

# MANAGING ALCOHOL WITHDRAWALS: AN FDA-APPROVED APPROACH

Evidence-Based Guidelines For Safe And  
Effective Care

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# OVERVIEW OF ALCOHOL WITHDRAWAL SYNDROME

## KEY POINTS:

### Definition:

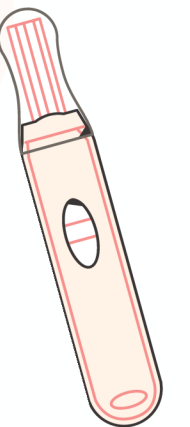
A set of symptoms occurring when a person abruptly reduces or stops heavy and prolonged alcohol use.

### Symptoms:

Tremors, anxiety, sweating, hallucinations, seizures, delirium tremens (DTs).

### Severity:

Ranges from mild to severe, with DTs as a life-threatening complication.





# FDA-APPROVED PHARMACOLOGIC AL TREATMENTS

## Drug Classes:

### **Benzodiazepines:**

- Diazepam, Lorazepam, Chlordiazepoxide
- Purpose: To reduce withdrawal symptoms, prevent seizures, and manage agitation.

### **Anticonvulsants:**

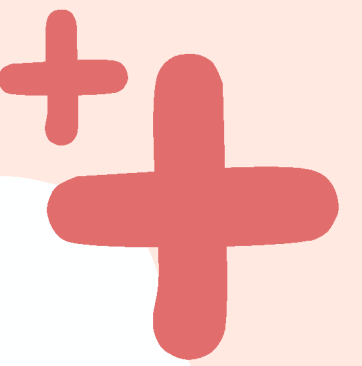
- Carbamazepine, Valproate
- Purpose: For seizure prevention in certain cases



### **Other Supportive Medications:**

- Clonidine: To manage autonomic hyperactivity
- Antipsychotics: For Hallucinations

# NON-PHARMACOLOGIC MANAGEMENT

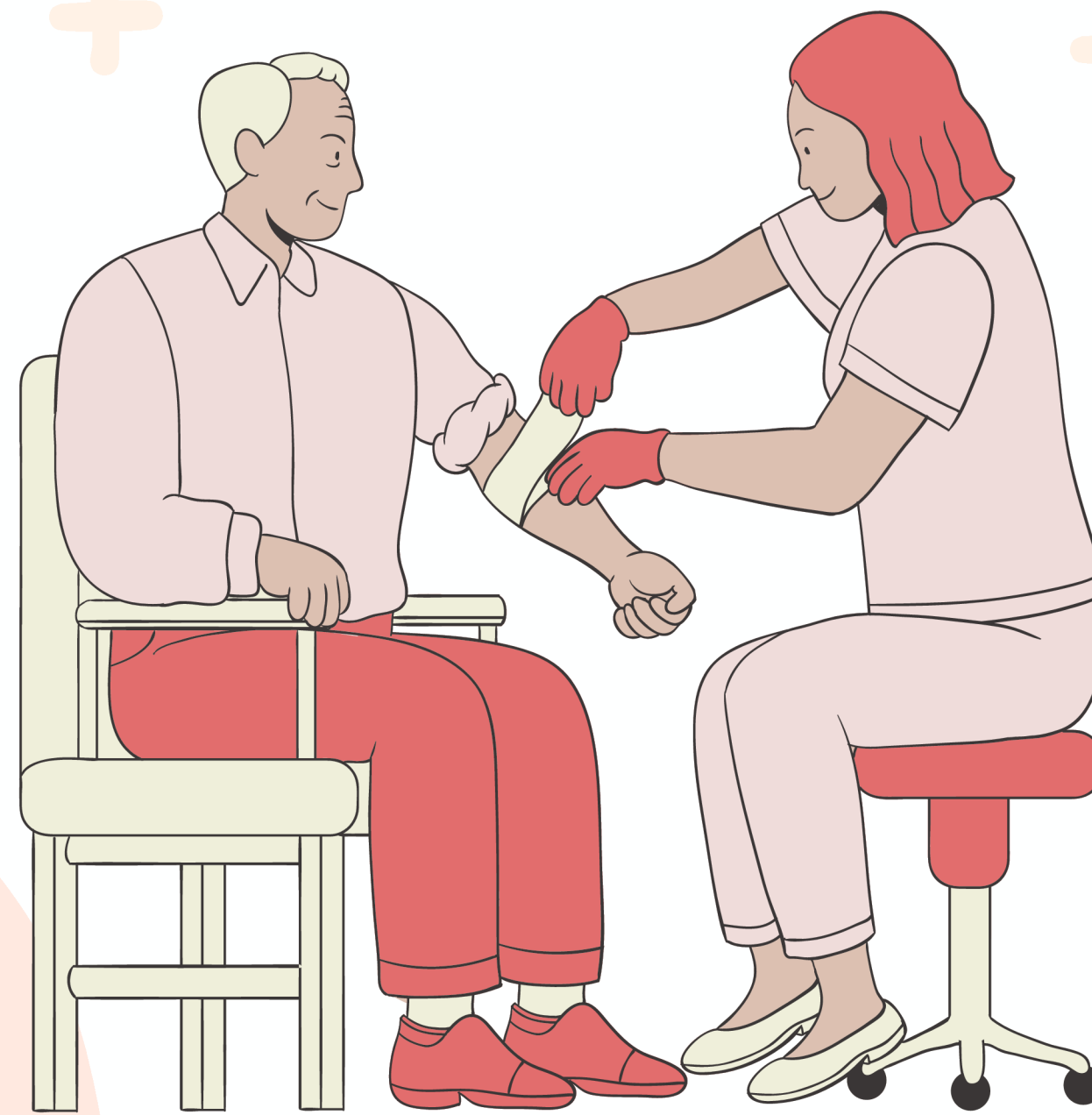


## Supportive Care:

- Hydration, electrolyte correction, and monitoring vital signs.

