

Clinical Opiate Withdrawal Scale (COWS)

For Buprenorphine/naloxone induction: Enter score at time zero, 1-2 h after first dose, and at additional times that buprenorphine/naloxone is give over the induction period.

Resting Pulse Rate: (record beats per minute) Measured after patient is sitting/lying for one minute. 1 pulse rate 80 or below 1 pulse rate 81-100 2 pulse rate 101-120 4 pulse rate 81-100 3 pulse rate 101-120 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 of flushing 1 one 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 Restlessness: Observation during assessment. 0 able to sit still 1 report 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 Pupil Size: 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 rim of the iris is visible Bone or Joint Aches; If patient was having pains previously, only the additional component attributed to opiate withdrawal is scored. 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. Runny Nose or Tearing: Not accounted for by cold symptoms or allergies. 0 not present 1 nasal stuffiness or unusually moist eyes 2 nose running or tearing 4 nose constantly running or tears streaming down cheeks GI Upset: Over last ½ hour 0 no GI symptoms 1 stomach cramps 2 nausea or loose stools 3 vomiting or diarrhea 5 multiple episodes of diarrhea or vomiting Tremor: Observation of outstretched hands 0 no tremor 1 tremor can be felt, but not observed 2 slight tremor observable 4 grows tremor or muscle twitching 7 awning: Observation of outside high ands 0 no tremor 1 tremor can be felt, but not observed 2 slight tremor observable 4 gross tremor or muscle twitching 7 awning: Observation during assessment 4 yawning several times/minute Anxiety or Irritability		Date/Time:	Date/Time:	Date/Time:
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	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				
Gooseflesh skin	***************************************			
0 skin is smooth 3 piloerection of skin can be felt or hairs standing up on				
arms 5 prominent piloerection	arms 5 prominent piloerection			
Total				
Observer Initials				
Blood Pressure/Pulse	Blood Pressure/Pulse			
Dose of Buprenorphine/Naloxone Given	Dose of Buprenorphine/Naloxone Given			

Note: Given first dose when COWS score > 7

SCORE: 5-1 = Mild

13-24 = Moderate

25-36 = Moderately Severe

More than 36 = Severe Withdrawal