hospital serving a population of 675,000. Clinical data included demographics, laboratory parameters, aetiology and stage of liver disease. The aMAP scores were calculated using blood tests at intervals from 1-5 years prior to diagnosis of HCC to classify patients as low, medium or high risk.

**Results** We identified 226 patients diagnosed with HCC between 2010 and 2020. Of these, 181 (80%) were male, median age at diagnosis was 72 years and 215 (95%) were of white ethnicity. Aetiological factors were alcohol 78 (35%), non-alcoholic fatty liver disease 68 (30%), chronic viral hepatitis 54 (24%) and others 20 (9%). There was no prior history of liver disease in 83 (37%). Only 56 patients (25%) were in a formal surveillance programme and just 47 (21%) were of Barcelona Clinic Liver Cancer (BCLC) stage A or lower at diagnosis. However, a medium or high risk aMAP risk score was identifiable prior to HCC diagnosis in 99% at 1 year, 97% at 3 years and 96% at 5 years. A high risk aMAP score alone was found in 76% at 1 year, 73% at 3 years and in 67% at 5 years prior to diagnosis with HCC.

**Conclusions** Our study examined a ‘real world’ population with HCC, representative of the broad clinical spectrum of UK liver disease. We confirmed most cases were diagnosed at a non-curative stage and were outside of a formal surveillance programme. Importantly, we have shown the vast majority of patients with HCC had demonstrably higher risk aMAP scores, which were identifiable up to 5 years before diagnosis. Use of aMAP scoring could improve targeting of candidates for HCC screening and our findings would support further, prospective evaluation in people with chronic liver disease in the UK.

**PWE-19**

**THE ASSOCIATION OF EXERCISE PARTICIPATION WITH CARDIOMETABOLIC HEALTH AND QUALITY OF LIFE IN HEPATITIS C**

1,2,3Kate Hallsworth*, 1Shion Gosani, 1Sarah Hogg, 1Preya J Patel, 1Aaron Wetten, 1Rachael Welton, 1Stuart McPherson, 4,5Matthew Campbell. 1Liver Unit, The Newcastle Upon Tyne Hospitals NHS Foundation Trust, Newcastle Upon Tyne, UK; 2Translational and Clinical Research Institute, Newcastle University, Newcastle upon Tyne, UK; 3Newcastle NIHR Biomedical Research Centre, Newcastle Upon Tyne, UK; 4Institute of Health Sciences and Wellbeing, University of Sunderland, Sunderland, UK; 5Leeds Institute of Cardiovascular and Metabolic Medicine, University of Leeds, Leeds, UK

**Introduction** Hepatitis C virus infection (HCV) is associated with an increased risk of cardiovascular disease (CVD) and reduced health-related quality of life (HRQoL). Although physical activity (PA)/exercise has been shown to reduce CVD risk and improve HRQoL in patients with liver disease, there is limited data in HCV. We aimed to explore the association between PA/exercise levels, CVD risk and HRQoL in patients with HCV and assess individuals’ attitudes to PA/exercise.

**Methods** Cross-sectional observational study recruiting consecutive patients with HCV from viral hepatitis clinics. Data was collected on CVD risk factors, anthropometry, HRQoL, and the exercise benefits and barriers scale (EBBS).

**Results** 86 patients were recruited (71% male, 94% white, age 52 ±13 years); 49% of the cohort self-reported to be currently active. Although HRQoL was reduced across the cohort, patients that were regularly ‘active’ reported significantly higher HRQoL scores across SF36v2 domains compared to their inactive counterparts (p<0.05). Metabolic and cardiovascular characteristics were no different between groups stratified by PA/exercise status (p>0.05). EBBS scores were similar in the ‘active’ vs ‘inactive’ groups, however, patients categorised as ‘active’ scored significantly higher on the psychological outlook and social interaction sub-scales (p<0.05) than those that were ‘inactive’. There were significant associations between EBBS scores and HRQoL (p<0.05).

**Conclusions** PA/exercise is associated with increased HRQoL in patients with HCV irrespective of clinical parameters. Addressing specific motivators/barriers to exercise for patients will be key to improve HRQoL and reduce CVD risk in patients with chronic liver disease.

**Abstract PWE-18 Figure 1 Bilirubin Changes during Treatment**

**Conclusions** In patients with severe alcoholic hepatitis and prednisolone non-response, methylprednisolone leads to clinical and biochemical response. Observed 6 months survival in our small cohort following MePred was 57% compared to 25% predicted by Lille model.