



## **Medically Managed Detoxification**

Harmony Foundation Inc. is focused on safety and comfort during the detoxification process for our clients. The nursing staff assess all clients for signs and symptoms of withdrawal and convey their observations to the Medical Director, Sean Murphy MD, who is a Family Practitioner and addictionologist with over 20 years of experience in the addiction field. Dr. Murphy then prescribes specific medications for administration during the withdrawal period. All medications are prescribed individually for the client based on their reported use history.

Harmony Foundation Inc.'s Medical Director usually prescribes carbamazepine and chlordiazepoxide to reduce the risk of seizures related to alcohol withdrawal. Carbamazepine is also prescribed for clients with benzodiazepine (valium, Librium, xanax) withdrawal. Clients who will be facing narcotic/opiate withdrawal typically are prescribed chlordiazepoxide and clonidine to assist them through the process. Some clients with a history of opiate abuse based on specific criteria may be treated with buprenorphine (subutex) to decrease the cravings associated with opiate withdrawal.

Clients are observed throughout the detoxification process by the nursing staff to reduce blood pressure problems; too high (hypertension) or too low (hypotension). Four levels of medications are available to treat hypertension. Electrolyte solutions similar to Pedialyte and Gatorade are used for the prevention of hypotension.

Harmony Foundation Inc. provides nursing care twenty four hours a day, seven days a week with over 20 licensed registered nurses (R.N.), practical nurses (L.P.N.), and certified nurse's aides (C.N.A.) on staff. Safety and comfort during the withdrawal process is paramount. Upon admission, all clients meet with a nurse to discuss their medical and abuse histories. The nurse and client create a treatment plan for their safety during the withdrawal process. The treatment plan will include any additional

medical history or medication monitoring to help the client progress towards health. All clients work with the nurse to identify what their goals for wellness or healthy living will be once they are in the first step of the recovery process.

Clients are admitted to Harmony's Health Center for at least one night upon admission so they are in close proximity to the nurses. Nurses make regular rounds both day and night in the Health Center and in the adjacent cabin while clients are still being monitored for signs and symptoms of withdrawal.

The nurses strive to help the clients feel welcome and comfortable during the initial part of their recovery treatment. All clients are triaged based on the emergency medical services system as red, yellow or green level clients.

The red level clients are the newest admits and or clients who need more frequent monitoring of their vital signs (temperature, heart rate, respirations, blood pressure, pulse oximetry and pain levels). They may still be struggling with high blood pressure, being administered subutex, or are not feeling well. All clients are encouraged to attend groups from the time of admission as soon as they are feeling up to attending.

Yellow level clients are still being monitored for withdrawal but their lab values are within normal limits, their vital signs are stable and they are progressing well in group with the counselors.

Green level clients may come to the Health Center for daily medications; otherwise they are fully engaged in the counseling portion of the program.

**Our personal commitment to you:**

The nursing and medical staff are here to help you through the detoxification process and to respond to any medical emergencies. We will keep an eye on you and ensure your safety. We understand that this is not an easy process and it will not be painless, but we are here to support your recovery.