

Box 1: Identifying Withdrawal Using COWS scores

COWS					
Clinical Opioid Withdrawal Scale (COWS)	Interval	0	30 min	2 hrs	4 hrs
Date:	Time				
Resting Heart Rate (measure after lying or sitting for 1 minute) 0 HR 80 or below 1 HR 81-100 2 HR 1001-120 4 HR greater than 120					
Sweating (preceding 30 minutes and not related to room temp /activity): 0 no report of chills or flushing 1 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 (observe during assessment): 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 5 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 5 pupils so dilated that only the rim of the iris is visible					
Bone or joint aches (not including existing joint pains): 0 not present					

<p>1 mild diffuse discomfort</p> <p>2 patient reports severe diffuse aching of joints/ muscles</p> <p>4 patient is rubbing joints / muscles plus unable to sit still due to discomfort</p>				
<p>Runny nose or tearing (not related to URTI or allergies): 0 not present</p> <p>1 nasal stuffiness or unusually moist eyes</p> <p>2 nose running or tearing</p> <p>4 nose constantly running or tears streaming down cheeks</p>				
<p>GI upset (over last 30 minutes): 0 no GI symptoms</p> <p>1 stomach cramps</p> <p>2 nausea or loose stool</p> <p>3 vomiting or diarrhoea</p> <p>5 multiple episodes of vomiting or diarrhoea</p>				
<p>Tremor (observe outstretched hands): 0 no tremor</p> <p>1 tremor can be felt, but not observed 2 slight tremor observable</p> <p>4 gross tremor or muscle twitching</p>				
<p>Yawning (observe during assessment):</p> <p>0 no yawning</p> <p>1 yawning once or twice during assessment</p> <p>2 yawning three or more times during assessment 4 yawning several times/minute</p>				
<p>Anxiety or irritability</p> <p>0 none</p> <p>1 patient reports increasing irritability or anxiousness</p> <p>2 patient obviously irritable or anxious</p>				

4 Patient so irritable or anxious that participation in the assessment is difficult				
Gooseflesh skin 0 skin is smooth 3 piloerection (goosebumps) of skin can be felt or hairs standing up on arms 5 prominent piloerection				

SCORE INTERPRETATION:
 5-12 = MILD 13-24 = MODERATE 25-36 = MODERATELY SEVERE > 36 = SEVERE WITHDRAWAL
http://www.metaphi.ca/assets/documents/provider%20tools/Scale_COWS.pdf

Box 2: Identifying Withdrawal Using SOWS scores

Subjective Clinical Withdrawal Scale						
Item	Symptom	Not at all	A little	Moderately	Quite a bit	
Extremely						
1	I feel anxious	0	1	2	3	4
2	I feel like yawning	0	1	2	3	4
3	I am perspiring	0	1	2	3	4
4	My eyes are teary	0	1	2	3	4
5	My nose is running	0	1	2	3	4
6	I have goosebumps	0	1	2	3	4
7	I am shaking	0	1	2	3	4
8	I have hot flushes	0	1	2	3	4
9	I have cold flushes	0	1	2	3	4
10	My bones and muscles ache	0	1	2	3	4

11 I feel restless	0	1	2	3	4
12 I feel nauseous	0	1	2	3	4
13 I feel like vomiting	0	1	2	3	4
14 My muscles twitch	0	1	2	3	4
15 I have stomach cramps	0	1	2	3	4
16 I feel like using now	0	1	2	3	4
total score: _____					
https://www.bccsu.ca/wp-content/uploads/2017/08/SOWS.pdf					