## Nutrition:

- Thiamine and folate supplementation to prevent Wernicke's encephalopathy.



## Environment:

- Quiet, well-lit, and low-stimulus setting to reduce agitation.

## Monitoring:

- Use of the CIWA-Ar (Clinical Institute Withdrawal Assessment for Alcohol) scale for symptom tracking.





## Prevention Of Relapse:

### FDA Approved Options:

- Naltrexone
- Acamprosate
- Disulfiram

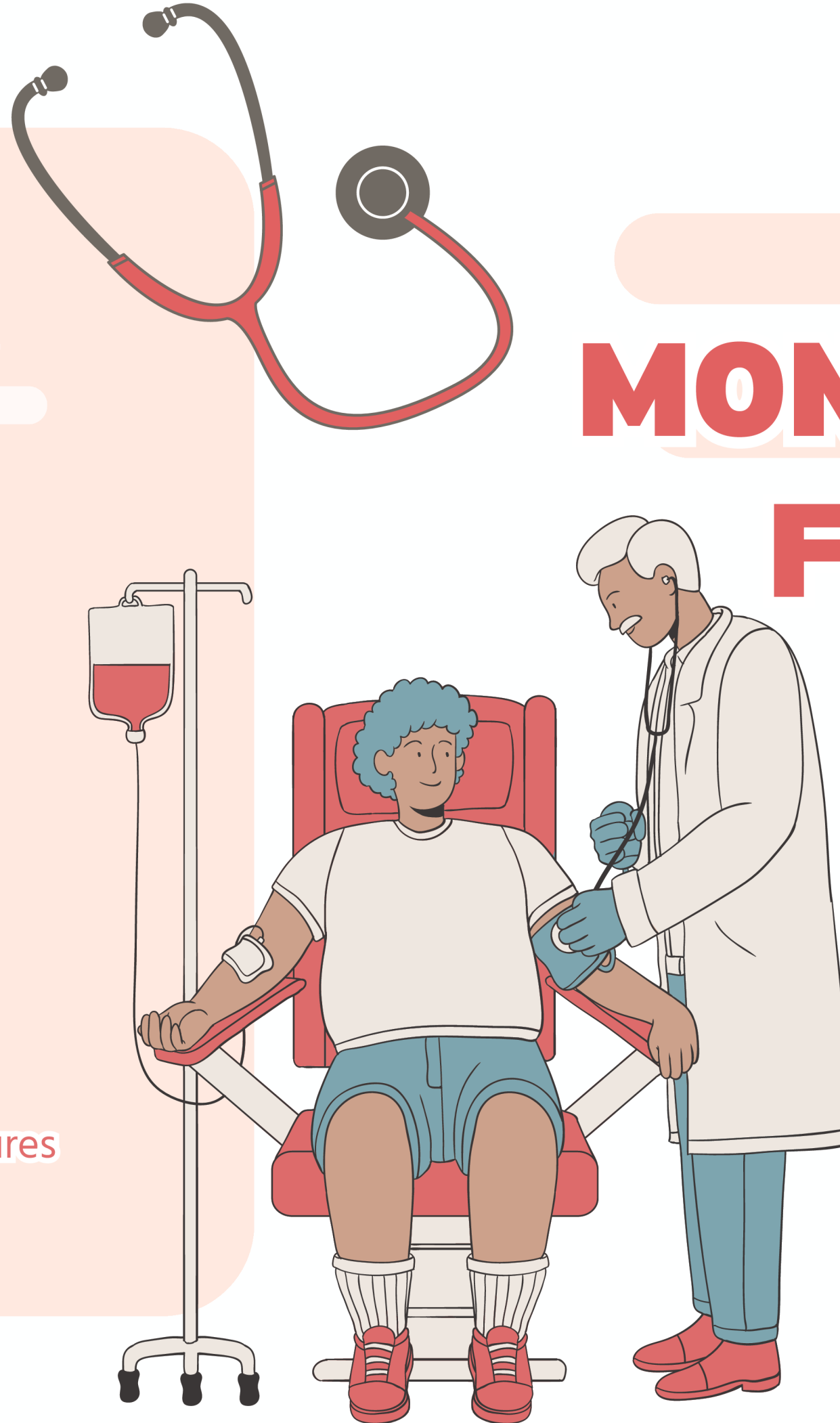
### Psychosocial Support:

- Counseling
- Group Therapy
- Referral To Long Term Care

### Complications:

- Early Recognition And  
Management Of DTs And Seizures

# PATIENT MONITORING & FOLLOW-UP





# CONCLUSION

## Key Points:

- Early recognition and prompt treatment of AWS are critical for patient safety.
- Benzodiazepines remain the cornerstone of treatment, with adjunctive care as needed.
- Monitoring, supportive care, and relapse prevention are essential for comprehensive management.
- Collaboration among healthcare teams ensures optimal outcomes.

