

APPENDIX 7

CLINICAL INSTITUTE NARCOTIC ASSESSMENT (CINA) SCALE FOR WITHDRAWAL SYMPTOMS

The Clinical Institute Narcotic Assessment (CINA) Scale measures 11 signs and symptoms commonly seen in patients during narcotic withdrawal. This can help to gauge the severity of the symptoms and to monitor changes in the clinical status over time.

Parameters Based on Questions and Observation	Findings	Points
1 Abdominal changes: Do you have any pains in your abdomen? Crampy abdominal pain, diarrhea, active bowel sounds.	No abdominal complaints, normal bowel sound. Reports waves of crampy abdominal pain.	0 1 2
2 Changes in temperature: Do you feel hot or cold? clammy to touch. Uncontrolled shivering.	None reported. Reports feeling cold, hands cold and	0 1 2
3 Nausea and vomiting: Do you feel sick in your stomach? Have you vomited?	No nausea or vomiting. Mild nausea; no retching or vomiting. Intermittent nausea with dry heaves. Constant nausea; frequent dry heaves and/or vomiting.	0 2 4 6
4 Muscle aches: Do you have any muscle cramps?	No muscle aching reported, arm and neck muscles soft at rest. Mild muscle pains. Reports severe muscle pains, muscles in legs, arms or neck in constant state of contraction.	0 1 3
Parameters based on Observation Alone	Findings	Points
5 Goose flesh	None visible. Occasional goose flesh but not elicited by touch; not permanent. Prominent goose flesh in waves and elicited by touch. Constant goose flesh over face and arms.	0 1 2 3
6 Nasal congestion	No nasal congestion or sniffing. Frequent sniffing. Constant sniffing, watery discharge.	0 1 2
7 Restlessness	Normal activity. Somewhat more than normal activity; moves legs up and down; shifts position occasionally. Moderately fidgety and restless; shifting position frequently. Gross movement most of the time or constantly thrashes about.	0 1 2 3
8 Tremor	None. Not visible but can be felt fingertip to fingertip. Moderate with patient's arm extended. Severe even if arms not extended.	0 1 2 3
9 Lacrimation	None. Eyes watering; tears at corners of eyes. Profuse tearing from eyes over face.	0 1 2
10 Sweating	No sweat visible. Barely perceptible sweating; palms moist. Beads of sweat obvious on forehead. Drenching sweats over face and chest.	0 1 2 3
11 Yawning	None. Frequent yawning. Constant uncontrolled yawning.	0 1 2
TOTAL SCORE	Sum of points for all 11 parameters	

Minimum score = 0, Maximum score = 31. The higher the score, the more severe the withdrawal syndrome.

Percent of maximal withdrawal symptoms = total score/31 x 100%.

Source: Adapted from Peachey JE, Lei H. Assessment of opioid dependence with naloxone. Br J Addict. 1988 Feb;83(2):193-201.