



A seven-day in-home

alcohol detox

service

AIR

ALCOHOL IN-HOME RECOVERY

Agenda

Impact of alcohol in our community

Australian Guidelines

Recommendations for care

About our in-home withdrawal
program



Alcohol

How it impacts our community

Alcohol is the most dangerous addictive drug worldwide. Each day, 5 Australians die from alcohol misuse and in 2022 there were 1,742 alcohol related deaths in Australia.

ACEMs 2019 findings show that, across Australia, 13% of ED presentations are alcohol-related, with 2.8% methamphetamine-related.

Australasian College of Emergency Medicine 2019
Snapshot Study



Alcohol

How it impacts our community

Between 2015 and 2023, the highest rates of drug related ambulance attendances were related to alcohol intoxication.

Alcohol accounted for 59% of drug related hospitalisation in 2021-22, up from 57% in 2020-21.

Australasian College of Emergency Medicine 2019 Snapshot

Research from the Australian Government: Australian Institute of Health and Welfare (AIHW)



What do we drink?

In 2019-20, wine accounted for the largest proportion of apparent alcohol consumption, followed by beer then spirits.



42% wine




35% beer



21% spirits





How much is too much?

Australian Guidelines

National Health and Medical Research Council (2020).

Guideline 01

Healthy men and women should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day.

Guideline 02

Under 18's should not drink alcohol.

Guideline 03

Women who are pregnant or planning a pregnancy should not drink alcohol. For women who are breastfeeding, not drinking alcohol is safest for their baby.

World Health Organisation Recommendation

No safe level of alcohol
consumption for health

The Lancet, 2018



Only an extra 4 cases for 100,000 people studied - drinking one alcoholic drink a day.





What can we do?

- It can take people years to admit they have a problem
- GP's are best placed to provide a non-judgmental space to enquire with our own patients
- **Ask more**
- AUDIT-C (Alcohol Use Disorders Identification Test)
- SADQ (Severity of Alcohol Dependence Questionnaire)



2021 Alcohol & other drugs needs assessment



Findings & Recommendations

PHN Gold Coast



Timely access to treatment

Perception that withdrawal can only occur in a bed-based facility,

Limited detox capacity on the Gold Coast. Flexible options including in-home detox are required to meet this need.



Alcohol In-home Recovery

Our aim

- provide patients with the gold standard of in-home addiction withdrawal management in a timely fashion.
- improve the connection between all of the AOD services across the city





Our in-home detox service

- safe and discrete
- face-to-face care
- minimal wait times
- 24/7 medical support

Eligibility

- stay on the Gold Coast
- have a support person
- drink no more than 40 units of alcohol per day

Cannabis withdrawal program coming soon

Our Process



Step 1: Assessment

- full clinical assessment
- pathology requests
- personalised withdrawal plan
- education on emergency procedures
- prepare patient for the detox - thiamine and multivitamins
- aftercare planning

Our Process



Step 2: Detox

- daily home visits for at least first four days
- breathalyser test
- provide and adjust withdrawal medications
- manage cravings
- 24/7 medical support

Our Process



Step 3: Aftercare

- personalised aftercare plan
- detailed discharge summary for GP
- link patient with rehabilitation services
- regular follow-up appointments to review progress

Why Patients Choose Us

Minimal wait times

We aim to see our patients for their initial assessment within 24-48hrs.

24/7 medical support

Our patients have a direct line to our doctor so they feel safe and supported at every step.

Privacy

Patients can stay at home with their loved ones and focus on their recovery. We also provide all their medications at their appointments, meaning no daily trips to the chemist.

Flexibility

We happily arrange calls and appointments during evenings & weekends at no extra cost.

Freedom

Patients are not confined to an inpatient facility for 7 days.

Cost effective

Our service is a fraction of the cost of other private withdrawal detox services

How much does it cost?

The cost of the program is \$3,200 but the out-of-pocket cost to the patient is only **\$2,700** with the rest billed to Medicare. Monthly payment plans are available.

Referrals

Referrals are welcomed can be sent via medical objects to Dr Hok-Yee Siu — **480356GY** — or via email. Patients can also self-refer.



Thank you

Any Questions?

Contact us

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ALCOHOL IN-HOME RECOVERY

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