



EFFECTIVENESS OF BENZODIAZEPINE SYMPTOM-TRIGGERED REGIMEN VERSUS FIXED-DOSING REGIMEN FOR TREATMENT OF ALCOHOL WITHDRAWAL



Jordan Thoman, PharmD; Keith Anderson, PharmD, BCPP
Kansas City Veterans Affairs Medical Center

INTRODUCTION

- There are currently two alcohol detox protocols in use at the Kansas City VA
 - Psychiatry utilizes: Fixed-dosing approach
 - Medicine utilizes: Symptom-triggered approach
- Benzodiazepines of choice:
 - Chlordiazepoxide
 - Lorazepam

FIXED-DOSING APPROACH



SYMPTOM-TRIGGERED APPROACH



OBJECTIVES

- To determine the effectiveness of benzodiazepine symptom-triggered regimen versus fixed-dosing regimen for alcohol detoxification
- To determine differences in lengths of stay and total milligram of benzodiazepine between a symptom-triggered approach and a fixed-dosing approach in alcohol withdrawal patients
- To provide guidance on best practice pending results to psychiatric and medicine teams

ENDPOINTS

PRIMARY ENDPOINT

- Difference in total milligram usage of benzodiazepine between symptom-triggered approach and fixed-dosing approach

SECONDARY ENDPOINT

- Difference in total duration of hospital admission between symptom-triggered approach and fixed-dosing approach
- Assess severe alcohol withdrawal adverse events between groups

METHODS

STUDY PERIOD

- January 1, 2017 to August 15, 2020

STUDY DESIGN

- Single center, non-randomized quality improvement project

INCLUSION CRITERIA

- Veterans 18 years or older with alcohol withdrawal syndrome being treated with benzodiazepines in the inpatient setting

EXCLUSION CRITERIA

- Veterans with a history of withdrawal seizures
- Non-verbal patients
- CIWA patient who did not trigger a benzodiazepine dose

PRELIMINARY DATA

DEMOGRAPHICS	TAPER (no=25)	CIWA (no=25)
Age, yo	47	56
Male, %	96	100
Caucasian, %	88	84

OUTCOMES	TAPER (no=25)	CIWA (no=25)
Average lorazepam, mg	21	5
Average chlordiazepoxide, mg	517	87
Days of admission	5	4

FUTURE IMPACT

- Results anticipated late Spring 2021
- Hopes to educate the psychiatric and internal medicine teams regarding best practice and standardize the alcohol detoxification process

CONTACT INFORMATION

Jordan Thoman, PharmD
PGY-1 Pharmacy Practice Resident
jordan.thoman@va.gov

AUTHOR DISCLOSURE

The authors declare no conflict of interest