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## **Approaches to Alcohol Use Disorder Medication-Assisted Treatment Guideline**

**SCOPE:** This Approaches to Alcohol Use Disorder Medication-Assisted Treatment (AUD MAT) Guideline is intended to offer prescribing assistance for providers, clients and the interested general public to increase the effectiveness and safety of AUD MAT use in the ambulatory care setting. It is not intended to be comprehensive in scope. These recommendations are not a substitute for clinical judgment, and decisions about care must carefully consider and incorporate the clinical characteristics and circumstances of each individual patient.

**INTRODUCTION:** Alcohol Use Disorder (AUD) is a chronic relapsing condition that affects 6.4% of people 12 years and older in the US. However, it is greatly undertreated with only approximately one tenth of those with the disorder receiving treatment each year. Although sustained abstinence may be the ultimate goal, intermittent alcohol use, and even full-blown relapses are to be expected, especially early in treatment. Reductions in alcohol use, and in the harm produced by its ingestion, are extremely important and valuable outcomes.

A range of interventions should be considered for all individuals with AUD, including assessment of withdrawal, management of detoxification, and long-term strategies to support abstinence and reduction in drinking. Medication-Assisted Treatment (MAT) refers to the combination of medication therapy with counseling or behavioral interventions. A Consensus Panel on New and Emerging Pharmacotherapies for Alcohol Use Disorders and Related Comorbidities was formed by the National Institute of Alcohol Abuse and Alcoholism (NIAAA) and the Substance Abuse and Mental Health Services Administration (SAMHSA). This panel recommends MAT for patients with AUD who have stopped drinking but continue to experience cravings or relapses.

**ALCOHOL DETOXIFICATION:** Detoxification from alcohol is a set of focused interventions for managing acute intoxication and withdrawal while the body eliminates alcohol by various metabolic mechanisms. The signs and symptoms of withdrawal generally begin 6 to 24 hours after the last drink or significant reduction in intake. Withdrawal is defined as the development of alcohol-specific behavioral changes, usually with uncomfortable physiological and cognitive consequences resulting from stopping or reducing alcohol intake. Repeated episodes of detoxification and withdrawal are associated with the “kindling” phenomenon, which can lead to more severe and medically complicated subsequent withdrawals and a decrease in seizure threshold (see Bleeker article in References for further reading). Detoxification, as a brain-protective intervention, should therefore be considered for clients with a long history of heavy drinking. Detoxification should be considered one part of the continuum of care for AUD. Alone, it should not be considered as treatment, but the first step of rehabilitation and meeting the goals of the patient and the provider.

A comprehensive approach to detoxification includes three essential components: *Evaluation*, *Stabilization*, and *Preparing for continued treatment*.

**Evaluation:** Includes an assessment of:

- Level of intoxication
- Physiological tolerance
- Past detoxification episodes
- History of withdrawal seizures or delirium tremens
- Concurrent use of other central nervous system depressants
- Available social support
- Motivation
- Medical, cognitive and/or psychiatric conditions that may complicate the detoxification episode

The collection of objective data is extremely useful and includes: breathalyzer reading (when possible), vital signs, urine toxicology, and completion of the Clinical Institute Withdrawal Assessment, Revised (CIWA-Ar). The evaluation provides the basis for the initial substance use treatment plan. When determining a patient's level of care, use **Appendix 1** to support decision making. **See Appendix 1 for the Alcohol Use Disorder with Physical Dependence and Withdrawal Placement Tree, Appendix 6 for CIWA-Ar and Appendix 7 for Standard Drink Definitions.**

**Stabilization:** Ambulatory alcohol detoxification clients should receive pharmacological and psychosocial support from acute intoxication through the completion of successful detoxification. Most clients can successfully detox within 5-7 days. Acutely intoxicated clients may benefit from a coordinated referral to the San Francisco Sobering Center with planned follow-up by the referring provider (see Local Resources). Benzodiazepines represent the standard of care for alcohol detoxification, however their use in the ongoing treatment of AUD is unsubstantiated. During alcohol detoxification, chlordiazepoxide and lorazepam reduce the risk of seizures, the development of alcohol hallucinosis or delirium tremens and autonomic hyperactivity.

