

# Declaration for Dr Abigail Banfield

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- I have no financial interests or relationships to disclose with regard to the subject matter of this presentation.



**University Hospitals Dorset**  
NHS Foundation Trust

# Seaside Specials for the Acute Take

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# Beach Life

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- Bournemouth Christchurch and Poole - conurbation founded on tourism.
- 11 Million tourists, in addition to Foreign Language Schools, an expanding University Campus and Airport.
- 85 Different Languages, cosmopolitan
- Reputation for acceptance and tolerance – first person to die of AIDs in the UK lived in Bournemouth, John Eadie 1981. The triangle remains the Rainbow Corner of the conurbation.
- Nucleus for Drug and Alcohol addiction services

# Traffic – prepare for the journey

- 58 year old male
- Alcohol Dependency, Chronic Heart Failure and AF
- On Holiday – drove ‘early’ to avoid traffic – attended ED with withdrawal symptoms 1300 hrs Saturday.
- CIWA led Librium on the AMU – frequency tailed off prematurely over the next 24hrs, non compliant overnight, refusing Librium by the Monday. Switched to PO Lorazepam by Alcohol Specialist Team.
- Deterioration over the next 12 hours, with agitation, sweating, pulling out access (48 hour window)

Recognition of Delirium Tremens: Marked Tremor, Delirium, Hallucinations, Seizures

Can be missed – delayed escalation to ITU

4 point restraint with Security, titration of IV Lorazepam and Diazepam

Intubated once he had become hypoxic and diaphoretic (for 24hrs)

20 day admission, further 8 days after Repat

# Barriers to care

- Patient had a similar admission to base hospital with associated seizures 3 months before.
- Under reported his dependency – 30 Units/day
- No IT system integration – dislocation of patient information.
- Front loading therapy indicated in this patient – staff education
- Which diagnosis is the driver?
- Failure to recognise the shift to DTs (5% of withdrawal patients)
- Patient comorbidity (Cardiovascular), previous seizures increased the risk
- Implementation of the local DTs pathway would have escalated to ITU sooner.
- COVID – education gaps on Physical Restraint

# Ice cream.....

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- Bournemouth Pier
- 3 referrals to medical take – age 18-23years
- Hallucinations
- Distorted perceptions of sound
- Dissociative state/Paranoid/ Euphoric behaviour
- Altered mood states - in an unpredictable fashion
- Resembles a schizophrenic episode-nakedness common!





