

Clinical Opiate Withdrawal Scale (COWS)

Flowsheet for measuring symptoms over a period of time during buprenorphine induction.

For each item, write in the number that best describes the patient's signs or symptom. Rate on just the apparent relationship to opiate withdrawal. For example: If heart rate is increased because the patient was jogging just prior to assessment, the increased pulse rate would not add to the score.

| | | | | | |
|---|--|---|--|--|--|
| Patient Name: _____ | | Date: _____ | | | |
| Buprenorphine Induction: _____ | | | | | |
| Enter scores at time zero, 30 minutes after first dose, 2 hours after first dose, etc. | | Times of Observation: | | | |
| Resting Pulse Rate: Record Beats per Minute | | | | | |
| Measured after patient is sitting or lying for one minute | | | | | |
| 0 = pulse rate 80 or below | | • 2 = pulse rate 101-120 | | | |
| 1 = pulse rate 81-100 | | • 4 = pulse rate greater than 120 | | | |
| Sweating: Over Past 1/2 Hour not Accounted for by Room Temperature or Patient Activity | | | | | |
| 0 = no report of chills or flushing | | • 3 = beads of sweat on brow or face | | | |
| 1 = subjective report of chills or flushing | | • 4 = sweat streaming off face | | | |
| 2 = flushed or observable moistness on face | | | | | |
| Restlessness Observation During Assessment | | | | | |
| 0 = able to sit still | | • 3 = frequent shifting or extraneous movements of legs/arms | | | |
| 1 = reports difficulty sitting still, but is able to do so | | • 5 = Unable to sit still for more than a few seconds | | | |
| Pupil Size | | | | | |
| 0 = pupils pinned or normal size for room light | | • 2 = pupils moderately dilated | | | |
| 1 = pupils possibly larger than normal for room light | | • 5 = pupils so dilated that only the rim of the iris is visible | | | |
| Bone or Joint Aches if Patient was Having Pain Previously, only the Additional Component Attributed to Opiate Withdrawal is Scored | | | | | |
| 0 = not present | | • 2 = patient reports severe diffuse aching of joints/muscles | | | |
| 1 = mild diffuse discomfort | | • 4 = patient is rubbing joints or muscles and is unable to sit still because of discomfort | | | |
| Runny Nose or Tearing Not Accounted for by Cold Symptoms or Allergies | | | | | |
| 0 = not present | | • 2 = nose running or tearing | | | |
| 1 = nasal stuffiness or unusually moist eyes | | • 4 = nose constantly running or tears streaming down cheeks | | | |
| GI Upset: Over Last 1/2 Hour | | | | | |
| 0 = no GI symptoms | | • 3 = vomiting or diarrhea | | | |
| 1 = stomach cramps | | • 5 = multiple episodes of diarrhea or vomiting | | | |
| 2 = nausea or loose stool | | | | | |
| Tremor Observation of Outstretched Hands | | | | | |
| 0 = no tremor | | • 2 = slight tremor observable | | | |
| 1 = tremor can be felt, but not observed | | • 4 = gross tremor or muscle twitching | | | |
| Yawning Observation During Assessment | | | | | |
| 0 = no yawning | | • 2 = yawning three or more times during assessment | | | |
| 1 = yawning once or twice during assessment | | • 4 = yawning several times/minute | | | |
| Anxiety or Irritability | | | | | |
| 0 = none | | • 2 = patient obviously irritable/anxious | | | |
| 1 = patient reports increasing irritability or anxiousness | | • 4 = patient so irritable or anxious that participation in the assessment is difficult | | | |
| Gooseflesh Skin | | | | | |
| 0 = skin is smooth | | • 5 = prominent piloerection | | | |
| 3 = piloerection of skin can be felt or hairs standing up on arms | | | | | |
| Score: 5-12 = Mild | | Total score | | | |
| 13-24 = Moderate | | | | | |
| 25-36 = Moderately Severe | | Observer's initials | | | |
| More than 36 = Severe Withdrawal | | | | | |