A phenomenon not well documented in the literature, but reported in practice is protracted withdrawal. Providers should be aware of the symptoms of protracted withdrawal including anxiety, irritability, depressed mood, fatigue, persistent insomnia, impairments in executive functioning, decreased libido and persistent cravings. The symptoms may occur after successful detoxification and require clinical attention to ameliorate the high relapse risk at this early stage. **See Appendix 2 for the BHS Ambulatory Alcohol Detoxification Protocol.**

**Preparing for Continued Treatment:** The client should be engaged in actively preparing for some modality of treatment and support in order to maintain stability after completion of detox. This may include treatment of co-occurring psychiatric conditions, addressing protracted withdrawal and attention to destabilizing psychosocial conditions. During this time, the client is provided with further education about the importance of long-term supports, encouragement, hope, and given appropriate community referrals. For support in developing an appropriate treatment plan for addressing long-term recovery, providers can partner with San Francisco's centralized assessment and referral site for substance use disorders, the Treatment Access Program (TAP) (see Local Resources). Frequently utilized modalities of care include residential treatment, outpatient treatment, and 12-step programs. In preparation for continued treatment, the provider should discuss and encourage medication options to support long term stability and recovery. **See Appendix 3 for the Pharmacotherapy for Alcohol Use Dependence Table and Appendix 4 for AUD MAT Medication Selection Table.**

**AUD MAT PHARMACOTHERAPY:** Three medications, naltrexone, acamprosate, and disulfiram, are approved by the US Food and Drug Administration (FDA) for the treatment of AUD. Each has been shown to either reduce cravings to use alcohol, alcohol consumption, and/or relapse into heavy drinking. The agents have different mechanisms of action and may work best for a particular patient population. Of

the three, naltrexone has been the best studied in the U.S., and has typically shown the most robust effects. Several additional medications, including gabapentin, topiramate and baclofen have shown some promise, but have yet to be well studied. The latter are not currently FDA approved medications for AUD. **See Appendix 3 for summary of pharmacotherapy options based on recommendations from package inserts and evidence from randomized-controlled trials.**

AUD MAT pharmacotherapy is ideally started once a client is abstinent from alcohol as all of the randomized-controlled trials occurred in patients that had been abstinent from alcohol. However, with the exception disulfiram and acamprosate, the agents may be initiated while clients are actively drinking.

**AUD MAT PHARMACOTHERAPY SELECTION:** Each medication used for AUD MAT is associated with side effects and although rare, serious complications may occur. When considering whether to prescribe these medications, the risks must be balanced against the medical, psychiatric, and psychosocial consequences of continued heavy drinking. **See Appendix 4 for decision guidance for selecting a medication based on evidence from randomized-controlled trials and practical considerations that effect medication success.** In addition, consider the following treatment considerations:

- Patient preference
- Co-morbid conditions
- Patients with a history of response to a particular AUD MAT may be initiated on this agent as first line treatment.

An adequate trial to assess response should be at least 4 weeks. Medication effectiveness is directly related to adherence. Therefore medication failure cannot be concluded in a nonadherent patient. In patients with partial or no response to a medication, consider combination therapy by adding an additional agent or switching to a different agent. Evidence to support combination therapy is limited. However the combination of gabapentin and naltrexone has shown to be more effective than either agent alone.

**CO-OCCURRING MENTAL ILLNESS:** The identification and treatment of underlying psychiatric conditions (e.g., depressive, bipolar, anxiety and psychotic disorders) with appropriate pharmacotherapy has been shown to indirectly reduce alcohol consumption, in addition to improving overall functioning and quality of life. For additional information, see the SAMHSA Treatment Improvement Protocol (TIP) 42: Substance Abuse Treatment for Persons with Co-Occurring Disorders.

#### **SPECIAL POPULATIONS:**

***Pregnancy/Lactation:*** Alcohol use during pregnancy has been associated with negative birth outcomes including miscarriage, stillbirth, and premature delivery. It is also associated with negative effects for the infant including fetal alcohol syndrome and fetal alcohol spectrum disorder. All of the FDA approved medications for AUD are pregnancy category C and have not been studied in pregnancy or lactation to determine their safety. Therefore, they should only be used in pregnant and lactating women when the perceived benefits outweigh the risks. Pregnant women with AUD should be referred to a specialist in high risk obstetrics. See Local Resources.

