



Alcohol Use Disorder Care Pathway

Optum is committed to assuring our members are receiving the highest quality evidence based and person-centered care available. Optum recognizes the time demand on staff and providers and offers this resource to give rapid access to evidence based strategies and guidance from professional organizations. These key components from several best practice guidelines will serve as a common language among Optum, providers and members that allows us to all work together in a member centric manner. We want to partner to provide the highest quality care to our members. More details are provided on [ProviderExpress](#).

Assessment:

In addition to a comprehensive physical evaluation, identification of comorbid conditions and mental health/suicide risk, assessment should include:

- **Risk Factors for Severe/Complicated Withdrawal:** Include history of alcohol withdrawal seizures or delirium, multiple prior withdrawal episodes, comorbid medical illness (e.g. traumatic brain injury), age > 65, signs of autonomic hyperactivity, physiological dependence on GABAergic agents

Treatment:

- The initial goals of treatment of alcohol use disorder should be agreed on between the patient and clinician.
- Use withdrawal assessment scale-triggered dosing rather than fixed schedule dosing, and longer half-life medications when possible. (ASAM)
- Care plan includes education, recommendations for medication for AUD, initiating medication for alcohol use disorder (MAUD) at the current level of care if possible and coordinating continuity of care. (American Psychiatric Association)

Support:

Identify and list how the treatment team is addressing the needs of special populations such as (Surgeon General's Report):

- Adolescents
- Patients with medical comorbidities
- Pregnant women
- Geriatric patients

Support:

Throughout treatment, identify and address social determinants of health (SDOH) impacting, or potentially impacting, recovery (National Alliance for the Mentally Ill Circle of Care).