


**How to do alcohol detox
in the community**

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Dougie Montgomery
Substance Misuse Co-ordinator/Lead Nurse

Jeanette Laird Measures
CPN Substance Misuse, Skye & Lochalsh



How did we do it in Highland

- Alcohol Home Detoxification & Assessment – David B Cooper (1996)
- CRAG – The management of alcohol withdrawal & delirium tremens (1998)
- SIGN 74 – the management of harmful drinking and alcohol dependence in primary care (2003)



Alcohol Detoxification - settings

- Home
- Day Care – hospital based – specialist based
- In-patient – locality community hospital
- In-patient – specialist

Suitability for Community Detoxification



- History of detox in previous 12 months
- Previous withdrawal symptoms
- Areas of concern
 - Mental health
 - Medical/physical health
 - Present medication
 - Home environment
 - Other support available
 - Presence of other drinkers
 - Compliance with previous detox

Detoxification Guidelines & Protocol



- Complete alcohol assessment tool
- Give client “Information/client/family/friends”
- Get client to sign detox agreement
- Discuss protocol with client/family
- Review administration of prescribed medication
- Observe for & record any +ve/-ve effects
- Observe for & record any adverse incidents
- Advise re maintenance of safe environment
- Encourage adequate fluids
- Record outcome

Medication Regimes



- Benzodiazepines – Chlordiazepoxide
- Set reduction regime
- Regime based on severity of symptoms
- Scoring sheet
- Duration 7 – 10 days

- Vitamin supplementation
- Thiamine – Vit B strong
- IM Pabrinex – (anaphylaxis – 1 in 5 million)



dougie.montgomery@nhs.net

jeanette.laird-measures@nhs.net
