Clinical Opioid Withdrawal Scale (COWS)

Patient name: _____ **Opioid(s) last used:** _____ **Date & time opioid(s) last used:** _____	Date: Time:	Date: Time:	Date: Time:	Date: Time:
Resting Pulse Rate (bpm): *Measured after patient is sitting or lying for one minute* 0 pulse rate 80 or below 1 pulse rate 81-100 2 pulse rate 101-120 4 pulse rate greater than 120				
Sweating: *Over past ½ hour not accounted for by room temperature or patient 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: *Observation 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/arm 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 dilated, only the rim of iris visible				
Bone or Joint aches: *If patient was having pain previously, only the additional component 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 stool 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 gross tremor or muscle twitching				
Yawning: *Observation during assessment* 0 no yawning 1 yawning once or twice during assessment 2 yawning $\geq$ 3 times during assessment 4 yawning several times/minute				
Anxiety or irritability: 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, arm hairs standing up 5 prominent piloerection				
Total score (Please chart in nursing notes): Score: 5-12 = mild; 13-24 = moderate; 25-36 = moderately severe; greater than 36 = severe				
Initials:				