



Overt Hepatic Encephalopathy

Additional Management

Ensure Nutrition targets are being met

- There is NO need to restrict protein in people with hepatic encephalopathy

Additional information on nutrition and HE

- Sarcopenia worsens HE. All patients should be given nutrition education and a target range for protein intake (1.2-1.5 g/kg/day). Encourage protein intake from a variety of sources including dairy and vegetable protein. See helpful resources and calculators for Nutrition therapy in cirrhosis under the Healthy Living tab.

[Link to the Nutrition therapy page for more info](#)

Long-term management considerations

This patient has decompensated cirrhosis

- Consider discussion with a liver specialist for management advice and potential transplant consideration