

Outpatient Protocol

Consider the following empirically validated procedures for ambulatory alcohol detoxification monitoring as safe and effective alternatives to inpatient approaches:

- Medical or nursing staff should assess the patient in person, either daily or every other day (patient contact may be made by telephone on other days), to include:
 - Patient report of any alcohol use the previous day
 - Reported medication intake compared to the medication dispensed the previous day
 - Tremor, restlessness, and previous night's sleep
 - Skin (e.g., color and turgor)
- Urine toxicology or a breathalyzer test of BAC should be completed.

The patient should be medically cleared before initiating or continuing outpatient detoxification, if the daily screening is positive for any one of the following:

- Blood sugar > 400 or positive anion gap
- History of recent hematemesis or other GI bleeding disorder
- Bilirubin > 3.0
- Creatinine > 2.0
- Systolic blood pressure > 180 or diastolic blood pressure > 110
- Unstable angina
- Temperature > 101 degrees
- BAC > 0.08 on two outpatient visits