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Alcohol Withdrawal

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Alcohol Withdrawal

This refers to a group of symptoms that can occur when someone suddenly stops drinking alcohol.



Signs and Symptoms

The signs and symptoms of alcohol withdrawal may appear anywhere from six hours to a few days after someone last has an alcoholic drink. These usually include at least two of the following:

- Tremors
- Anxiety
- Nausea
- Vomiting
- Headache
- An increased heart rate
- Sweating
- Irritability
- Confusion
- Insomnia
- Nightmares
- High blood pressure

The symptoms may worsen over two to three days and persist for weeks. Symptoms may be more noticeable when they first wake up with less alcohol in their blood.



Delirium Tremens (DT)

The most severe type of withdrawal syndrome is known as delirium tremens (DT). Its signs and symptoms include:

- Extreme confusion
- Extreme agitation
- A fever
- Seizures



Ward Based Management

Find out how much the patient has drunk and when they last had a drink

- Regular Physical observations
 - ▶ Heart rate
 - ▶ Blood Pressure (both sitting and standing)
 - ▶ Temperature
 - ▶ Respiratory rate
- Call a doctor so they can consider a withdrawal plan