

Inpatient Assisted Alcohol Withdrawal

**Planned Admission to Ward 2
Forth Valley Royal Hospital**

Patient Information Leaflet

Community Alcohol and Drug Service (CADS) Stirling Community Hospital Stirling FK8 2 AU North Team : 01786 434430 South Team: 01324 673670	Acute Mental Health Services Ward 2 Forth Valley Royal Hospital Stirling Road Larbert. FK5 4WR Telephone : 01324 567614
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What is Assisted Alcohol Withdrawal?

NHS Forth Valley offer treatment to people who live within Forth Valley that seek assistance in safely withdrawing from harmful use of alcohol.

This treatment is aimed at individuals whose current alcohol use has increased to such a harmful level that to try to stop drinking without this help could result in the risk of experiencing serious side effects and physical and mental health problems. This treatment involves stopping drinking and taking medication to reduce the risk of withdrawal symptoms.

Some people can be offered and have this treatment in their home setting and others may require this treatment in an inpatient setting as this provides a safe 24 hour care and support environment.

A comprehensive assessment is usually conducted by community substance misuse services and discussion with the individual is undertaken to determine what setting is best suited for them.

The ultimate aim for this treatment is to withdraw from alcohol safely and seek to maintain abstinence from alcohol.

Preparation for Inpatient Assisted Alcohol Withdrawal

Your community key worker has carefully assessed your current alcohol use and your home situation and in discussion with yourself believes that it would be best that you be admitted to hospital for a short time for treatment to stop drinking alcohol.

This would mean organising a planned admission to Ward 2 at Forth Valley Royal Hospital, usually for about 7 days. The admission day will be a Wednesday or a Thursday.

You will be given a specific date to come in to hospital and given an expected date of discharge. You would also be given a follow –up appointment date to meet with your community key worker after your discharge from the ward.

Before admission to the ward you will see your community key worker on a regular basis to fully discuss what will happen whilst you are in the ward, the effects of alcohol withdrawal and the medication used to help your body cope with stopping drinking alcohol.

The key worker will help you to identify and agree on your own personal goals that you want to achieve in the ward and when you get home.

This would include how you are going to spend your time without using alcohol, how you are going to manage stressful situations and planning for the future in terms of recovery from alcohol.

You will also discuss with your key worker whether taking medication to maintain abstinence such as disulfiram or acamprosate is a suitable option for you.

Care Plan

You will be expected to agree to and sign a person-centred care plan which focuses on your personal goals and includes agreeing to abide to ward policy on expected behaviour of inpatients and the rules on no smoking and no use of illicit drugs or alcohol. You will be offered a copy of your care plan.

On the Ward

On the day of admission you will be welcomed by a member of ward staff who will show you round the ward and help you settle in. You will be allocated a nurse who will co-ordinate your care.

You will be closely monitored and supported by ward staff throughout your stay to ensure that you receive the best possible care.

They will explain to you about the ward routine, visiting times and when you can have time out of the ward.

It is important to bring with you to the ward any prescribed medication that you take at home.

A comprehensive inpatient assessment will be conducted by ward staff which includes taking routine blood tests.

You will be prescribed and given medication to help you safely withdraw from alcohol.

Individuals who have a long standing alcohol problem are known to have low levels of certain vitamins and nutrients in their bodies and during your stay in hospital you will be given a series of vitamin injections known as Pabrinex®. This treatment is vital for a successful outcome when withdrawing from alcohol.

If it has been agreed that you are suitable for medication to support abstinence this can be commenced on the ward.

You will have the opportunity to participate in the ward programme of activities such as art therapy and also a group focusing on substance misuse.

Your community key worker will keep in contact with ward staff and arrange to visit you towards end of your stay in the hospital.

Introduction to and ongoing support from peer support groups such as A.A is actively encouraged and supported by ward staff . You will be given the opportunity to be introduced to A.A. at their informal meeting at Forth Valley Royal Hospital.

Discharge from the Ward

A review of your care will take place on the ward and plans for discharge put in to place. You will be offered a copy of your discharge plan and your GP will be informed of your stay in the hospital and follow up arrangements after discharge. Your community key worker will see you at the previously arranged follow-up care appointment within the week after discharge and co-ordinate ongoing support for you.

Useful Information

- Ward staff or your community key worker can give you a copy of the FV ADP FAX Leaflet that lists contact details of all substance misuse services in Forth Valley.
- There are many reasons why individuals use and misuse alcohol in their lives. Identifying the triggers for this is often helpful in avoiding problems with alcohol in the future and remaining abstinent.
- Getting support from others who have had similar experiences who attend group settings such as A.A and Smart Recovery can help you to cope with life without alcohol. Groups are widely available and held in various places across Forth Valley.
You will be provided with a leaflet called Mutual Aid/Self Help for Substance Recovery in Forth Valley which gives details of local organisations and groups.

Planned Date of Admission	
Planned Date of Discharge	
Planned Date of Follow Up Appointment	