[ID-P#043] A case report: Acute Benzyl Alcohol Intoxication

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Benzyl alcohol is used as a paint stripper agent in Japan. In recent years, cases of benzyl alcohol poisoning have been reported in Japan. We report a case of benzyl alcohol intoxication with an altered mental state and metabolic acidosis that was treated with acute blood purification therapy.

Case presentation: A 38-year-old male became restless while stripping paint without personal protective equipment and was transported to our emergency department. On arrival, the patient's initial vital signs were as follows: Glasgow Coma Scale, 10 (E4V1M5), blood pressure 192/120mmHg, heart rate 108 beats per minute, respiratory rate 26 breaths per minute and SpO_2, 100% (room air). Gas analysis revealed metabolic acidosis (pH 7.306, HCO3 11.1mmol/L, anion gap 29.2mmol/L). On the second day of hospitalization, hippuric acid was detected in the urine at 3.95g/L. Owing to continued tachypnea, progression of acidosis, and worsening renal function, mechanical ventilation was initiated on the second day of admission. Continuous renal replacement therapy was initiated with vasoactive drugs due to hypotension. He developed rhabdomyolysis, and on the third day of hospitalization, his CPK level increased to 26684 U/L. Thereafter, his general condition improved, and he was weaned off renal replacement therapy on the seventh day of hospitalization and extubated on the eighth day. The patient was transferred for continued rehabilitation on day 37 of hospitalization.

Conclusion: Percutaneous and inhalation exposure to benzyl alcohol in paint strippers can cause altered mental state and metabolic acidosis. Renal replacement therapy may be useful for benzyl alcohol intoxication.