

Alcohol and Benzodiazepine Detox in the Context of Homelessness:



An ever evolving landscape



What we do

- Alcohol and benzodiazepine detox program
- 11 bed unit run by nurses 24/7
- 3-5 week medical detox program
- Total Admissions in the past 6 months: 89
- Alcohol only: 29%
- On unprescribed benzo's on admission: 33% (20% of admissions in the last 6 months of 2018 were using unprescribed benzo's)
- And poly substance use (Substances tested for and recorded: MTD / Opioids / THC / Morphine / BNZ): 40%



Complexities

- ▶ Low Threshold
- ▶ Increased risk of seizures
- ▶ Length of risk
- ▶ Increased use of z-drugs
- ▶ Inability to check levels
- ▶ Limitations in Librium dose (Levels of alcohol and benzo use determined at pre assessment stage)
- ▶ Non acute setting – unable to intubate in case of respiratory distress
- ▶ Underlying cause of the addiction



Inadequate supply of low threshold services


- Only 11 beds so we have to prioritise and this in itself is a potential barrier i.e. if not registered for housing then no recovery pathway
- Lack of low threshold services outside of Dublin region

➤ Average waiting times for DSC detox unit: 2018 v 2019

	Quarter 1 2018	Quarter 2 2018	Quarter 1 2019	Quarter 2 2019
Average length of time from referral to admission	31 days	26 days	76 days	82 days

➤ Numbers and waiting lists for detox

- There are currently 64 clients waiting to gain access to the DSC detox unit
- 19 (30%) of these are taking unprescribed benzodiazepines

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- Keeping ahead of this evolving landscape is the challenge that we face on a daily basis
 - Thank you 😊
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