



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

An Oifig Náisiúnta don Chuimsiú
Sóisialta
Rannóg Cúram Príomhúil
Feidhmeannacht na Seirbhíse
Sláinte
Lána an Mhuilinn
Baile Phámar
Baile Átha Cliath 20

☎: 01-620 1747☎. 01-620 1626

National Social Inclusion Office
Primary Care Division
Health Service Executive
Mill Lane
Palmerstown
Dublin 20

☎: 01-620 1747☎. 01-620 1626

20th December, 2017

Deputy Maureen O'Sullivan, TD
Dáil Eireann
Kildare Street
Dublin 2.

PQ 53375/17

* To ask the Minister for Health the number of beds available and the locations of each for those wanting to detox from tablets such as z-drugs; and if he will make a statement on the matter.

Dear Deputy O'Sullivan,

The Health Service Executive has been requested to reply directly to your above Parliamentary Question which you submitted to the Minister for Health for response. I have examined the matter and the following outlines the position:

In the first instance it is important to advise that the vast majority of those people who present wishing to detoxify off tablets such as benzodiazepines or 'z' drugs are appropriate to treat in a community setting. Doctors are familiar with the recommendations of the Benzodiazepine Best Practice Guidelines published by the Department of Health and Children in 2002 and these can be applied to 'z' drugs also. Detoxification in the community can be achieved either by a gradual dose reduction of the drug or by converting to an equivalent dose of diazepam (conversion tables can be consulted) and providing a tapered dose reduction over a period of time in conjunction with psychosocial support that can be supplied by the local community Addiction services. Advice can be supplied by HSE Addiction services to support a community GP in this regard.

Residential detoxification off benzodiazepines or 'z' drugs is occasionally required but this is usually in the case of polysubstance misuse whereby the individual is using these tablets in conjunction with a range of other substances that may include heroin. All the tier 4 services providing detoxification can provide a detoxification off heroin and tablets concurrently if the clinical assessment indicates that this is necessary. In instances whereby the assessment has indicated that tablets alone are the problem, services would advise at least 2 community based detoxification programmes are attempted before a residential detoxification would be considered.

Then as part of a comprehensive care plan, an inpatient detoxification can be offered by tier 4 services (see below table) if clinically appropriate and the person is engaged in an addiction

counselling process with a structured rehabilitation plan in place for the post detoxification phase of their treatment.

Table: Detoxification Beds by type and location where 'z' drug detoxification is available:

Medical Detoxification Units

| <i>Location</i> |
|---|
| Cuan Dara - Cherry Orchard Hospital St. Michaels Ward, Beaumont Hospital |

Community Based Residential Detoxification

| <i>Location</i> |
|---|
| Cuan Mhuire Athy - Our Lady's Drug Unit Cuan Mhuire Fernannes Co. Cork Cuan Mhuire Bruree Limerick MQI St. Francis Farm, Tullow. Co. Carlow Aiseiri, Cahir, Co. Tipperary |

Adolescent Residential Detoxification

| <i>Location</i> |
|------------------------------------|
| Aislinn, Ballyragget, Co. Kilkenny |

I trust this information is of assistance to you but should you have any further queries please contact me.

Yours sincerely,



Joseph Doyle
National Planning Specialist