



ETOH Withdrawal

Assessment

Pediatric Pearls:

Signs & Symptoms:

- Headache
- Nausea and/or Vomiting
- Diarrhea
- Restlessness or sleeplessness
- Tachycardia
- Hypertension
- Tremors
- Tongue fasciculation
- Confusion and/or Agitation
- Seizures
- Cessation or temporary abstinence from alcohol use

Differential:

- Hypoglycemia
- Head trauma
- Heat exhaustion/ Heat stroke
- Drug or toxin exposure
- Sepsis
- Hypoxia
- Cardiac issues
- Seizure disorder

Clinical Management Options

P	P	P	P	P	P
L	L	L	L	L	L
1	2	3	4	5	6

- Take a thorough history to include volume, quantity, and frequency of alcohol use
- Provide [oxygen](#) as needed to maintain SpO₂ > 94%
- [Vascular access](#)
- Begin fluid resuscitation with 20 ml/kg [isotonic crystalloid](#)
- [Ondansetron](#) for [nausea](#)
- If patient meets indications for alcohol withdrawal syndrome in accordance to the screening checklist and has no exclusions, then give [Midazolam](#)

Consult Online Medical Control As Needed

Alcohol Withdrawal Syndrome Screening Tool

Inclusion Criteria – All Must Be Present

1. Intact verbal communication capabilities.
2. Sudden period of alcohol consumption cessation within the past 3 days.
3. Presenting with 3 or more of the following signs/symptoms:
 - a. Nausea or Vomiting
 - b. Tremors
 - c. Sweating
 - d. Agitation
 - e. Heart rate > 100 beats per minute
4. Eighteen (18) years of age or older

Exclusion Criteria

1. Signs and Symptoms likely due to underlying medical illness or injury.
2. Presence of:
 - a. Delirium or Altered Mental Status
 - b. Respiratory distress

Additional Considerations that Increase the Risk for Respiratory Depression

1. Opioid use
2. COPD
3. Obstructive sleep apnea

Pearls:

- Refer to drug formulary charts for all medication dosing for both adults and pediatric patients.
- Alcohol withdrawal has a high mortality rate without appropriate treatment.
- It is important to treat symptoms early rather than waiting for symptoms to become serious.
- Patients may not be initially forthcoming about their alcohol history.