

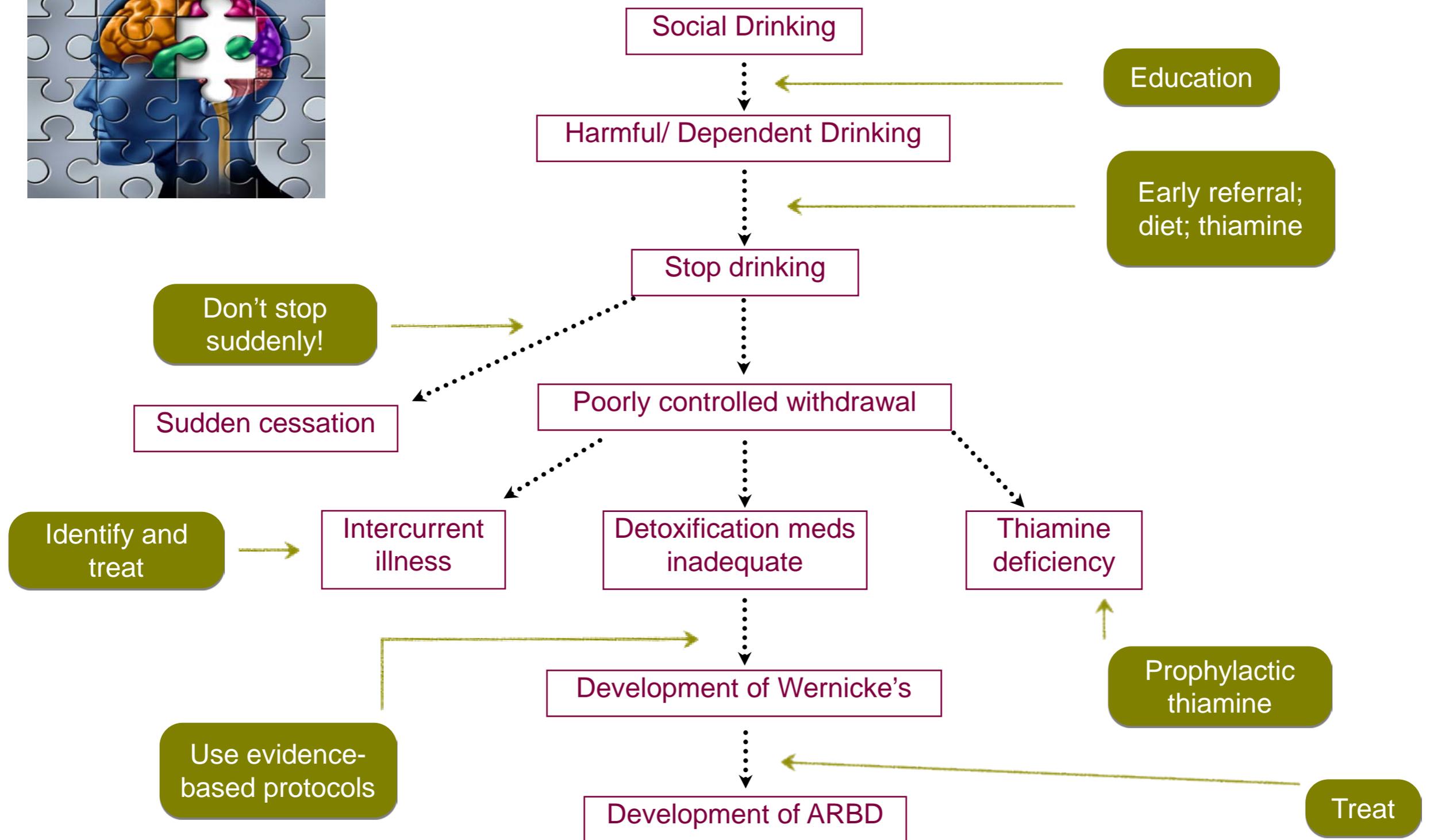
ARBD - Prevention

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ARBD - a result of:







Education, Education Education*

change4life drinks checker



It's funny how the drink can sneak up on you.
The odd glass of an evening can quickly add up.

Use this drinks checker to work out how many units you drank yesterday and find out what it means for you.

What did you drink yesterday? 

