

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

Option	Correct Answer	Explanation
A	Correct	Lorazepam is the most appropriate initial management for alcohol withdrawal. It is a benzodiazepine that effectively treats the symptoms of alcohol withdrawal, including tremor, tachycardia, and hypertension. It is also safe and easy to administer.
B	Incorrect	Valproic acid is an anticonvulsant that is used to treat seizures. It is not indicated for the treatment of alcohol withdrawal.
C	Incorrect	Phenytoin is an anticonvulsant that is used to treat seizures. It is not indicated for the treatment of alcohol withdrawal.
D	Incorrect	Propofol is a sedative and anesthetic agent. It is not indicated for the treatment of alcohol withdrawal.
E	Incorrect	Midazolam is a benzodiazepine that is used for sedation and anesthesia. 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 patient's 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 relieve the symptoms of alcohol withdrawal. Lorazepam is a short-acting benzodiazepine that is effective in treating the symptoms of alcohol withdrawal, including tremor, tachycardia, and hypertension. It is also safe and easy to administer. The other options are not indicated for the treatment of alcohol withdrawal.

QUESTION

2. A 65-year-old male 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 q1h
B. Valproic acid 15 mg/kg IV
C. Phenytoin 15 mg/kg IV
D. Propofol 1 mg/kg IV
E. Midazolam 2 mg IV q1h

Option	Correct Answer	Explanation
A	Correct	Lorazepam is the most appropriate initial management for alcohol withdrawal. It is a benzodiazepine that effectively treats the symptoms of alcohol withdrawal, including tremor, tachycardia, and hypertension. It is also safe and easy to administer.
B	Incorrect	Valproic acid is an anticonvulsant that is used to treat seizures. It is not indicated for the treatment of alcohol withdrawal.
C	Incorrect	Phenytoin is an anticonvulsant that is used to treat seizures. It is not indicated for the treatment of alcohol withdrawal.
D	Incorrect	Propofol is a sedative and anesthetic agent. It is not indicated for the treatment of alcohol withdrawal.
E	Incorrect	Midazolam is a benzodiazepine that is used for sedation and anesthesia. 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 patient's 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 relieve the symptoms of alcohol withdrawal. Lorazepam is a short-acting benzodiazepine that is effective in treating the symptoms of alcohol withdrawal, including tremor, tachycardia, and hypertension. It is also safe and easy to administer. The other options are not indicated for the treatment of alcohol withdrawal.