

BATH SALTS

BROUGHT TO YOU BY:



LUNDER • DINEEN
Health Education Alliance of Maine
In collaboration with Massachusetts General Hospital

CURRENT EMERGENCY ROOM TREATMENT RECOMMENDATIONS

- Acute bath salt intoxication is a high risk situation for injury.
 - Medical intervention is not started until the patient is subdued or restrained.
 - Provide supportive care including EKG, monitor cardiac, temperature and respiratory status, hydrate, seizure precautions, passive or active cooling.
 - Keep a broad differential in the circumstance of an unclear history - hypoxia, hypoglycemia, arrhythmia, HTN, occult trauma and multi drug use.
 - Benzodiazepines are the main stay class of medication for sympathetic overstimulation.
 - Start with **Midazolam 10mg IM**. If immediate sedation and control is needed, **Ketamine 5mg/kg IM** dose can be used in conjunction with Midazolam.
- NOTE:** Ketamine is always used in conjunction with a benzodiazepine, because if it's used alone, it can make the symptoms worse.
- **Lab Work:** CBC, lytes, CMP with LFTs

SPECTRUM OF POTENTIAL PHYSICAL AND BEHAVIORAL RESPONSES

EXCITED DELIRIUM

Physical

Tachycardia
Headache
Hypertension
Hyperthermia
Vasoconstriction
Chest pain
Sweating
Thirst
Nausea

Mental/Behavioral

Loss of memory
Confusion
Unable to focus
Anxiety
Insomnia
Anorexia
Depression

DRUG INDUCED PSYCHOSIS

Physical

Seizures
Dyspnea
Medical Acidosis
Muscle tremors, spasms
Rhabdomyolysis (acute compartment syndrome)

Mental/Behavioral

Severe panic attacks
Severe agitation
Hallucinations
Extreme paranoia
Impulsivity
Insensitivity to pain
Superhuman strength
Self mutilation
Suicidality

DRUG CHARACTERISTICS

ONSET

The onset may be within minutes dependent on route of administration.

DURATION

Duration of action varies by route. Effects can last up to 12 days.

COURSE

Adverse effects can occur up to 8 hours after use. Relapse can occur in 72 hours, without re-dosing.



WHAT TO DO

Caution – People using bath salts may exhibit very **unpredictable, physically aggressive and harmful behavior** presenting unique management challenges.

Ensure scene safety before attempting to respond or intervene.

Summon law enforcement (if not on the scene) to secure scene and patient.



Personal safety is your first responsibility.

HEALTH EDUCATION IS POWERFUL MEDICINE

Please visit www.lunderdineen.org/bathsalts for additional information and guidance about bath salts. Healthcare providers can also take our free CME/CE-certified activity Responding to Patients Abusing Bath Salts that educates clinicians about the current bath salts epidemic in Maine and throughout the country.

The Lunder-Dineen Health Education Alliance of Maine was created through a partnership between Maine philanthropists Peter and Paula Lunder and Massachusetts General Hospital to improve the overall health of Maine residents by expanding their health knowledge and advancing the skills of Maine health professionals. Lunder-Dineen offers free, on-demand, Maine-focused educational opportunities to healthcare providers and the communities they serve. Many programs are available for CME/CE credit.

www.lunderdineen.org