# Phencyclidine (PCP)

Class A



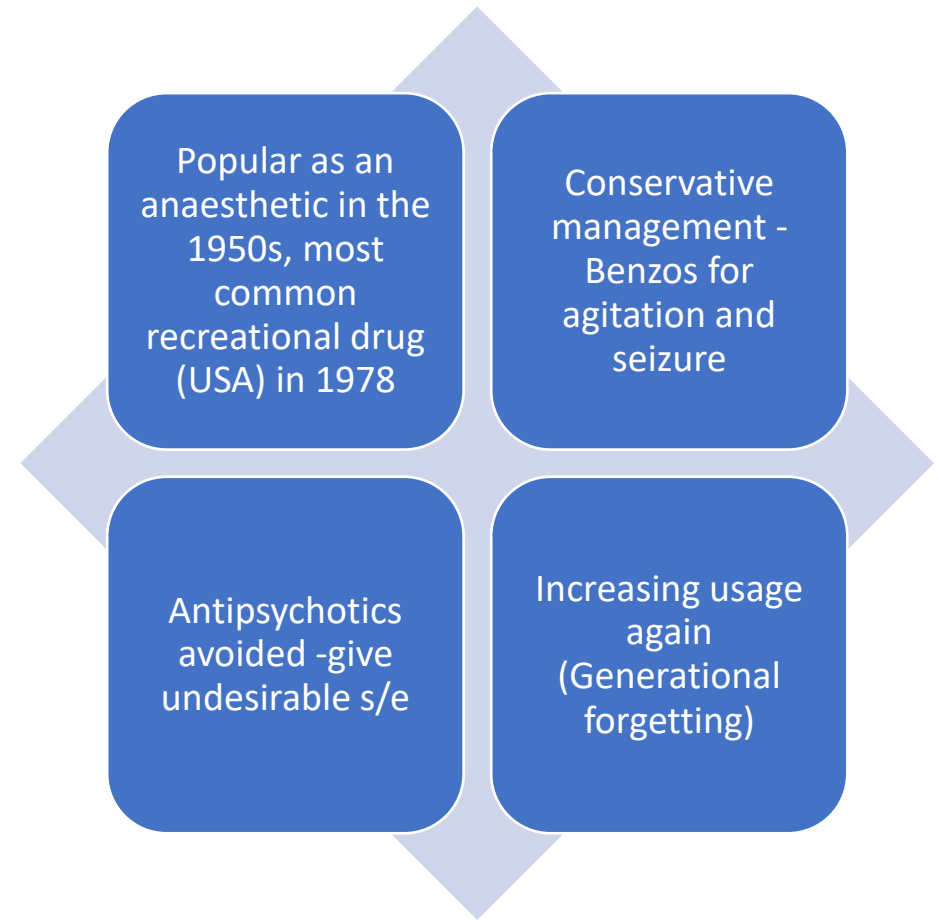
Angel dust, peace pills, rocket fuel

Sniffed, swallowed, injected and smoked.

Often cut with Marijuana, Tobacco, MDMA

Intoxication for 4-8 hours, can extend 24-48 hours.

Monitor for Rhabdomyolysis



## Recreational Drugs:

Many novel psychoactive substances competing with the classic drugs....

Drug use rising amongst 15 year olds

Cannabis (B) -Hash, Weed, Pot, Skunk, Ganga, Green,

Powder Cocaine (A) – Coke, Charlie, White Lady, Snow

MDMA (A) – Ecstasy, E, Pills, Doves, Apples

Ketamine (C) – Green, K, Special K

Amphetamine (B) – Speed, Billy, Whiz, Phet

Others: GBL and GHB, LSD, Mephedrone (meow meow), Synthetic Cannabis (spice)

