

<b>PATIENT NAME:</b>	<b>DATE OF ASSESSMENT:</b>
<b>PATIENT DATE OF BIRTH:</b>	<b>MEDICAL RECORD NUMBER:</b>

## Clinical Opioid Withdrawal Score (COWS)

**COWS is not required prior to starting buprenorphine, but it can help ensure the patient is ready for the first dose.** For each item, write in the number that best describes the patient's signs or symptoms. Rate only the apparent relationship to opiate withdrawal. *For example: If heart rate is increased because the patient was jogging just prior to assessment, the increased pulse rate would not add to the score.*

Enter scores at time zero, 30 minutes after first dose, 2 hours after first dose, etc.	Time:	Time:	Time:	Time:
<b>Resting Pulse Rate:</b> Record beats per minute after patient is sitting or lying down for one minute <ul style="list-style-type: none"> <li>• 0 - pulse rate 80 or below</li> <li>• 1 - pulse rate 81–100</li> <li>• 2 - pulse rate 101–120</li> <li>• 4 - pulse rate greater than 120</li> </ul>				
<b>Sweating:</b> Over past ½ hour not accounted for by room temperature or activity <ul style="list-style-type: none"> <li>• 0 - no chills or flushing</li> <li>• 1 - subjective chills or flushing</li> <li>• 2 - flushed or observable moistness on face</li> <li>• 3 - beads of sweat on brow or face</li> <li>• 4 - sweat streaming off face</li> </ul>				
<b>Restlessness:</b> Observation during assessment <ul style="list-style-type: none"> <li>• 0 - able to sit still</li> <li>• 1 - reports difficulty sitting still, but is able to do so</li> <li>• 3 - frequent shifting or extraneous movement of legs/arms</li> <li>• 5 - unable to sit still for more than a few seconds</li> </ul>				
<b>Pupil size</b> <ul style="list-style-type: none"> <li>• 0 - pupils pinned or normal size for light</li> <li>• 1 - pupils possibly larger than normal for light</li> <li>• 2 - pupils moderately dilated</li> <li>• 5 - pupils dilated that only rim of the iris is visible</li> </ul>				
<b>Bone or joint aches:</b> If patient was having pain previously, only the additional component attributed to opiate withdrawal is scored <ul style="list-style-type: none"> <li>• 0 - not present</li> <li>• 1 - mild/diffuse discomfort</li> <li>• 2 - patient reports severe diffuse aching of joints/muscles</li> <li>• 4 - patient is rubbing joints or muscles and is unable to sit still because of discomfort</li> </ul>				
<b>Runny nose or tearing:</b> Not accounted for by cold symptoms or allergy <ul style="list-style-type: none"> <li>• 0 - none present</li> <li>• 1 - nasal stuffiness or unusually moist eyes</li> <li>• 2 - nose running or tearing</li> <li>• 4 - nose constantly running or tears streaming down cheeks</li> </ul>				
<b>GI upset:</b> Over last ½ hour <ul style="list-style-type: none"> <li>• 0 - no GI symptoms</li> <li>• 1 - stomach cramps</li> <li>• 2 - nausea or loose stool</li> <li>• 3 - vomiting or diarrhea</li> <li>• 5 - multiple episodes of diarrhea or vomiting</li> </ul>				
<b>Tremor:</b> Observation of outstretched hands <ul style="list-style-type: none"> <li>• 0 - no tremor</li> <li>• 1 - tremor can be felt, but not observed</li> <li>• 2 - slight tremor observable</li> <li>• 4 - gross tremor or muscle twitching</li> </ul>				
<b>Yawning:</b> Observation during assessment <ul style="list-style-type: none"> <li>• 0 - no yawning</li> <li>• 1 - yawning once or twice during assessment</li> <li>• 2 - yawning three or more times during assessment</li> <li>• 4 - yawning several times/minute</li> </ul>				
<b>Anxiety or irritability</b> <ul style="list-style-type: none"> <li>• 0 - none</li> <li>• 1 - patient reports increasing irritability or anxiousness</li> <li>• 2 - patient obviously irritable or anxious</li> <li>• 4 - patient so irritable or anxious that participation in the assessment is difficult</li> </ul>				
<b>Gooseflesh skin</b> <ul style="list-style-type: none"> <li>• 0 - skin is smooth</li> <li>• 3 - piloerection of skin can be felt or hairs standing up on arms</li> <li>• 5 - prominent piloerection</li> </ul>				
<b>Suggested score to start buprenorphine in the ED is COWS ≥ 8</b>	<b>TOTAL</b>			
<b>OBSERVER INITIALS</b>				