CLINICAL TOOLS: COWS SCALE

OPIOID WITHDRAWAL RECORD (INDUCTION FORM)

(Adapted from Clinical Opioid Withdrawal Scale)

Patient Name: _____ **Treatment Start Date:** _____

Provider Name: _____ **Date:** _____

Select the number/description that best corresponds to your patient's present symptoms.

Parameter	**Baseline Observation Administer** 1st Dose _____ mg Time given _____	**1st Dose Observation** _____ min. After 1st dose	**1st Dose, 2nd Observation** (if needed) _____ min. After 1st dose	**2nd dose** (if needed) _____ mg Time given _____	**2nd Dose Observation** _____min. After 2nd dose
Resting pulse rate _____beats/min *Measure after patient is sitting/lying for 1 minute* 0 pulse rate 80 or below 1 pulse rate 81–100 2 pulse rate 101–120 4 pulse rate greater than 120	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4
Sweating *Over past 30 minutes; not accounted for by room temperature or patient 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	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4
Restlessness *Observation 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	☐ 0 ☐ 1 ☐ 3 ☐ 5	☐ 0 ☐ 1 ☐ 3 ☐ 5	☐ 0 ☐ 1 ☐ 3 ☐ 5	☐ 0 ☐ 1 ☐ 3 ☐ 5	☐ 0 ☐ 1 ☐ 3 ☐ 5
Tremors *Observation of outstretched hands* 0 no tremor 1 tremor can be felt, but not observed 2 slight tremor observable 4 gross tremor or muscle twitching	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4
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	☐ 0 ☐ 1 ☐ 2 ☐ 5	☐ 0 ☐ 1 ☐ 2 ☐ 5	☐ 0 ☐ 1 ☐ 2 ☐ 5	☐ 0 ☐ 1 ☐ 2 ☐ 5	☐ 0 ☐ 1 ☐ 2 ☐ 5
GI upset *Over past 30 minutes* 0 no GI symptoms 1 stomach cramps 2 nausea or loose stool 3 vomiting or diarrhea 5 multiple episodes of diarrhea or vomiting	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 5	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 5	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 5	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 5	☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 5
Anxiety or irritability 0 none 1 patient reports increasing irritability or anxiousness 2 patient obviously irritable/anxious 4 patient so irritable/anxious that participation in assessment is difficult	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4

Parameter	**Baseline Observation Administer** 1st Dose _____ mg Time given _____	**1st Dose Observation** _____ min. After 1st dose	**1st Dose, 2nd Observation** (if needed) _____ min. After 1st dose	**2nd dose** (if needed) _____ mg Time given _____	**2nd Dose Observation** _____min. After 2nd dose
Bone or joint aches *If patient was having pain previously, gauge the additional component attributed to opioid withdrawal only* 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	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4
Yawning *Observation during assessment* 0 no yawning 1 yawning once or twice during assessment 2 yawning three or more times during assessment 4 yawning several times/minute	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4
Runny nose or tearing *Not accounted for by cold symptoms or allergies* 0 not present 1 nasal stuffiness or unusually moist eyes 2 nose running or tearing 4 nose constantly running or tears streaming down cheeks	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4	☐ 0 ☐ 1 ☐ 2 ☐ 4
Gooseflesh skin 0 skin is smooth 3 skin piloerection can be felt or hairs standing up on arms 5 prominent piloerection	☐ 0 ☐ 3 ☐ 5	☐ 0 ☐ 3 ☐ 5	☐ 0 ☐ 3 ☐ 5	☐ 0 ☐ 3 ☐ 5	☐ 0 ☐ 3 ☐ 5
Total Score _____ Total score is the sum of all 11 items • 5–12 = mild • 13–24 = moderate • 25–35 = moderately severe • >36 = severe withdrawal					

Wesson, D. R., & Ling, W. (2003). The Clinical Opiate Withdrawal Scale (COWS). *Journal of Psychoactive Drugs*, 32(2), 253–259.

After completion, scan form into patient record and provide a copy to the patient.