

ALCOHOL WITHDRAWAL ASSESSMENT

TREMORS

- 1 Pt reports feeling shaky
- 2 Tremor can be felt but not seen
- 3 Fine visible tremor with arms extended
- 4 Gross visible tremor
- 5 Tongue tremor

AGITATION

(Based on movement, not anxiety or tremor)

- 1 Pt reports feeling restless
 - 2 Pt noticeably fidgety
 - 3 Unable to sit still
 - 4 Excessive motion (e.g. pacing or thrashing in bed)
- NOTE: CONSIDER UNDERLYING MEDICAL &/OR PSYCHIATRIC CONDITIONS**

SLEEP DISTURBANCE

- N/A Daytime hours
- 1-2 Restless sleep, getting up once or twice
- 3 Awake half the time
- 4 Total wakefulness

EATING DISTURBANCE

- 0 Ate > ½ meal
- 1 Ate < ½ meal
- 2 C/O nausea & ate < ½ meal
- 3 Observed vomiting

SWEATING

- 1 Moist palms
- 2 Cool, moist skin
- 3 Observable beads of sweat
- 4 Drenching sweats (requiring changes in bed clothing)

CLOUDING SENSORIUM

- 0 Alert, oriented x 3
- 1 States correct date, but is uncertain
- 2 Doesn't know correct date but can remember when told
- 3 Doesn't know correct date and can't remember when told
- 4 Disoriented to place and/or person

HALLUCINATIONS

- 0 No hallucinations
 - 1 Pt reports seeing or hearing things
 - 2 Pt observed to be verbally responding to unobserved stimuli
 - 3 Pt observed to be physically responding to unobserved stimuli
 - 4 Pt observed to be verbally & physically responding to unobserved stimuli
- NOTE: CONSIDER UNDERLYING PSYCHIATRIC CONDITION**

| TEMP ELEVATION | PULSE VARIATION | B/P ELEVATION* | |
|----------------|-----------------|-------------------|--|
| 1 99.0-99.5 | 1 80-89 | 1 140/96-149/95 | *Elevations in either systolic or diastolic in each increment warrants the score NOTE: CONSIDER EXISTING CONDITION OF HYPERTENSION |
| 2 99.6-99.9 | 2 90-99 | 2 150/96-159/100 | |
| 3 100.0-100.4 | 3 100-109 | 3 160/101-169/105 | |
| 4 100.5-100.9 | 4 110-119 | 4 170-106-179/110 | |
| 5 101.0-101.4 | 5 120-129 | 5 180/111-189/115 | |
| 6 101.5-101.9 | 6 130-139 | 6 190/116-199/120 | |
| 7 102.0-102.4 | 7 140-149 | 7 200/120 or > | |
| 8 102.5 or > | 8 150 or > | | |

NOTE: While all of the above symptoms can be signs of withdrawal from alcohol, gross tremors, profuse diaphoresis and elevated temperature are key symptoms in the absence of other medical conditions.

ALCOHOL WITHDRAWAL PROTOCOL

For use with alcohol withdrawal assessment tool (AWA tool).

1st Hour

Librium 100mg, p.o., now for AWA score ≥ 14 and BAL $\leq .1\%$

2nd Hour (Choose 1)

Librium 100mg, p.o., for AWA score of 1 point less, same score, or higher than 1st hour score.

Librium 50mg, p.o., for AWA score of 2-4 points less than 1st hour score.

Librium 25mg, p.o., for AWA ≥ 10 .

Hold Librium for AWA score ≥ 5 points less than 1st hour score.

*If score meets more than one of the following, selection should be made of the highest dose.

3rd Hour (Choose 1)

Librium 100mg, p.o., for AWA score of 1 point less, same score or higher than 2nd hour score.

Librium 50mg, p.o., for AWA score of 2-4 points less than 2nd hour score.

Librium 25 mg, p.o., for AWA score ≥ 10 .

Hold Librium for AWA score ≥ 5 points less than 2nd hour score.

6th Hour

Initiate maintenance Librium schedule of:

Librium 25mg, p.o., q 3 h x 4 doses.

Then, follow with Librium 25 mg, p.o., q 6 h x 4 doses.

If AWA score is greater than 10, may receive additional Librium 25mg, p.o., with each of the above 25mg doses.

*Hold Librium for lethargy, slurred speech, syst B/P ≤ 90 , or respirations ≤ 10 throughout protocol.