**LOCAL RESOURCES:**

Program Name	Overview
<p><b><i>Treatment Access Program (TAP)</i></b>                      1380 Howard St, 1<sup>st</sup> Floor                      San Francisco, CA 94103                      Phone: (415) 503 – 4730                      Hours of Operation: Mon – Fri: 8:00AM – 5:00PM  <i>Accepts walk-in. Last client seen at 4:30pm</i></p>	<p>The centralized site within SFDPH BHS that provides substance use screening, assessment, level of care recommendations, and placement authorization for residential treatment at healthRIGHT360. Provide referrals to other SUD programs and provider consultation.</p>
<p><b><i>Joe Healy Medical Detox</i></b>                      101 Gough St, 2<sup>nd</sup> and 3<sup>rd</sup> Floor                      San Francisco, CA 94102                      Phone: (415) 336-8672                      Intake Hours: Mon – Fri: 7AM – 3PM, Sat – Sun: 8AM – 4PM</p>	<p>Residential medication-assisted detoxification program for patients requiring medication management of alcohol, benzodiazepine, or opioid detox. Referral required, which includes H&amp;P, TB clearance and lab results within past 7 days. Medication prescribing may be required. Contact Joe Healy intake for questions.</p>
<p><b><i>Sobering Center</i></b>                      1171 Mission St                      San Francisco, CA 94103                      Phone: (415) 734-4227  <b>Hours:</b> 24/7, by referral only. Please contact Sobering clinical station with questions.</p>	<p>Provides short-term (4-12hr) nursing care to adults aged 18+ acutely intoxicated on alcohol. Phone consult required. Clients accepted 24/7.</p>
<p><b><i>healthRight 360 Central Intake Office</i></b>                      1735 Mission St                      San Francisco, CA 94103                      Phone: (415) 760-9263  <b>Hours:</b> Monday – Friday 8:30am – 1:30pm. Earlier arrival is always best.   <b>Weekends:</b> Saturday and Sunday, clients may present at the Daily Reporting Center at from 9am-1pm to request detox.</p>	<p>Centralized access site for social model detox and residential treatment beds (no medical or medication management available on-site). Clients may self-present Mon-Fri to request detox and/or residential treatment. On weekends, the Daily Reporting Center (on-site) provides access and placement into detox when TAP is closed. This office works very closely with TAP and provides an alternative location for accessing healthRIGHT360 SUD services.</p>
<p><b><i>Women’s Health Center 5M (includes high-risk OB)</i></b>                      San Francisco General Hospital, Main Hospital, Ward 5M                      1001 Potrero Avenue                      San Francisco, CA 94110                      Phone for Appointments: (415) 206 – 3409</p>	<p>Obstetrics and gynecology practice that includes prenatal care, including managing high-risk pregnancies. Patients have access to mental health and psychiatric support. Partners closely with Homeless Prenatal Program.</p>
<p><b><i>Homeless Prenatal Program</i></b>                      2500 18<sup>th</sup> St.                      San Francisco, CA 94110                      Phone: (415) 546-6756</p>	<p>Serves homeless and low-income families with children 17 years old or younger. Offers prenatal and parenting support, housing assistance, tax and benefits assistance, substance use services, domestic violence services, mental health services, and a variety of support groups and classes. Partners closely with the Women’s Health Center and high-risk OB at SFGH.</p>

**REFERENCES AND FURTHER READING:**

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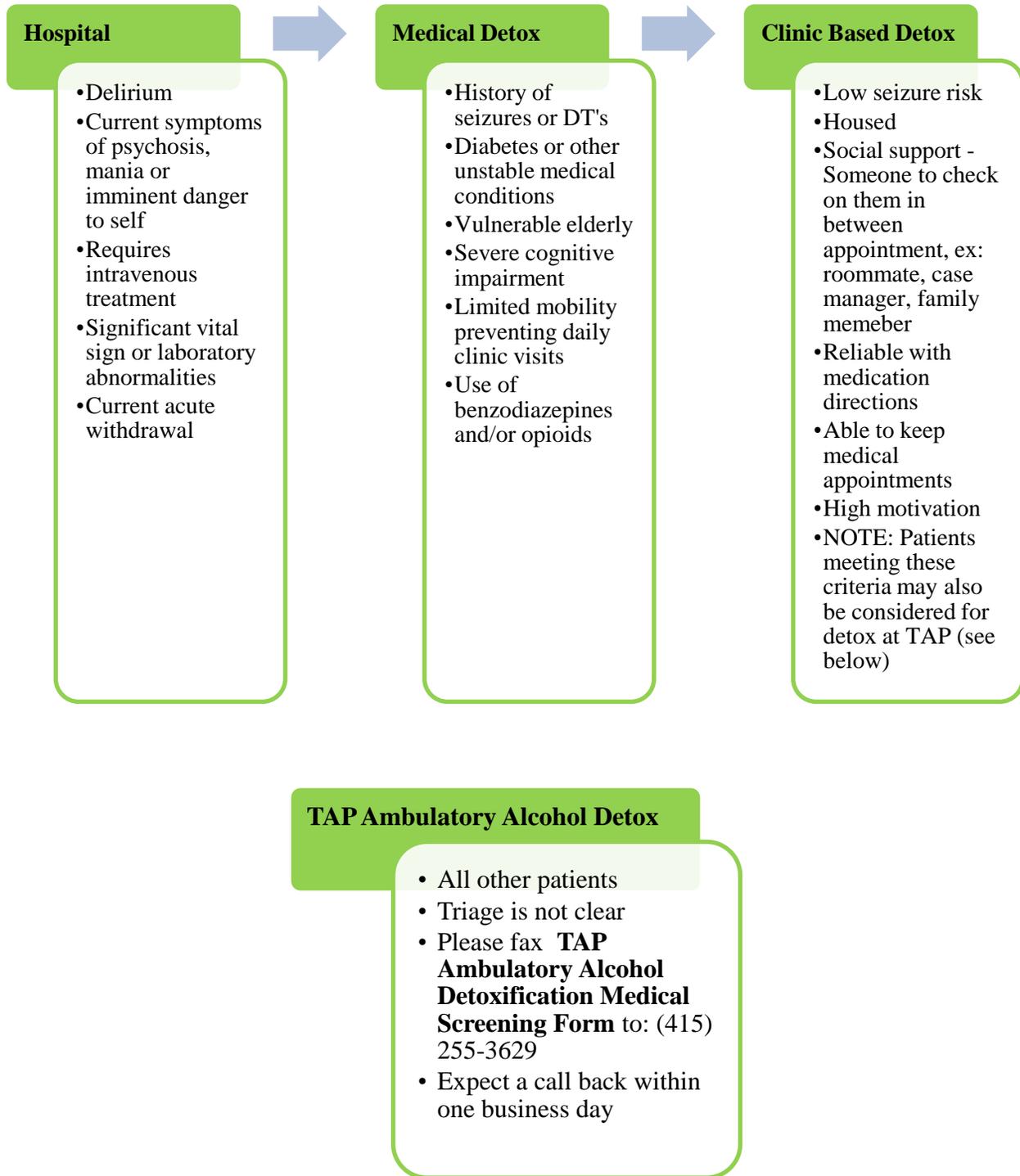
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# APPENDIX 1: ALCOHOL USE DISORDER WITH PHYSICAL DEPENDENCE AND WITHDRAWAL PLACEMENT DECISION GUIDANCE

