Alcohol rehabilitation after alcoholic hepatitis is associated with reduced mortality: results of a 2012-2021 National retrospective study
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Alcohol rehabilitation after alcoholic hepatitis is associated with reduced mortality: results of a 2012-2021 National retrospective study

Introduction
• The impact of alcohol rehabilitation programs following severe alcoholic hepatitis remains understudied, with limited available knowledge on this topic.

Aim
• The objective of the study was to assess the outcome of liver transplantation or death within one year after severe alcoholic hepatitis.
• The main exposure was participation in alcohol rehabilitation programs within one to 12 months following the diagnosis of severe alcoholic hepatitis.

Method
• We conducted a retrospective longitudinal study involving patients diagnosed with alcohol use disorders in French hospitals from 2012 to 2021 (N=1,438,236).
• We selected individuals recorded with hepatic failure, portal hypertension bleeding, extrahepatic organ failure or transjugular liver biopsy within 8 weeks following the diagnosis of alcoholic hepatitis.
• We measured the strength of associations with multivariate Cox models stratified on age, socio-economic factors, and comorbidities.

Results
Table 1: Characteristics of patients with alcoholic hepatitis by 1-year liver transplantation or mortality

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Overall</th>
<th>No death or liver transplantation</th>
<th>1-year mortality (n=7,694) or liver transplantation (n=486)</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age ≥ 50 years</td>
<td>54.9 (74.6)</td>
<td>53.6 (49.5, 58)</td>
<td>50.0 (51.0, 54)</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Male sex</td>
<td>53.0 (73.7)</td>
<td>52.9 (48.7, 57)</td>
<td>51.0 (51.6, 55.4)</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Smoking habits</td>
<td>4,560 (35.1)</td>
<td>4,560 (35.1, 45.8)</td>
<td>4,560 (45.8, 45)</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Type 2 diabetes mellitus</td>
<td>3,315 (26.6)</td>
<td>3,285 (32.6, 45.8)</td>
<td>3,215 (32.6, 45.8)</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Metabolic syndrome</td>
<td>1,587 (12.2)</td>
<td>1,587 (12.2, 17.9)</td>
<td>1,587 (17.9, 17.9)</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Liver cirrhosis</td>
<td>2,869 (22.8)</td>
<td>2,869 (22.8, 36.4)</td>
<td>2,869 (36.4, 36.4)</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Hepatic encephalopathy</td>
<td>8,587 (67.3)</td>
<td>8,587 (67.3, 87.7)</td>
<td>8,587 (87.7, 87.7)</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>

Conclusions
• Alcohol rehabilitation programs are the most critical clinical interventions to reduce mortality or liver transplantation within one year after severe alcoholic hepatitis.
• Currently, less than 40% of patients have access to this treatment in France.

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