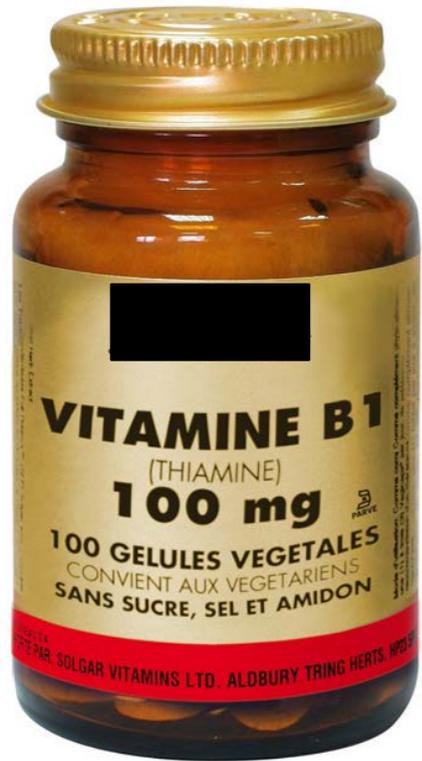
Remember: it is illegal for people under 18 to buy alcohol in a pub, off-licence, shop or elsewhere.



*in the words of noughty's new labour



Early Referral, Diet & Thiamine





Do Not Under Any
Circumstances, Suddenly Stop!





Identify and Treat Intercurrent illness



and don't forget to smile!



Use evidence-based protocols





Use evidence-based protocols

- Raise awareness in those at 'front door' to look for signs in those at risk
- Develop skills in frontline staff to treat withdrawal
- Have pathways for patient care that flow between wards
- Follow evidence-based protocols
- Seek advice from specialists where necessary
- Avoid carbohydrate load

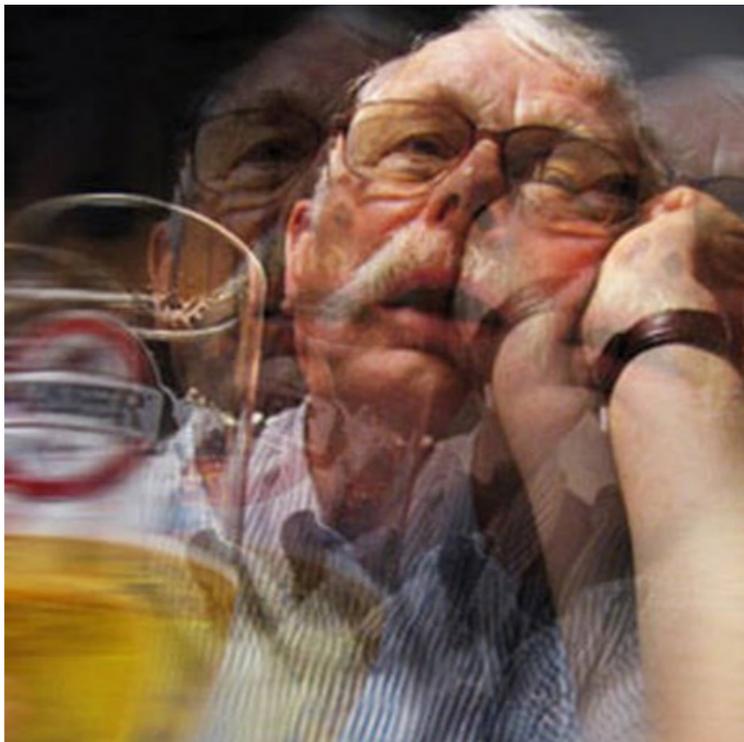


Prophylactic Thiamine

- Vitamin B1
- Found in asparagus, yeast extract, wholegrains, cauliflower etc
- Reduced absorption in alcohol dependence
- Co-enzyme in carbohydrate metabolism
- Involved in repair of myelin sheaths