In Decreasing Severity



See next page for TAP Ambulatory Alcohol Detox Medical Screening referral form

<b>Patient Name:</b>	<b>Date:</b>
<b>DOB:</b>	<b>MRN#:</b>

**REFERRAL FOR TAP AMBULATORY ALCOHOL DETOXIFICATION**  
**Medical Screening Form**

**Current Alcohol Use:**

Amount and Type \_\_\_\_\_

Frequency \_\_\_\_\_

Duration of current daily habit \_\_\_\_\_

Date/Time of most recent drink \_\_\_\_\_

**Most Recent Period of Abstinence (longer than 72 hours):**

Duration \_\_\_\_\_ Ended when \_\_\_\_\_

**Treatment History**

Detail history of medically assisted alcohol detoxification (ambulatory OR clinic/hospital-based)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Detail history of social model detoxification (support and observation only, with or without medication)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Aftercare Plan (or initiation of discussion that detox is generally followed by some on-going recovery plan. TAP may assist with referrals during engagement.)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Recommended Alcohol Maintenance Medication:**

naltrexone

disulfiram

acamprosate

topiramate

**PMH: Check box if current or past and provide explanation below:**

- History of delirium tremens
- History of alcohol hallucinosis
- History of alcohol withdrawal seizures
- Current opioid use
- Current sedative/hypnotic dependence or abuse (e.g. benzodiazepines, chloral hydrate, carisoprodol, barbiturates)
- Unstable psychiatric or medical conditions that may be exacerbated by alcohol withdrawal
- Currently pregnant

**Comments:** \_\_\_\_\_

**PSHx**

- Current poor cognition/unable to follow instructions on proper use of medications
- Currently non-adherent to appointments
- Currently unable to safely store take-home medications
- Currently without sober social supports to assist client outside clinic environment

**Comments:** \_\_\_\_\_

**Current Objective Findings:** BP: \_\_\_\_\_ HR: \_\_\_\_\_ LFTs if known & date: \_\_\_\_\_

**Current Problem List:**

**Current Medications:**

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**ATTACH ADDITIONAL PAGES, AS NEEDED**

**Allergies** \_\_\_\_\_

**Referring Provider(s) name(s)   Referring Provider(s) Signature(s) and Date   Provider(s) Number**

\_\_\_\_\_

***Fax Completed form to TAP Officer of the Day: 415-255-3629. You will receive a call back with an appointment.***

**Faxed on** \_\_\_\_\_, **initials:** \_\_\_\_\_

## **APPENDIX 2: AMBULATORY ALCOHOL DETOXIFICATION PROTOCOL**

The signs and symptoms of alcohol withdrawal generally begin 6 to 24 hours after the last drink or significant reduction in use. Most patients can be detoxified from alcohol in 5-7 days. Ambulatory detoxification should be initiated on a Monday or Tuesday, so that the highest-risk period has passed by the weekend. It is recommended that the patient be seen **daily** for the first three days. The recommendations provided herein should be tailored to meet the particular circumstances and needs of each patient.

