

Baclofen : Maintenance of Abstinence in Alcohol Dependent Patients Attending a Joint Liver and Alcohol Treatment Clinic

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Introduction: 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. **Aims/Objectives:** The primary aim of this study was to measure the effectiveness and tolerability of Baclofen in maintaining abstinence, and to determine if this resulted in a reduction in standard measures of liver damage.

Methods: An observational prospective clinical audit 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 damage GGT, ALT, Bilirubin & fibroelastography. These were compared at baseline, and 1 year.

Results: Of the 243 patients commenced on Baclofen, 151 (85 female 66 male) have completed 1 year follow-up (F/U) of which 130 (86%) have remained engaged. 10 have died. Comparison of baseline (B/L) and 1 year biochemical markers showed a reduction in GGT ($\chi^2 = 66.8$ $P < 0.0001$) and Bil ($\chi^2 = 82.6$ $P < 0.0001$). There was a significant reduction in alcohol consumption ($P < 0.0001$ 95% CI = 10 to 22). And the presence of physical dependence ($\chi^2 = 77.4$ $P < 0.0001$) as categorised by SADQ.

CONCLUSION: Baclofen is well tolerated in this very difficult to treat, high risk patient group. It has a positive impact on alcohol consumption, and overall measures of liver function and harm. A RCT is needed to confirm the benefit of Baclofen in this patient group.