochemical markers showed significant

reductions in GGT (95% CI = -149.0 to -40.0; p < 0.0005), ALT (95%CI = 16.5 to5.0;

p = 0.001) and Billirubin (95%CI = -7.0 to -2.0; p < 0.001). The proportion of patients reporting

complete abstinence at 3 months and 12 months was 55%and 53%, respectively. A significant

reduction in alcohol consumption (p < 0.0005) and SADQ score (p < 0.0005) was observed at both

3 and 12 month follow-up.

Conclusion: Baclofen is well tolerated in this often difficult to treat, high risk patient group. It has a

positive impact on alcohol consumption, and overall measures of liver function and injury. A

sufficiently power and well-controlled RCT is needed to confirm the benefit of baclofen in this patient

group.