

APPENDIX 8

CLINICAL OPIATE WITHDRAWAL SCALE (COWS)

For Suboxone (buprenorphine/naloxone) induction: Enter scores at time zero, 1-2 hours after first dose, and at additional times Suboxone is given over the induction period.

	Date/Time	Date/Time	Date/Time
Resting Pulse Rate: (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			
Sweating: <i>Over past ½ 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			
Restlessness: <i>Observation during assessment.</i> 0 able to sit still 1 reports difficulty sitting still, but is able to do so 3 frequent shifting or extraneous movements of legs/arms 2 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 2 pupils so dilated that only rim of the iris is visible			
Bone or Joint Aches: <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			
Runny Nose or Tearing: <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			
GI Upset: <i>Over last ½ 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			
Tremor: <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			
Yawning: <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			
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 or hairs standing up on arms 5 prominent piloerection			
Total Score			
Observer's Initials			
Blood Pressure/Pulse			
Dose of Suboxone Given			

SCORE Mild: 5-12 Moderate: 13-24 Moderately Severe: 25-36 Severe Withdrawal: More than 36

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