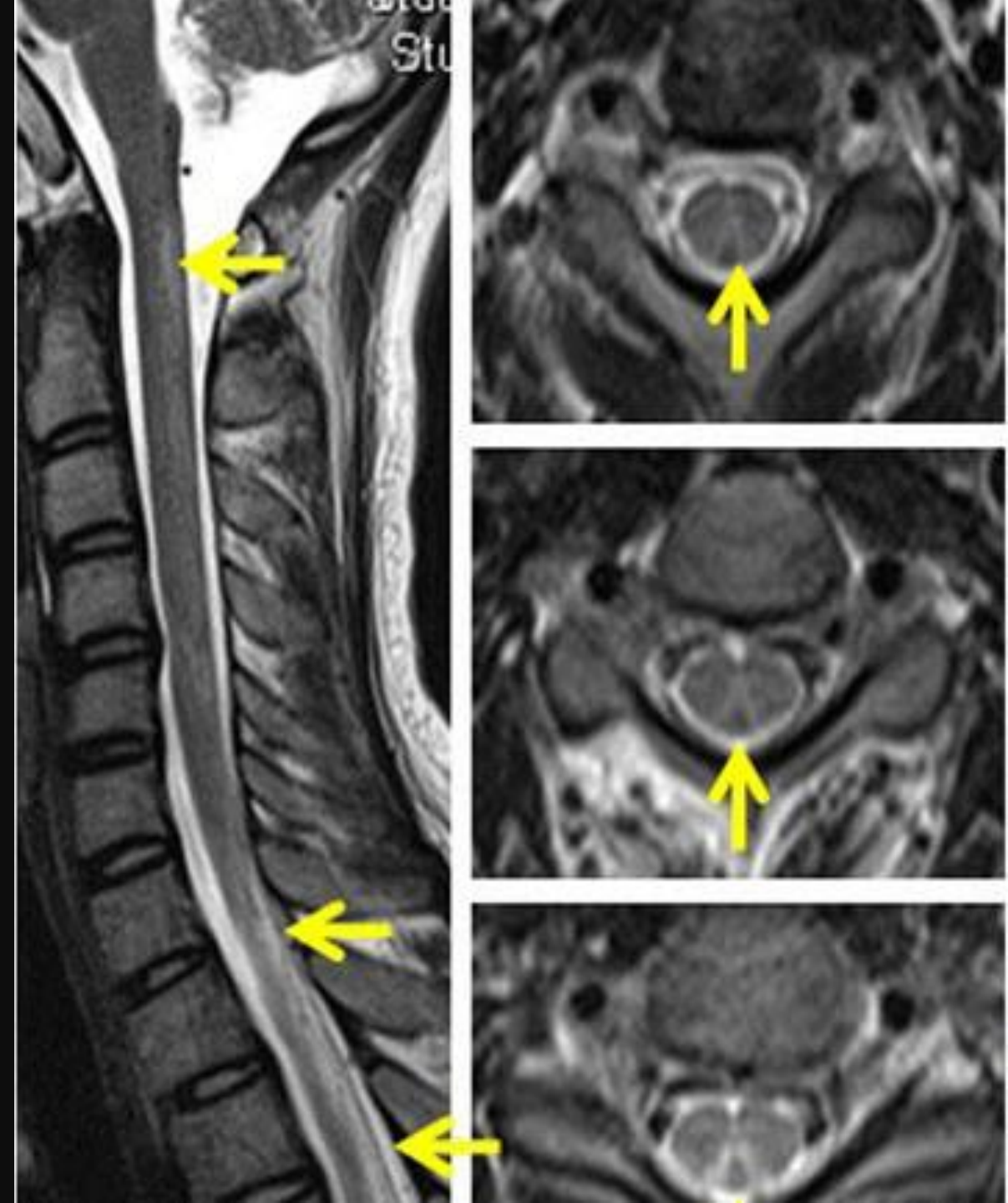


# Beach Parties

- 27 year old male
- Insomnia, depression, new to area
- Teetotal
  
- GP referral: gradual worsening of paraesthesia to lower limbs over weeks, mild ataxia, impairment of fine motor movements
  
- Impaired vibration, proprioception, spasticity in both lower extremities. Ataxia and positive Romberg's.
  
- Differentials? HbA1C/ HIV/ Syphilis.....
- Rule out Red flags - Cauda etc
- Normal B12 and folate level

## Dorsal column hyperintensity on T2 weighted sequences

- Recreational drug user...
- Functional B12 deficiency triggered by Nitrous Oxide use.
- Myelopathy and neuropathy most common finding. Confusion, personality change also seen.
- Subacute degeneration of the cord seen but MRI not always needed.
- Homocysteine and Methylmalonic acid will be elevated, B12 low or normal.
- Daily IM cyanocobalamin 1mg minimum 5 days + Folic acid 5mg daily



# Nitrous Oxide (NOS)

- Usage soared during the pandemic
- Most used Drug 16-24 year olds UK
- New Government restrictions pending
- 56 Registered deaths involving NOS 2001- 2020
- Most common cause of death is suffocation: use in confined spaces/ bags