**PATIENT SELECTION:** If a patient meets any of the following conditions then a higher level of care, including residential or hospital-based detoxification, is indicated:

- A history of delirium tremens, alcohol hallucinosis, or other serious complications related to prior episodes of alcohol withdrawal
- A seizure disorder or alcohol withdrawal seizures within the previous 6 months
- Inability to present sober OR minimal impairment at BAC >0.15 OR daily consumption of >15 standard drinks (See Appendix 6 for Standard Drink Definition)
- Current dependence on benzodiazepines, other sedative-hypnotics (e.g chloral hydrate, carisoprodol, barbiturates), or opioids in addition to alcohol
- Unstable psychiatric or medical conditions that may be exacerbated by withdrawal
- Patients with decompensated liver disease (AST >200, INR >1.5, ascites, esophageal varicies, hepatorenal syndrome, spontaneous bacterial peritonitis, encephalopathy) would be best served in a higher level of care
- Inability to follow instructions (e.g., proper use of medications or adherence with appointments)
- Inability to safely store take-home medication
- Lack of any sober social supports
- Clinical Institute Withdrawal Assessment of Alcohol, revised (CIWA-Ar) score > 18 or any evidence of alcohol hallucinosis, seizure activity, or clouded sensorium (See Appendix 5 for CIWA-Ar)
- Significant vital sign or laboratory abnormalities
- Pregnancy

If a patient meets any of the following, consideration should be given to a higher level of care:

- Recent history of failed ambulatory detoxification
- Concurrent stimulant dependence

### **EVALUATION:**

1. A thorough medical, substance use and psychiatric screening with a focus on history of alcohol withdrawal complications, significant medical or psychiatric conditions, use of other substances of abuse, and current mental status.
2. Labs: check LFTs and INR if concern for impaired liver function. Consider urine toxicology screen and if indicated a pregnancy test.

### **TREATMENT:**

**Medication selection:** Benzodiazepines are the treatment of choice for alcohol withdrawal. They reduce the risk of seizures, the development of alcohol hallucinosis or delirium tremens, and the autonomic hyperactivity (e.g., tachycardia, hypertension, anxiety) associated with alcohol withdrawal.

- Chlordiazepoxide is recommended for patients without impaired hepatic function (no history of cirrhosis, INR<1.5)
- Lorazepam is recommended for patients with impaired hepatic function

**Medication dosing:** A combination of a pre-determined gradual taper (based on an initial assessment of risk of withdrawal complications), and the use of the CIWA-Ar scale to evaluate and modify the taper based on symptom presentation should be used. See below for taper dosing schedule.

- Withdrawal complication risk assessment:
  - Low Risk: History of no more than mild withdrawal symptoms, consuming < 10 standard drinks daily, and current CIWA score is < 10
  - Moderate Risk: History of moderate withdrawal symptoms, consuming 10-15 standard drinks daily, or current CIWA score 11-18

**Monitoring:** If possible, withdrawal should be evaluated daily by the CIWA-Ar Scale.

- If the score is <10, then the taper should be continued as is.
- If the score is 11-18, then the dose should be increased (by 25-50 mg for chlordiazepoxide OR 0.5-1mg for lorazepam) and/or moving back 1 day in the dosing schedule. May also consider switching from low-risk to moderate-risk schedule.

Typically, patients should receive no more than 24 hrs of benzodiazepine at a time to limit risk of overdose and unmonitored withdrawal. “Low-risk” individuals who are particularly motivated, adherent, cognitively intact, healthy, use only alcohol, and may have had successful ambulatory detoxes in the past may do well with less frequent monitoring and up to 72 hours worth of take-home benzodiazepines.

**Transfer to higher level of care:** If at any point in the detoxification the patient exhibits any evidence of hallucinosis, altered mental status, seizure activity, or a CIWA-Ar score >20 they should be immediately transferred to an emergency room for further care. If the patient continues to drink and/or appears intoxicated, they should also be transferred to a higher level of care.

**Supplemental medication:** All patients should receive concurrent supplementation with thiamine 100mg PO daily, folate 1mg PO daily, and a daily multivitamin.

#### Low Risk Dosing Schedule

Days After Alcohol Discontinuation	Adequate Liver Function	Impaired Liver Function/Elderly
1	Chlordiazepoxide 25-50mg po Q6H	Lorazepam 1-2mg po Q6H
2	Chlordiazepoxide 25-50mg po Q6H	Lorazepam 1-2mg po Q6H
3	Chlordiazepoxide 25mg po Q6H	Lorazepam 1mg po Q6H
4	Chlordiazepoxide 25mg po Q8H	Lorazepam 1mg po Q8H
5	Chlordiazepoxide 25mg po Q12H	Lorazepam 0.5-1mg po Q12H

OR

#### Moderate Risk Dosing Schedule

Days After Alcohol Discontinuation	Adequate Liver Function	Impaired Liver Function/Elderly
1	Chlordiazepoxide 75-100mg po Q6H	Lorazepam 2-3mg po Q6H
2	Chlordiazepoxide 75-100mg po Q6H	Lorazepam 2-3mg po Q6H
3	Chlordiazepoxide 50-75mg po Q6H	Lorazepam 2mg po Q6H
4	Chlordiazepoxide 25-50mg po Q8H	Lorazepam 1-2mg po Q8H
5	Chlordiazepoxide 25mg po Q8H	Lorazepam 0.5-1mg po Q8H
6	Chlordiazepoxide 25mg po Q12H	Lorazepam 0.5mg po Q12H

