

Grand Rounds Presentation Outline

Title: Alcohol Withdrawal and Detox in a Rural Setting

Presenters: Kim Kardonsky, MD, Director of the Underserved Pathway (UPATH) and Targeted Rural and Underserved Scholars Track (TRUST), and David Evans, MD, Program Director for University of Washington Family Medicine Residency and Rosenblatt Family Endowed Professor in Rural Health at the University of Washington

Date: October 25th, 2018

Time: 10:00 am PT (11M,12C, 1E)

Abstract

Alcohol abuse is a common problem in all communities. Rural providers may be called upon to manage alcohol abuse and its consequences in ways that are different from better-resourced environments.

Learning Objectives

After this presentation, participants will be able to:

1. Understand the incidence and prevalence of alcohol abuse and withdrawal in rural environments.
2. Identify the unique considerations for alcohol abuse and treatment in rural settings.
3. Discern which patients are appropriate for out-patient vs in-patient treatment, based on available options in a rural setting.

Pre-Session Review Content

Prior to the October Grand Rounds event, participants will:

1. Read [Substance Abuse in Rural Areas](#) at the Rural Health Information Hub (accessed September 23rd, 2018).
2. Read Muncie, Yasinian, and Oge' (2013) [Outpatient Management of Alcohol Withdrawal Syndrome](#) in *American Family Physician*, 88(9):589-95.
3. Read the 2012 [The TEDS Report](#) from the Substance Abuse and Mental Health Services Administration (accessed September 23rd, 2018).

Pre-Session Activity

Bring a print-out of your responses to the Grand Rounds event.

1. According to the RHI Hub, the prevalence of binge and heavy alcohol use among 12-20 year olds is greater in completely rural areas compared to large urban areas.

- a. True
- b. False

2. According to the RHI Hub, which of the following is not an organization that provides substance abuse information and prevention program resources for youth:

- a. Truth Initiative
- b. Keepin' it REAL Rural
- c. TEDS
- d. Helping Kids PROSPER

3. According to the RHI Hub, approximately 60% of drug overdose deaths across the country in 2015 were attributed to:

- a. Cannabis
- b. Alcohol
- c. Methamphetamine
- d. Opioids

4. According to the RHI Hub, this organization provides education resources to physicians and other medical professionals for improving addiction treatment:

- a. National Institute on Drug Abuse (NIDA)
- b. American Society of Addiction Medicine (ASAM)
- c. National Council on Alcoholism and Drug Dependence, Inc. (NCADD)
- d. Meth Project Foundation, Inc.

5. According to the TEDS report, substance abuse is more common in the rural population than in the urban population with (check all that apply):

- a. cocaine
- b. opiate pain relievers

- c. heroin
- d. alcohol
- e. stimulants

6. According to Muncie, Yasinian, and Oge', this class of medications reduces psychomotor aggression and prevents progression of alcohol withdrawal symptoms:

- a. Benzodiazepines
- b. Phenothiazines
- c. Vitamins (Thiamine and Folic acid)
- d. Barbiturates