

EASL MALSD Academy 2026

Module 5:

Multidisciplinary management and the role of HCP

Dates: 17-18 September 2026

Programme

17 September 2026

9.00 - 9.15: *Welcome* by Module Organizers

9.15 - 9.30: *Short round of presentations* by participants / *Formation of 4 groups*

9.30 - 10.30: *Role-play activity*

Each group will represent a first visit, 5 min-long HCP-patient encounter based on the most frequent patient profile they see in their everyday practice [1 person will act as the HCP, another as the patient with or without partner/companion(s)]

10.30 - 11.00: *Role-play debriefing*

Impressions of the 4 scenarios will be shared and feedback provided

11.00-11.30: Coffee break

11.30-12.15: *Psychological traits & elements for behavioural change*
Motivational interviewing

12.15 -12.45: *Key role of nutritional information & advice*

12.45-13.30: *Practical tips on physical activity & healthy movement*

13.30-14.30: Lunch

Methodology: clinical case discussion to illustrate the diverse topics

15.00-16.00: *MASLD versus ALD*

Participants will work again with their group in 2 clinical cases to identify differences between MASLD and ALD in pathophysiology, risks, trajectories & care needs, which will be discussed subsequently.

16.00-17.00: *Evidence-based treatment*

Current and emerging therapies for MASLD; the role of GLP-1 RA-based drugs and others; patient-centered management; importance of a multidisciplinary approach to care

20.00: Dinner

18 September 2026

Organization of multidisciplinary clinics

Methodology: “Hands-on” activities focused on organization around “metabolic health”

Participants will be split again into the 4 smaller groups to rotate among the diverse activities. Every group will spend one hour in each of the facilities in order to learn & have a hands-on experience practicing among themselves how to perform the different assessments.

9.00-10.00: *Nutrition history & education*

Dietary patterns, macro-micronutrients; quantity-quality-frequency; smart shopping & label reading; culinary techniques; portion sizes

10.00-11.00: *Anthropometry & body composition*

BMI & other useful anthropometric measurements; relevance of body comp for diagnosing, staging & phenotyping; carry out anthropometrics and body comp determinations; fat mass vs fat-free mass; fat distribution - visceral adiposity; questionnaires & wearables for physical activity monitoring

11.00-11.30: Coffee break

11.30-12.30: *Non-invasive tests – Echography & functional tests*

FibroScan; Soft tissue echography (quantification of skeletal muscle & specific adipose tissue depots); identification of sarcopenia, perform functional testing with available tools; physical fitness – what matters most: muscle mass, volumen or strength?

12.30-13.30: *Diabetes Day Hospital – Diabetes clinics*

Show how to select, initiate and optimize comprehensive treatment plans including lifestyle modifications and pharmacotherapy based on individual patient characteristics; from oral antidiabetics to injectable medications; practical information on how to educate patients in self-monitoring.

13.30-14.00: Lunch & Farewell

Departure

Faculty

Physicians

- J. Escalada
- C. Perdomo
- C. Silva
- G. Frühbeck

Nutritionists/Dietitians

- P. Yárnoz
- M. Aguas
- A. Garde

Nurses

- E. Martín
- E. Martínez
- L. Pinillos

Other experts

- Psychologist
- Kinesiologist
- Technicians
- Scientists