

QUESTION

1. A patient with a long history of alcohol abuse is brought to the emergency department with a severe headache and vomiting. The patient is found to have a blood alcohol concentration of 0.25 g/dL. The patient's vital signs are stable, and there are no other physical findings. The patient is diagnosed with alcohol withdrawal. Which of the following is the most appropriate initial management?

A. Lorazepam 2 mg IV
B. Valproic acid 500 mg PO
C. Phenytoin 100 mg IV
D. Carbamazepine 200 mg PO
E. Gabapentin 300 mg PO

Option	Correct Answer	Explanation
A	Correct	Lorazepam is the most appropriate initial management for alcohol withdrawal. It is a benzodiazepine that helps to reduce the severity of withdrawal symptoms and prevent complications such as seizures.
B	Incorrect	Valproic acid is an anticonvulsant used for the treatment of seizures, but it is not the first-line treatment for alcohol withdrawal.
C	Incorrect	Phenytoin is an anticonvulsant used for the treatment of seizures, but it is not the first-line treatment for alcohol withdrawal.
D	Incorrect	Carbamazepine is an anticonvulsant used for the treatment of seizures, but it is not the first-line treatment for alcohol withdrawal.
E	Incorrect	Gabapentin is an anticonvulsant used for the treatment of seizures, but it is not the first-line treatment for alcohol withdrawal.

ANSWER: A

DISCUSSION: Alcohol withdrawal is a common complication of alcohol abuse. It is characterized by a range of symptoms, including tremor, anxiety, and seizures. The most appropriate initial management is the administration of a benzodiazepine, such as lorazepam, to help to reduce the severity of withdrawal symptoms and prevent complications.

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