

Clinical Opioid Withdrawal Scale (COWS)

	INTERVAL	0	1	2	3
DATE: DD/MM/YYYY	TIME				
		Score	Score	Score	Score
Resting Heart Rate (measure after lying or sitting for 1 minute):					
0 HR 80 or below 1 HR 81-100					
2 HR 101-120 4 HR greater than 120					
Sweating (preceding 30 minutes and not related to room temp /activity):					
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					
Restlessness (observe during assessment):					
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					
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 the rim of the iris is visible					
Bone or joint aches (not including existing joint pains):					
0 not present					
1 mild diffuse discomfort					
2 patient reports severe diffuse aching of joints/ muscles					
4 patient is rubbing joints / muscles plus unable to sit still due to discomfort					
Runny nose or tearing (not related to URTI 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 30 minutes):					
0 no GI symptoms					
1 stomach cramps					
2 nausea or loose stool					
3 vomiting or diarrhea					
5 multiple episodes of vomiting or diarrhea					
Tremor (observe outstretched hands):					
0 no tremor					
1 tremor can be felt, but not observed					
2 slight tremor observable					
4 gross tremor or muscle twitching					
Yawning (observe during assessment):					
0 no yawning					
1 yawning once or twice during assessment					
2 yawning three or more times during assessment					
4 yawning several times/minute					
Anxiety or irritability					
0 none					
1 patient reports increasing irritability or anxiousness					
2 patient obviously irritable or anxious					
4 Patient so irritable or anxious that participation in the assessment is difficult					
Gooseflesh skin					
0 skin is smooth					
3 piloerection (goosebumps) of skin can be felt or hairs standing up on arms					
5 prominent piloerection					
SCORE INTERPRETATION -		TOTAL	TOTAL	TOTAL	TOTAL
5-12 = MILD 13-24 = MODERATE					
25-36 = MODERATELY SEVERE > 36 = SEVERE WITHDRAWAL		INITIALS	INITIALS	INITIALS	INITIALS