**APPENDIX 3: ALCOHOL USE DISORDER MEDICATION ASSISTED TREATMENT PHARMACOTHERAPY**

Medication	Mechanism of Action	Dose & Administration	Contra-indications	Adverse Effects	Comments
<p><b>Naltrexone</b></p> <p><b>Naltrexone long acting injection</b></p>	<p>μ opioid antagonist which may block the pleasurable effects of alcohol mediated through the release of endogenous opioids.</p>	<p>Oral: 25mg/day for 3 days then 50mg/day. Can increase to 100mg after 4 weeks if drinking continues.</p> <p>Injection: 380mg IM monthly</p> <p>Recommend patient take with a meal to mitigate nausea</p> <p>Patients must be opioid free for 7-14 days before starting naltrexone, duration of opioid abstinence will depend on half-life of opioids used. Consider naloxone challenge to assess for opioid withdrawal.</p>	<p>Opioid dependence, use, or misuse</p> <p>Decompensate d cirrhosis as manifested by AST/ALT &gt; 5x ULN, INR &gt;1.5, ascites, esophageal varices, hepatorenal syndrome, spontaneous bacterial peritonitis, encephalopathy</p> <p><i>Pregnancy: C</i></p>	<p>Nausea, headache, anxiety, sedation.</p> <p>Warnings of hepatotoxic effects are derived from studies using dosages up to 300mg/day for obesity and dementia. No reports of hepatotoxicity at recommended daily dose of 50mg.</p>	<p>One of the best studied and underutilized treatments for AUD. Studies favor a reduction in heavy drinking over complete abstinence.</p> <p>Long acting injection may improve adherence however is cost prohibitive and has limited availability as an outpatient drug benefit through Medi-Cal.</p> <p><b>Monitoring:</b> Check LFTs and INR prior to initiation and monitor LFTs periodically while on treatment (annually unless signs or symptoms of hepatitis develop).</p>
<p><b>Disulfiram</b></p>	<p>Irreversibly inhibits acetaldehyde dehydrogenase which results in accumulation of acetaldehyde when alcohol is consumed producing flushing, tachycardia, shortness of breath, headache, and nausea.</p>	<p>Begin with 250mg/day, if no effect, consider increasing to 500mg/day</p> <p>Patients must be abstinent from alcohol for minimum 12hrs before initiating therapy.</p> <p>Should be dosed in the morning when the desire to abstain from</p>	<p>Underlying coronary artery disease</p> <p>Psychosis</p> <p>Patients unable to abstain or understand severity of alcohol-disulfiram reaction.</p> <p>Thiuram derivative allergies</p>	<p>Idiosyncratic dose-independent hepatotoxicity, optic neuritis, neuropathies, metallic aftertaste. Rarely may exacerbate psychosis.</p>	<p>An aversive agent intended to dissuade patients from consuming alcohol due to the potential effects of acetaldehyde accumulation.</p> <p>Best data for efficacy under supervised conditions and in open label trials as opposed to blinded trials as participants in blinded trials on placebo may still be dissuaded from drinking out of belief of potential aversive effects.</p> <p>Patients need to avoid all exposure to alcohol including sauces, aftershave lotion, mouthwashes, and cough</p>

		drinking is greatest.	<i>Pregnancy: C</i>		medicines. Effects can last up to 14 days.  <b>Monitoring:</b> Baseline LFTs and after 10-14 days of treatment.
<b>Acamprosate</b>	Modulates hyperactive glutamatergic NMDA receptors.	666mg TID  Creatinine Clearance: 30-50ml/min: 333 mg TID  Creatinine Clearance: <30ml/min: contraindicated  Following alcohol withdrawal when patient with achieved period of abstinence prior to initiation.	Renal insufficiency with CrCl <30 ml/min  <i>Pregnancy: C</i>	Diarrhea  Depression/suicidality	High pill burden with TID dosing.  Increased rates of relapse if started during detoxification phase, recommend initiation after completed detoxification  No reduction in heavy drinking days, but may increase rates abstinence.  <b>Monitoring:</b> Baseline serum creatinine and periodically while on treatment based on clinical assessment
<b>OFF-LABEL</b>					
<b>Baclofen</b>	GABA-B receptor agonist	Initiate 5mg TID and titrate 5mg per dose q3 days up to 10-20mg TID  Reduce dose for renal impairments: CrCl: 50-80mL/min: reduce dose by 1/3 CrCl 30-50 mL/min: reduce dose by 1/2 CrCl <30 mL/min and not on dialysis: reduce dose by 2/3	None. Adjust dose for renal function  <i>Pregnancy: C</i>	Nausea, hypotonia, drowsiness, confusion,  Possible dependence	Some data to support increased rates of abstinence compared to placebo.  Suggestive evidence that higher doses than those used in trials (60mg vs 30mg/day) may be more effective.  <b>Monitoring:</b> Baseline serum creatinine and periodically while on treatment based on clinical assessment
<b>Gabapentin</b>	Binds to receptors with GABA-like activity modulating release of excitatory	Titrate up to dose 300-600mg TID  Reduce dose for renal impairments:	None. Adjust dose for renal function.	Sedation, dizziness, ataxia, abuse potential.	Data supporting higher rates of abstinence and lower rates of heavy drinking compared to placebo.  <b>Monitoring:</b> Baseline serum creatinine and periodically while

