

## The CIWA Assessment and Education

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# The CIWA Assessment and Education

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## BACKGROUND

- The CIWA assessment is a tool used to assess patients withdrawing from alcohol. This assessment results in a dosing-based score from a variety of patient symptoms.
- CIWA scoring is new to LVHN-Schuylkill and it was brought to our attention that nurses had a lack of knowledge related to CIWA.
- Alcohol withdrawal is seen frequently on the psychiatric unit and medical-surgical units

## PICO

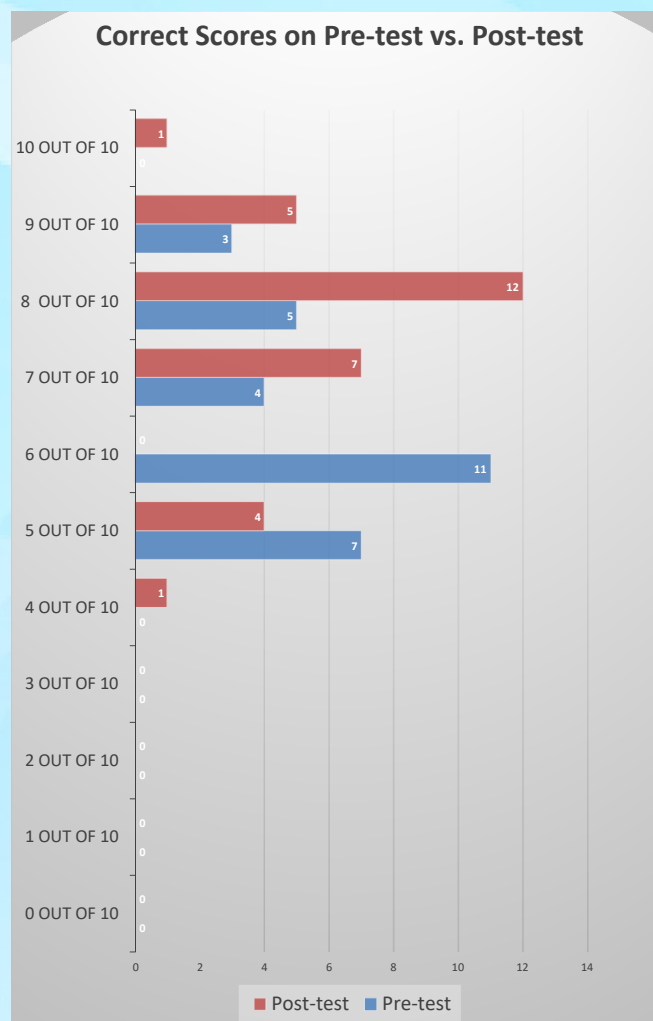
- **P:** 30 RN's on med-surg, telemetry, and psychiatric units
- **I:** Education packet that provided knowledge of CIWA
- **C:** A brief TLC was provided on CIWA when it was first introduced at LVH-Schuylkill
- **O:** Scores on post-test after further education was provided

## EVIDENCE

- More than 16 million people in the U.S. are affected by alcoholism (Eloma et al., 2018)
- Symptoms start 4-72 hours after cessation of drinking. (Eloma et al., 2018)
- CIWA protocol allows for a shorter period of detoxification, lower doses of benzodiazepines, less sedation effects, and a decreased chance of respiratory depression. (Eloma et al., 2018)

## OUTCOMES

- The pre and post tests were identical, 10 question tests. The following scores were:



## IMPLEMENTATION

- Knowledge reinforcement in the form of educational packets were given after the pre-test.
- Education included signs and symptoms of alcohol withdrawal, background of information about CIWA, and assessment/treatment of alcohol withdrawal.

## NEXT STEPS

- Continue educating on symptoms of alcohol withdrawal and treatment and allow nurses to teach back the education provided.
- Use of CIWA is vital to ensure the patients who require this type of treatment are getting the highest quality care possible.

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