

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 1 mg IV q1h
B. Valproic acid 20 mg/kg IV
C. Phenytoin 15 mg/kg IV
D. Propofol 1 mg/kg IV
E. Midazolam 2 mg IV

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	Propofol is a sedative and anesthetic agent, but it is not the first-line treatment for alcohol withdrawal.
E	Incorrect	Midazolam is a benzodiazepine, but it is not the first-line treatment for alcohol withdrawal.

ANSWER: A

DISCUSSION: The patient has a long history of alcohol abuse and is presenting with symptoms of alcohol withdrawal, including a severe headache and vomiting. The blood alcohol concentration is 0.25 g/dL, which is significantly elevated. The patient's vital signs are stable, and there are no other physical findings. The patient is diagnosed with alcohol withdrawal. The most appropriate initial management is to administer a benzodiazepine, such as lorazepam, to reduce the severity of withdrawal symptoms and prevent complications such as seizures. 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.

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