	neurotransmitters.	CrCl 30-59ml/min: ≤700mg BID CrCl 15-29 ml/min: ≤700mg once daily			on treatment based on clinical assessment
<b>Topiramate</b>	Attenuates alcohol induced mesolimbic dopamine release by enhancing GABAergic neurotransmission at GABA-A receptors and antagonizing glutamatergic neurotransmission at non-NMDA receptors	Start at 50mg QHS and titrate up to 150mg BID  CrCl <70mL/min: dose reduce 50%	None. Adjust dose for renal function.  Review potential drug-drug interactions in patients taking additional medications.  <i>Pregnancy: D</i>	Paresthesias, taste perversion, anorexia and weight loss, diarrhea, fatigue and drowsiness, impaired concentration, uncommon but serious metabolic acidosis	Data demonstrates decreased alcohol consumption compared to placebo, shown to be at least as effective as naltrexone in head to head trials.  Side effects common and dose related.  Consider as first line therapy in patient with co-occurring seizure disorder  <b>Monitoring:</b> Baseline electrolytes and serum creatinine and periodically while on treatment based on clinical assessment

## APPENDIX 4: AUD MAT PHARMACOTHERAPY SELECTION

**Table 1. Single Agents**

Level of Recommendation	Medication	Pertinent Treatment Considerations (Not exhaustive, see Appendix 3 for details)
Strongest	Naltrexone	<ul style="list-style-type: none"> <li>• Most robust effects</li> <li>• Contraindicated in patients taking opioids</li> </ul>
Moderate	Disulfiram	<ul style="list-style-type: none"> <li>• Contraindicated in patients unable to remain abstinent from alcohol</li> </ul>
	Gabapentin	<ul style="list-style-type: none"> <li>• Low toxicity risk – safety in overdose</li> <li>• Treatment for comorbidities: insomnia and anxiety during alcohol detox, neuropathic pain</li> </ul>
	Topiramate	<ul style="list-style-type: none"> <li>• Treatment for comorbidities: seizures, PTSD hyperarousal symptoms, migraine prophylaxis</li> <li>• Can cause paresthesia (~50% of AUD patients) and word finding difficulties</li> </ul>
Lowest	Acamprosate	<ul style="list-style-type: none"> <li>• TID dosing limits utility due to nonadherence</li> <li>• Requires patients be abstinent from alcohol 2 weeks prior to initiation</li> </ul>
	Baclofen	<ul style="list-style-type: none"> <li>• Causes CNS depression, avoid combining with other CNS depressants</li> <li>• Physical dependence</li> </ul>

**Table 2. Combination Treatment**

Level of Recommendation	Medication Combination	Pertinent Treatment Considerations (Not exhaustive, see Appendix 3 for details)
Strongest	Naltrexone + gabapentin	<ul style="list-style-type: none"> <li>• Combination is more effective than either agent alone</li> </ul>
Moderate	Naltrexone + acamprosate	<ul style="list-style-type: none"> <li>• Mixed evidence</li> </ul>
Lowest	All others	<ul style="list-style-type: none"> <li>• Lack of randomized controlled trials</li> </ul>

**APPENDIX 5: CLINICAL INSTITUTE WITHDRAWAL ASSESSMENT OF ALCOHOL SCALE, REVISED (CIWA-AR)**

**Patient:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Pulse or heart rate, taken for one minute:** \_\_\_\_\_ **Blood pressure:** \_\_\_\_\_

