

Benzodiazepine for alcohol withdrawal syndrome

Benzodiazepines (BDZs) is the mainstay for [alcohol withdrawal syndrome](#) treatment. They reduce [autonomic hyperactivity](#) and may prevent [seizures](#) and/or [delirium tremens](#). All BDZs are effective. Initial doses are higher than those used for treating [anxiety](#). Symptom triggered dosing with repeated evaluation utilizing a standardized protocol (e.g. CIWA-Ar ¹⁾) may be more efficacious than fixed-dose schedules ²⁾

Avoid IM administration (erratic absorption).

¹⁾

Sullivan JT, Sykora K, Schneiderman J, et al. Assessment of Alcohol Withdrawal: The Revised Clinical Institute Withdrawal Assessment for Alcohol Scale (CIWA-Ar). Br J Addict. 1989; 84:1353-1357

²⁾

Saitz R, Mayo-Smith MF, Roberts MS, et al. Individualized Treatment for Alcohol Withdrawal: A Randomized Double-Blind Controlled Trial. JAMA. 1994; 272:519-523

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Last update: **2024/06/07 02:56**

