

CLINICAL OPIATE WITHDRAWAL SCALE (COWS SCALE)	DATE									
	TIME									
	PULSE									
	BP									
<p>For each item, please enter appropriate number that best describes that patient's signs and symptom. Please rate on the apparent relationship to opiate withdrawal. For example, if the heart rate were increased because the patient was jogging just prior to assessment, the increase pulse rate would not add to the score</p>										
Resting Pulse Rate: _____ beats/minute 0-4 <i>Measured after patient is sitting or lying for one minute.</i> 0 – pulse rate of 80 or below; 1 – pulse rate of 81 – 100; 2- pulse rate 101-120; 4- pulse rate greater than 120										
Sweating: over past ½ hour of inactivity 0-4 0-no reports of chills or flushing; 1 – subjective report of chills or flushing; 2 – flushed or observable moistness on face; 3 – beads of sweat on brow of face; 4 – sweat streaming off face										
Restlessness: <i>observation during assessment</i> 0-5 0 – able to sit still; 1 – reports difficulty sitting still, but is able to do so; 3 – frequent shifting or extraneous movement of legs/arms; 5 – unable to sit for more than a few seconds										
Pupil size: 0-5 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 o the iris is showing.										
Bone or Joint Aches: 0- <i>If patient was having pain previously, only the additional Component attributed to opiates withdrawal is scored;</i> Not present; 1 – mild diffuse comfort; 2 – patient reports Severe diffuse aching or joint muscles; 4 – patient Is Rubbing joints or muscles and is unable to sit still because of the discomfort.										
Runny nose or tearing: <i>not accounted for cold symptoms or allergies</i> 0-4 0 – no tremor; 1 yawning once or twice during assessment; 4 – nose constantly running or tears streaming down cheeks										
GI Upset: <i>over last ½ hour</i> 0-5 0 – no GI symptoms; 1 – stomach cramps; 2-nause or loose Stool; 3- vomiting or diarrhea; 5 multiple episodes of diarrhea or vomiting										
Tremor: observation of outstretched hands 0-4 0 – no tremor; 1 – tremor can be felt; 2 – slight tremor Observable; 4 – gross tremor or muscle twitching										
Yawning: Observation during assessment 0-4 0 – no yawning; 1 – yawning once or twice during assessment; 2 – yawning three or more times during assessment; 4 – yawning several times a minute										
Anxiety or Irritability: 0 – none; 1-patient reports increasing irritability or anxious-ness; 2 – patient obviously irritable anxious; 4 – patient so irritable or anxious that participation in the assessment is difficult										
Gooseflesh Skin: 0-4 0 – skin is smooth; 3 – piloerection of skin can be felt or hairs standing up on arms; 5 – prominent piloerection										
Total Score										
Scorer Initials:										
Score: 5-12 = Mild; 13-24 = Moderate; 25-36 = Moderately Severe;; more than 36 = Severe Withdrawal										