Sobering Results from the Tenderloin: The Northern California Experience with Sobering Centers

Clement Yeh MD
Medical Director
San Francisco Fire Department
San Francisco Department of Emergency Management
Associate Clinical Professor of Emergency Medicine
University of California, San Francisco
EMS triage to Sobering Centers

- Be medically appropriate by meeting all the following criteria:
  - Indication of alcohol intoxication (odor of alcohol on breath, bottle found on person)
  - GCS 13 or greater
  - Pulse 60-120
  - Systolic BP >90
  - Diastolic BP <110
  - Respiratory Rate 12-24
  - Oxygen Saturation >89%
  - Blood Glucose 60-250
  - No active bleeding
  - No bruising or hematoma above clavicles
  - No active seizures; and
  - No laceration that has not been treated
Total Encounters (bar) with Unduplicated Clients (line) by Fiscal Year (2003-2016)
Sobering Center as healthcare hub

- Nursing
- Wound Care
- Lab Draws
- ETOH withdrawal treatment
- Medication management
- Intensive Case Management / Social Work
- ADL
- Hygiene/De-lousing

<table>
<thead>
<tr>
<th>Service</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td>3756</td>
</tr>
<tr>
<td>Laundry</td>
<td>878</td>
</tr>
<tr>
<td>Shower</td>
<td>1815</td>
</tr>
<tr>
<td>Clothing</td>
<td>1526</td>
</tr>
<tr>
<td>Vitamins</td>
<td>741</td>
</tr>
<tr>
<td>Wound Care</td>
<td>89</td>
</tr>
</tbody>
</table>

*started tracking in 2013*
Safety of EMS triage to Sobering?

- 2003-2017: >50,000 encounters, 12,500+ individuals
- Analyzed SF Sobering Center July 2013 – June 2016
- 10,980 total encounters
- 4,045 (37%) triaged by EMS
- 4.2% secondary transport to ED
- Most common reasons for secondary transfer: tachycardia, alcohol withdrawal

Smith-Bernardin SM, Kennel M, Glenn M, Yeh C. EMS Can Safely Transport Patients to a Sobering Center as an Alternate Destination. Ann Emer Med. October 2017. 70:4 (S92)