<p><b>NAUSEA AND VOMITING</b> -- Ask "Do you feel sick to your stomach? Have you vomited?" Observation.</p> <p>0 no nausea and no vomiting          1 mild nausea with no vomiting          2          3          4 intermittent nausea with dry heaves          5          6          7 constant nausea, frequent dry heaves and vomiting</p>	<p><b>TACTILE DISTURBANCES</b> -- Ask "Have you any itching, pins and needles sensations, any burning, any numbness, or do you feel bugs crawling on or under your skin?" Observation.</p> <p>0 none          1 very mild itching, pins and needles, burning or numbness          2 mild itching, pins and needles, burning or numbness          3 moderate itching, pins and needles, burning or numbness          4 moderately severe hallucinations          5 severe hallucinations          6 extremely severe hallucinations          7 continuous hallucinations</p>
<p><b>TREMOR</b> -- Arms extended and fingers spread apart. Observation.</p> <p>0 no tremor          1 not visible, but can be felt fingertip to fingertip          2          3          4 moderate, with patient's arms extended          5          6          7 severe, even with arms not extended</p>	<p><b>AUDITORY DISTURBANCES</b> -- Ask "Are you more aware of sounds around you? Are they harsh? Do they frighten you? Are you hearing anything that is disturbing to you? Are you hearing things you know are not there?" Observation.</p> <p>0 not present          1 very mild harshness or ability to frighten          2 mild harshness or ability to frighten          3 moderate harshness or ability to frighten          4 moderately severe hallucinations          5 severe hallucinations          6 extremely severe hallucinations          7 continuous hallucinations</p>
<p><b>PAROXYSMAL SWEATS</b> -- Observation.</p> <p>0 no sweat visible          1 barely perceptible sweating, palms moist          2          3          4 beads of sweat obvious on forehead          5          6          7 drenching sweats</p>	<p><b>VISUAL DISTURBANCES</b> -- Ask "Does the light appear to be too bright? Is its color different? Does it hurt your eyes? Are you seeing anything that is disturbing to you? Are you seeing things you know are not there?" Observation.</p> <p>0 not present          1 very mild sensitivity          2 mild sensitivity          3 moderate sensitivity          4 moderately severe hallucinations          5 severe hallucinations          6 extremely severe hallucinations          7 continuous hallucinations</p>

<p><b>ANXIETY</b> -- Ask "Do you feel nervous?" Observation.</p> <p>0 no anxiety, at ease  1 mild anxious  2  3  4 moderately anxious, or guarded, so anxiety is inferred  5  6  7 equivalent to acute panic states as seen in severe delirium or acute schizophrenic reactions</p>	<p><b>HEADACHE, FULLNESS IN HEAD</b> -- Ask "Does your head feel different? Does it feel like there is a band around your head?" Do not rate for dizziness or lightheadedness. Otherwise, rate severity.</p> <p>0 not present  1 very mild  2 mild  3 moderate  4 moderately severe  5 severe  6 very severe  7 extremely severe</p>
<p><b>AGITATION</b> -- Observation.</p> <p>0 normal activity  1 somewhat more than normal activity  2  3  4 moderately fidgety and restless  5  6  7 paces back and forth during most of the interview, or constantly thrashes about</p>	<p><b>ORIENTATION AND CLOUDING OF SENSORIUM</b> – Ask "What day is this? Where are you? Who am I?"</p> <p>0 oriented and can do serial additions  1 cannot do serial additions or is uncertain about date  2 disoriented for date by no more than 2 calendar days  3 disoriented for date by more than 2 calendar days  4 disoriented for place/or person</p>

Total **CIWA-Ar** Score \_\_\_\_\_  
Rater's Initials \_\_\_\_\_  
Maximum Possible Score 67

*The CIWA-Ar is not copyrighted and may be reproduced freely. This assessment for monitoring withdrawal symptoms requires approximately 5 minutes to administer. The maximum score is 67 (see instrument). Patients scoring less than 10 do not usually need additional medication for withdrawal.*

Sullivan, J.T.; Sykora, K.; Schneiderman, J.; Naranjo, C.A.; and Sellers, E.M. Assessment of alcohol withdrawal: The revised Clinical Institute Withdrawal Assessment for Alcohol scale (**CIWA-Ar**). *British Journal of Addiction* 84:1353-1357, 1989.

**Training Video**

For education about scoring a CIWA-Ar, see below video:  
<https://www.youtube.com/watch?v=NUKigZjcGy4>

## APPENDIX 6: STANDARD DRINK DEFINITION

	Standard Drink Equivalents	Approximate Number of Standard Drinks In:
<b>Beer or Cooler (~5% alcohol)</b>	12 oz.	12 oz. = 1 16 oz. = 1.3 22 oz. = 2 40 oz. = 3.3
<b>Malt Liquor (~7% alcohol)</b>	8-9 oz.	12 oz. = 1.5 16 oz. = 2 22 oz. = 2.5 40 oz. = 4.5
<b>Table Wine (~12% alcohol)</b>	5 oz.	750 mL (25 oz.) bottle = 5
<b>80-proof Distilled Spirits (40% alcohol)</b>	1.5 oz.	mixed drink = 1 or more pint (16 oz.) = 11 fifth (25 oz.) = 17 1.75 L (59 oz.) = 39

### Reference

National Institute on Alcohol Abuse and Alcoholism. A Pocket Guide for Alcohol Screening and Brief Intervention. 2005 Ed. Found at:

<http://pubs.niaaa.nih.gov/publications/Practitioner/PocketGuide/pocket.pdf>