## CLINICAL OPIATE WITHDRAWAL SCALE
(COWS SCALE)

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 in pulse rate would not add to the score.

**Resting Pulse Rate:**
- **Description:** Measured after patient is sitting or lying for one minute.
- **Rating:**
  - 0 – pulse rate of 80 or below
  - 1 – pulse rate of 81 – 100
  - 2 – pulse rate 101-120
  - 3 – pulse rate greater than 120

**Sweating:**
- **Description:** over past ½ hour of inactivity
- **Rating:**
  - 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:**
- **Description:** observation during assessment
- **Rating:**
  - 0 – able to sit still
  - 1 – reports difficulty sitting still, but is able to do so
  - 2 – frequent shifting or extraneous movement of legs/arms
  - 3 – unable to sit for more than a few seconds

**Pupil size:**
- **Description:**
  - 0 – pupils pinned or normal size for room light
  - 1 – pupils possibly larger than normal for room light
  - 2 – pupils moderately dilated
  - 3 – pupils so dilated that only the rim of the iris is showing.

**Bone or Joint Aches:**
- **Description:** If patient was having pain previously, only the additional component attributed to opiates withdrawal is scored.
- **Rating:**
  - 0 – no joint or muscle discomfort
  - 1 – mild diffuse comfort
  - 2 – patient reports Severe diffuse aching or joint muscles
  - 3 – patient is rubbing joints or muscles and is unable to sit still because of discomfort.

**Runny nose or tearing:**
- **Description:** not accounted for cold symptoms or allergies
- **Rating:**
  - 0 – no tremor
  - 1 – yawning once or twice during assessment
  - 2 – nose constantly running or tears streaming down cheeks

**GI Upset:**
- **Description:** over last ½ hour
- **Rating:**
  - 0 – no GI symptoms
  - 1 – stomach cramps
  - 2 – nausea or loose stool
  - 3 – vomiting or diarrhea
  - 4 – multiple episodes of diarrhea or vomiting

**Tremor:**
- **Description:** observation of outstretched hands
- **Rating:**
  - 0 – no tremor
  - 1 – tremor can be felt
  - 2 – slight tremor observable
  - 3 – gross tremor or muscle twitching

**Yawning:**
- **Description:** Observation during assessment
- **Rating:**
  - 0 – no yawning
  - 1 – yawning once or twice during assessment
  - 2 – yawning three or more times during assessment
  - 3 – yawning several times a minute

**Anxiety or Irritability:**
- **Description:**
  - 0 – none
  - 1 – patient reports increasing irritability or anxiousness
  - 2 – patient obviously irritable anxious
  - 3 – patient so irritable or anxious that participation in the assessment is difficult

**Gooseflesh Skin:**
- **Description:**
  - 0 – skin is smooth
  - 1 – piloerection of skin can be felt
  - 2 – hairs standing up on arms
  - 3 – prominent piloerection

### Total Score

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