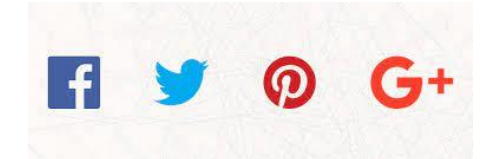
The Royal College of Emergency Medicine

Best Practice Guideline

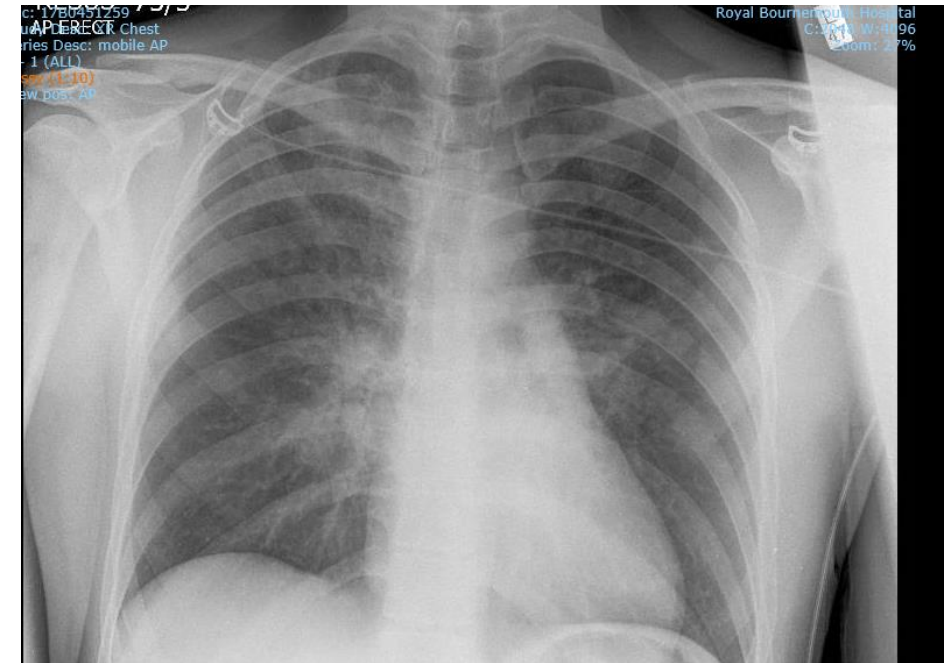
**Suspected nitrous  
oxide toxicity in  
Emergency  
Departments**

# Fish and Chips

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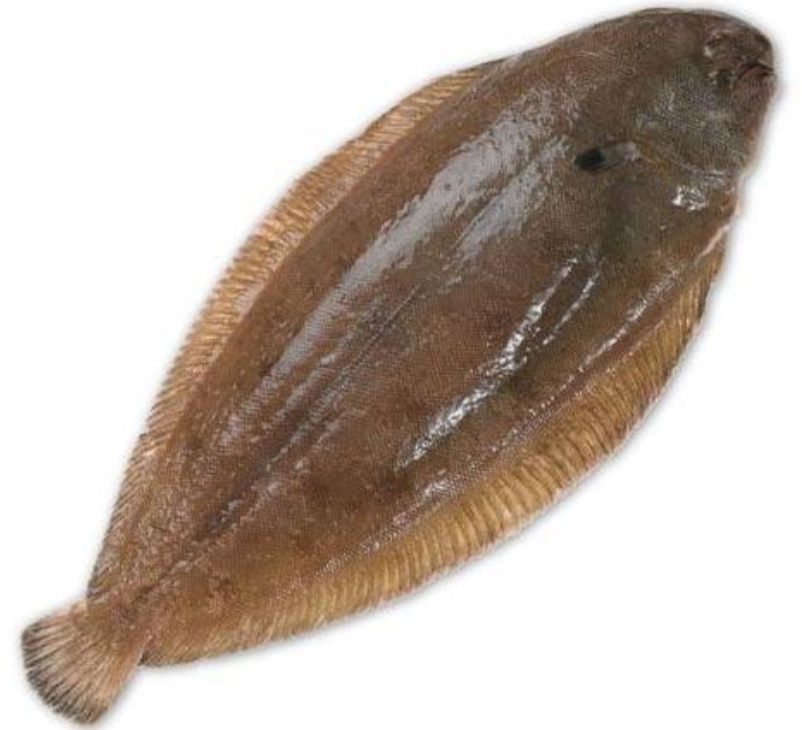
- **Social Media Risk**
- **27 year old, Sea Angler**
- **'Kiss the fish'**
- **14cm Dover Sole**
  
- **Airway occlusion and respiratory arrest**
- **Bystander CPR – PEA, 3 minutes CPR, 1 shock**
- **Removal of fish with forceps – ROSC**
- **Transient pulmonary oedema o/a**



