

Clinical Opiate Withdrawal Scale (COWS)

* Resting Pulse Rate beats/minutes

pulse rate 80 or below

0

pulse rate 81-100

1

pulse rate 101-120

2 3

pulse rate 120+

4

Sweating

*Observation

no report of chill or flushing subjective reports flushed or observable moistness on face beads of sweat on brow or face sweat streaming from face

0

1

2

3

4

Restlessness

*Observation

unable to sit still

reports difficulty sitting

frequently shifting

unable to sit

serial additions

still but is able to do so

or extraneous movement of legs/arm

for more than a few seconds

0

1

2

3

4

5

Pupil Size

*Observation

pupil pinned or normal size

pupils possibly

pupil moderately dilated

pupils so dilated that

for room light

larger than normal

only the rim of the iris is visible

0

1

2

3

4

5

Bone and Joint Ache

*Observation

not present

mild diffuse discomfort

patient reports

patient is rubbing joints or muscles

for room light

severe diffuse aching of joint and muscles

and is unable to sit still due to discomfort

0

1

2

3

4

Running nose or tearing

*Observation

not present

nasal stuffiness

nose running or tearing

nose constantly running

or unusually moist eyes

or tears streaming down cheeks

0

1

2

3

4

GI Upset

*Observation

no GI symptoms

stomach cramps

nausea

Vomiting or diarrhea

multiple episodes of

diarrhea or vomiting

or loose stool

0

1

2

3

4

5

Tremor

*Observation outreach

hands

no tremor

tremor can be felt but not observed

slight tremor observable

Gross tremor or muscle twiching

0

1

2

3

4

Yawning

*Observation

<u>no yawning</u>	<u>yawning once or twice during assessment</u>	<u>yawning three or more times during assessment</u>	<u>yawning several times/minute</u>
<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
<input type="radio"/> 4			

Anxiety or Irritability

*Observation

<u>none</u>	<u>patient reports</u>	<u>patient</u>	<u>patient so irritable or anxious that patient in the assessment is difficult</u>
	<u>increasing irritability or anxiousness</u>	<u>obviously irritable or anxious</u>	
<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
<input type="radio"/> 4			

Gooseflesh skin

*Observation

<u>skin is smooth</u>	<u>piloerection can be felt</u>	<u>prominent piloerection</u>
<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2
<input type="radio"/> 3		
<input type="radio"/> 4		

Total COWS Score

Maximum possible score = 48

<i>Mild</i>	<i>Moderate</i>	<i>Moderately Severe</i>	<i>Severe</i>
5 to 12 Points	13 to 24 Points	25 to 36 Points	More than 36 Points