Demolishing Barriers to Care
Evaluation of a Home Telehealth Alcohol Withdrawal Service

Clean Slate CLINIC

THE CLEAN SLATE CLINIC MODEL

A 12-month specialist substance withdrawal and recovery program, delivered fully at home

STAGE 1 — Assessment
1. Online assessment
2. Telehealth Nursing assessments
3. Care package sent via post
4. Doctor review & prescribing

STAGE 2 — Detox
1. Daily telehealth review
2. Daily pharmacy dispensing of detox medications
3. Breathalyser readings

STAGE 3 — Aftercare
1. Doctor review and prescribing of anti-craving medications
2. Telehealth follow up for 12 months
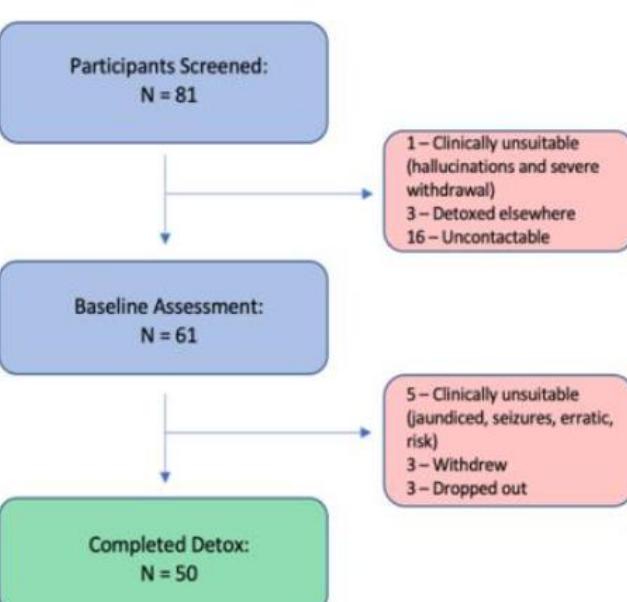3. Integrated online SMART Recovery

Tailored resources available at each stage

Online interface throughout

EVALUATION OBJECTIVE: ADOPTABILITY

- Suitable Referrals who commenced treatment
- Number of patients who completed detox

EVALUATION OBJECTIVE: ACCEPTABILITY

- Subset of the Australian Hospital Patient Experience Question Set + specific questions on the technology

EVALUATION OBJECTIVE: EFFECTIVENESS

- Abstinence at 1 month post detox
- Changes in AUDIT Score
- Changes in K10

OUTCOMES

Participants Screened: N = 81
→ 1 – Clinically unsuitable (hallucinations and severe withdrawal)
→ 3 – Detoxed elsewhere
→ 16 – Uncontactable

Baseline Assessment: N = 61
→ 5 – Clinically unsuitable (jaundiced, seizures, erratic, risk)
→ 3 – Withdrew
→ 3 – Dropped out

Completed Detox: N = 50

- 6/81 clinically unsuitable for home detox
- 3/81 clinically unsuitable for the program (already detoxed)
- 16/81 couldn't be contacted after referral
- 6/81 opted out during assessment
- 50/50 completed detox once commenced

OUTCOMES

POOR — EXCELLENT

- Overall the quality of treatment and care I received was
- I found the online resources useful
- I found the technology easy to use
- I was satisfied with the telehealth experience
- I experienced unexpected harm or distress as a result of my treatment
- I was involved as much as I wanted in making decisions about my care
- I felt cared for during preparation and detox
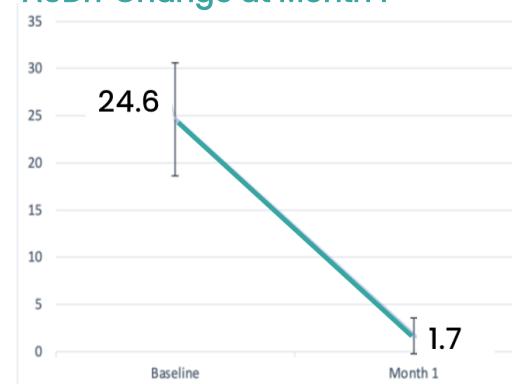- Clean Slate Clinic met my individual needs
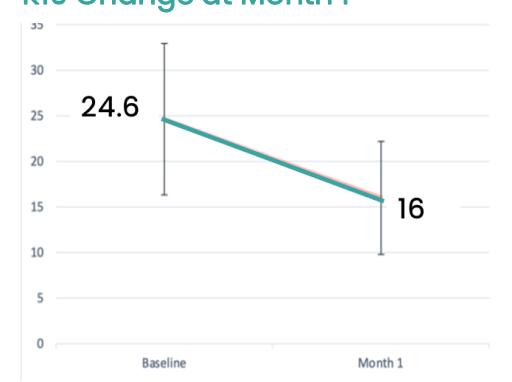
STRONGLY DISAGREE — STRONGLY AGREE

OUTCOMES

AUDIT Change at Month 1

24.6 (Baseline) → 1.7 (Month 1)

K10 Change at Month 1

24.6 (Baseline) → 16 (Month 1)

At Month 1 84% (42) of participants were meeting their alcohol goals, 14% (7) had reduced dependence and 2% (1) had relapsed

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