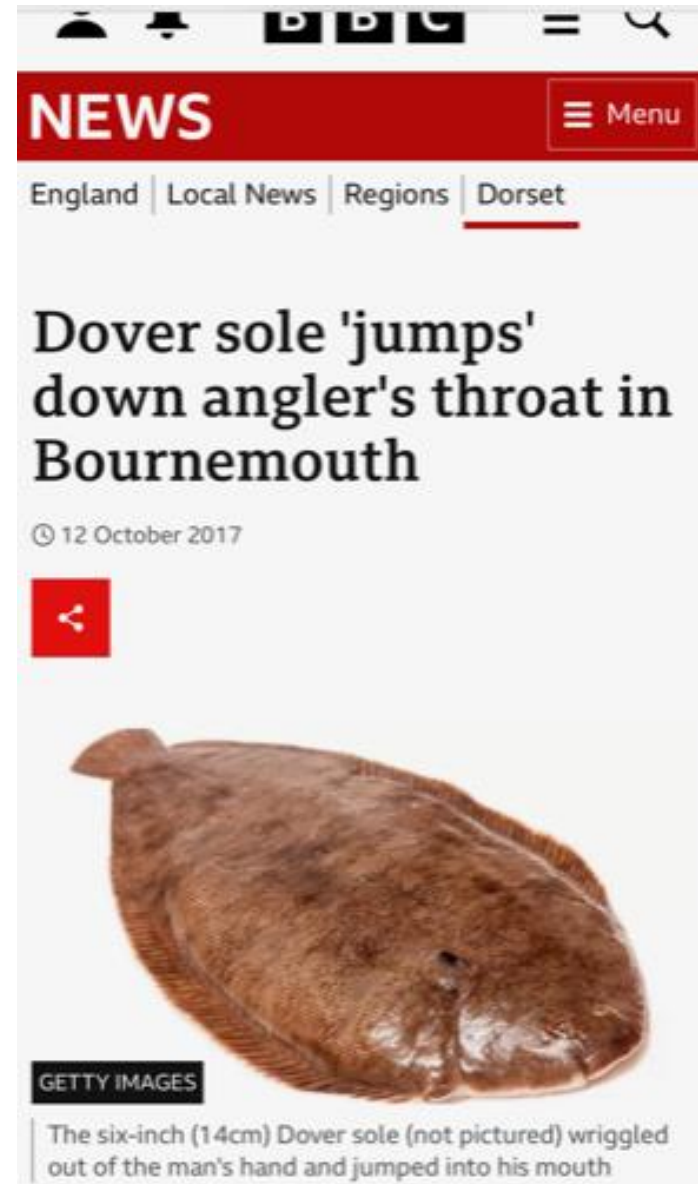
# Debrief – what to add?

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- Empirical antibiotics, hydrocortisone and fluids
- Monitored O/N in CCU – transferred to SDEC
- Oropharynx was ulcerated, expectorating small amounts of blood
- Poole Transfer to ENT
- Ulcers from the barbs on the fish head, no scales- Difflam mouthwash
- Granulation, ulceration, inflammatory polyps -Beclomethasone inhaler (swallow not inhale) to prevent cicatrisation
- There is always someone who can do something.....



Have a lovely  
summer, safe  
travels....


A screenshot of a mobile news application. At the top, there is a red header with the word "NEWS" in white. To the right of the header is a "Menu" button with a hamburger icon. Below the header, there are navigation links: "England", "Local News", "Regions", and "Dorset", with "Dorset" being the selected and underlined link. The main headline reads "Dover sole 'jumps' down angler's throat in Bournemouth". Below the headline is a timestamp: "12 October 2017". There is a red share icon to the left of the image. The image shows a brown Dover sole fish. Below the image is a "GETTY IMAGES" credit. At the bottom, a caption reads: "The six-inch (14cm) Dover sole (not pictured) wriggled out of the man's hand and jumped into his mouth".

**NEWS** Menu

England | Local News | Regions | Dorset

## Dover sole 'jumps' down angler's throat in Bournemouth

🕒 12 October 2017



GETTY IMAGES

The six-inch (14cm) Dover sole (not pictured) wriggled out of the man's hand and jumped into his mouth