

# IN A NUTSHELL

The knowledge platform for general practitioners

## NAFLD Fibrose Score

The NAFLD Fibrosis Score is used to estimate the extent of liver fibrosis in patients with non-alcoholic fatty liver disease (NAFLD). This allows the identification of advanced liver fibrosis without the need for a liver biopsy. The score has been developed for patients between 35 and 65 years of age.

Age

years

BMI (calculate)

kg/m<sup>2</sup>

AST (GOT)

U/l

ALT (GPT)

U/l

Platelets

G/l

Albumin

g/l ?

Impaired fasting glucose or diabetes mellitus

Yes  No

**NAFLD Fibrosis:**

**Interpretation**

| NAFLD Fibrosis Score | Grade of fibrosis | Interpretation                            |
|----------------------|-------------------|---|
| < -1.455             | F0-F2             | No significant fibrosis (93% probability) |

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| <b>NAFLD Fibrosis Score</b> | <b>Grade of fibrosis</b> | <b>Interpretation</b>                  |
|-----------------------------|--------------------------|--|
| -1.455 to 0.676             | Undetermined             | Consider liver biopsy                  |
| > 0.676                     | F3-F4                    | Significant fibrosis (90% probability) |

#### **References**

1. Angulo P, Hui JM, Marchesini G et al. The NAFLD fibrosis score: a noninvasive system that identifies liver fibrosis in patients with NAFLD. *Hepatology* 2007; 45: 846-854