The Thiamine Irony



Vs

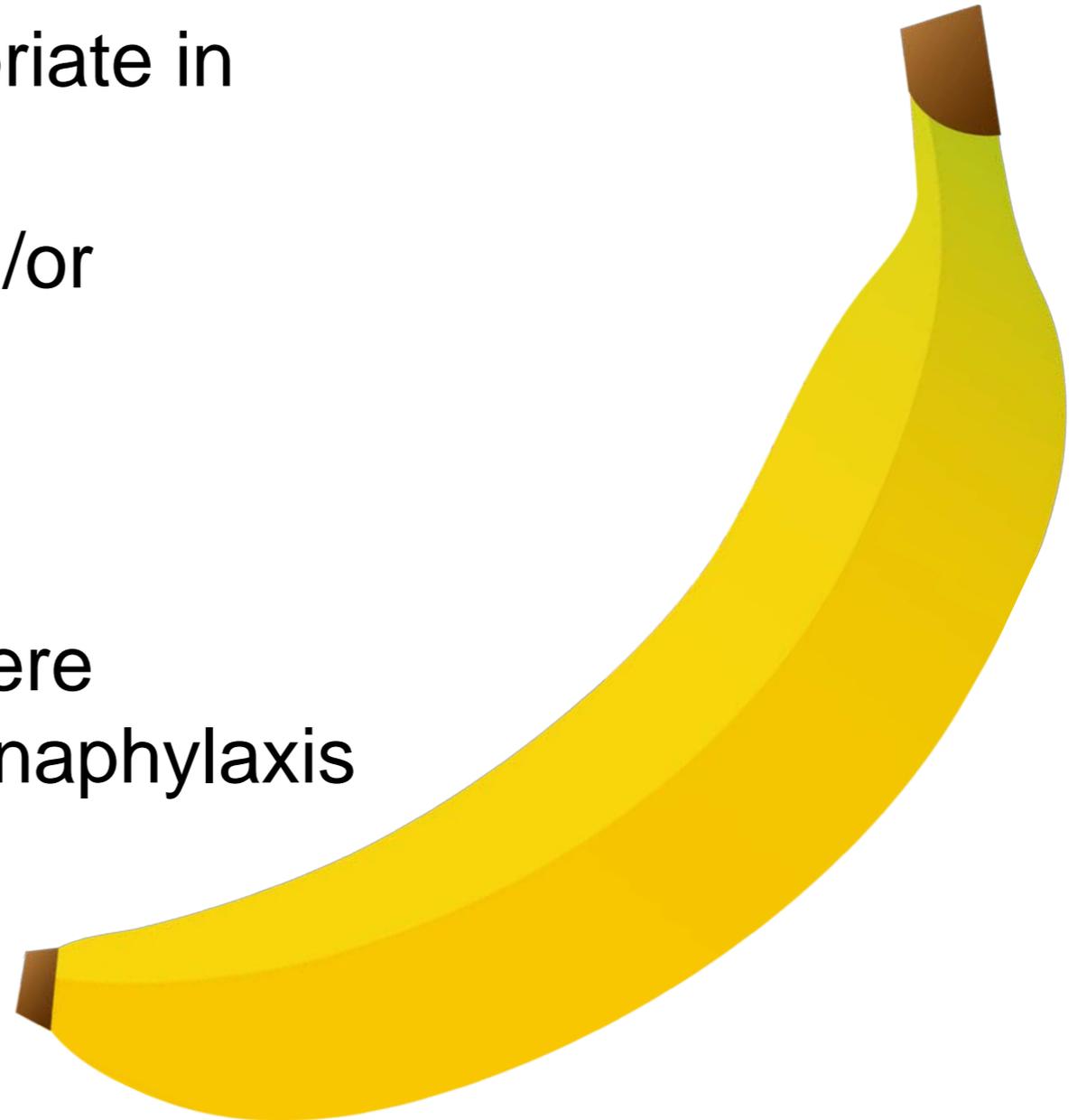


Alcohol reduces thiamine levels
yet
Alcohol detox requires increased levels of thiamine



Thiamine

- High oral doses may be appropriate in some cases
- In those with complications and/or intercurrent illness, parenteral administration
- im or iv administration
- Concerns about anaphylaxis were overplayed (CSM – 1 case of anaphylaxis in every 5 million doses sold)





Thiamine

If you put “thiamine injection” in Google images, this comes up??



- One pair ampoules (7mL) daily for 5 days or two doses daily for 3 days
- It stings!!
- Consider disclaimer



Treat Wernicke's!

- Recognise it! – high index of suspicion
- Medical emergency
- Ensure adequate treatment of withdrawal
- Treat with thiamine
- 2 pairs of ampoules tds by slow iv infusion for 3 days, followed by:
 - 1 pair ampoules daily for 5 days
 - Then treat with oral preparation (thiamine 200mg qds)

