

# Acamprosate: Quality Improvement Project

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### Background

Acamprosate is recommended by the National Institute of Health and Care Excellence (NICE) in the treatment of alcohol use disorder. Studies show that acamprosate is associated with improved rate of abstinence and an increase in the number of days of cumulative abstinence

### Aims

- 1) To explore whether acamprosate had been considered for each patient commencing alcohol detoxification
- 2) To understand what proportion of those offered accepted acamprosate

### Method

A list of patients referred into the service for alcohol detoxification during a three month period in 2018 was obtained. 17 were referred for inpatient detoxification and 6 for day unit. Electronic notes were reviewed for evidence that acamprosate had been offered and accepted

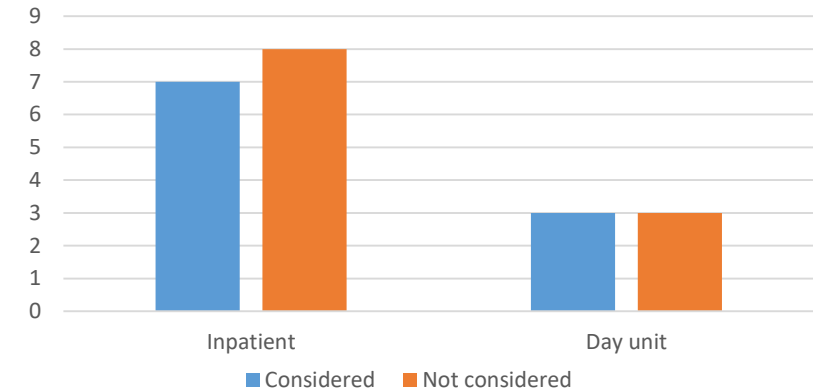
### Results

50% of the Day Unit and 47% of inpatients had consideration of acamprosate. Of those who were considered all but one client accepted a prescription

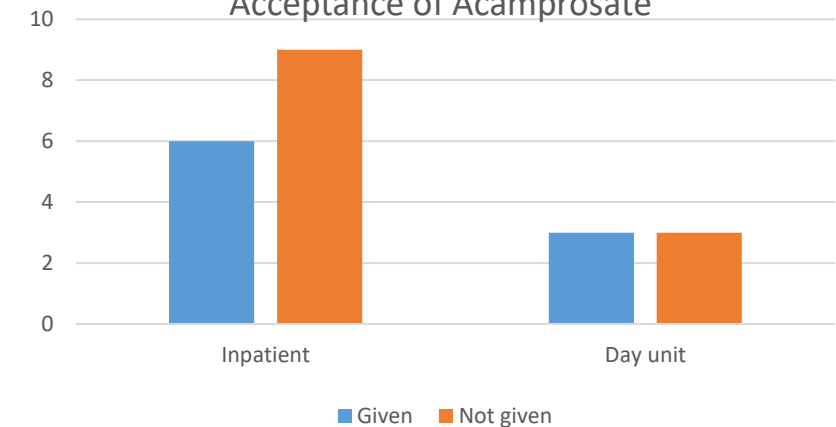
### Conclusions/Recommendations

- Incorporate acamprosate teaching into medical and nursing meeting
- Develop a protocol for prescribing and monitoring of acamprosate
- Re audit in 12 months

Consideration of Acamprosate



Acceptance of Acamprosate



#### References

Efficacy and safety of naltrexone and acamprosate in the treatment of alcohol dependence: a systematic review. *Addiction* Vol 99 Iss 7 C Bouza 12 May 2004  
<https://cks.nice.org.uk/topics/alcohol-problem-drinking/prescribing-information/acamprosate>