

### 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.

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

Note: Given first dose when COWS score > 7

SCORE:      5-1 = Mild  
               13-24 = Moderate  
               25-36 = Moderately Severe  
               More than 36 = Severe Withdrawal