

COWS Wesson & Ling, J Psychoactive Drugs. 2003 Apr-Jun;35(2):253-9.

Clinical Opiate Withdrawal Scale

<p>Resting Pulse Rate: _____ beats/minute <i>Measured after patient is sitting or lying for one minute</i></p> <p>0 Pulse rate 80 or below 1 Pulse rate 81-100 2 Pulse rate 101-120 4 Pulse rate greater than 120</p>	<p>GI Upset: <i>over last 1/2 hour</i></p> <p>0 No GI symptoms 1 Stomach cramps 2 Nausea or loose stool 3 Vomiting or diarrhea 5 Multiple episodes of diarrhea or vomiting</p>
<p>Sweating: <i>over past 1/2 hour not accounted for by room temperature or patient activity.</i></p> <p>0 No report of chills or flushing 1 Subjective report of chills or flushing 2 Flushed or observable moistness on face 3 Beads of sweat on brow or face 4 Sweat streaming off face</p>	<p>Tremor <i>observation of outstretched hands</i></p> <p>0 No tremor 1 Tremor can be felt, but not observed 2 Slight tremor observable 4 Gross tremor or muscle twitching</p>
<p>Restlessness <i>Observation during assessment</i></p> <p>0 Able to sit still 1 Reports difficulty sitting still, but is able to do so 3 Frequent shifting or extraneous movements of legs/arms 5 Unable to sit still for more than a few seconds</p>	<p>Yawning <i>Observation during assessment</i></p> <p>0 No yawning 1 Yawning once or twice during assessment 2 Yawning three or more times during assessment 4 Yawning several times/minute</p>
<p>Pupil size</p> <p>0 Pupils pinned or normal size for room light 1 Pupils possibly larger than normal for room light 2 Pupils moderately dilated 5 Pupils so dilated that only the rim of the iris is visible</p>	<p>Anxiety or irritability</p> <p>0 None 1 Patient reports increasing irritability or anxiousness 2 Patient obviously irritable anxious 4 Patient so irritable or anxious that participation in the assessment is difficult</p>
<p>Bone or Joint aches <i>If patient was having pain previously, only the additional component attributed to opiates withdrawal is scored</i></p> <p>0 Not present 1 Mild diffuse discomfort 2 Patient reports severe diffuse aching of joints/ muscles 4 Patient is rubbing joints or muscles and is unable to sit still because of discomfort</p>	<p>Gooseflesh skin</p> <p>0 Skin is smooth 3 Piloerection of skin can be felt or hairs standing up on arms 5 Prominent piloerection</p>
<p>Runny nose or tearing <i>Not accounted for by cold symptoms or allergies</i></p> <p>0 Not present 1 Nasal stuffiness or unusually moist eyes 2 Nose running or tearing 4 Nose completely blocked or tears streaming down cheeks</p>	<p>Total Score _____ The total score is the sum of all 11 items Initials of person completing Assessment: _____</p>