

Buprenorphine Initiation Note

Patient presents for in-clinic initiation

Evaluated using COW scale? Yes No

Scored _____ on COW Scale First Assessment

*If patient scored < 13 on COWS and/or reported illicit opioid use within 24 hours, do not proceed with in-clinic initiation and consult OBAT provider for altered treatment plan including at home initiation.

Patient self-administered _____ mg sublingually as prescribed

Assessed and instructed patient in proper administration

Patient observed to tolerate medication

Summary 1:

COW Scale First Assessment

Resting Pulse Rate

0 = pulse rate 80 bpm or below

1 = pulse rate 80-100 bpm

2 = pulse rate 101-120 bpm

3 = pulse rate greater than 120 bpm

Sweating

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 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 possible 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

0 = not present

1 = mild diffuse discomfort

- 2 = patient reports severe diffuse aching of joints/muscle
- 4 = patient is rubbing joints or muscles and is unable to sit still because of discomfort

Runny Nose or Tearing

- 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

- 0 = no GI symptoms
- 1 = stomach cramps
- 2 = nausea or loose stool
- 3 = vomiting or diarrhea
- 5 = multiple episodes of diarrhea or vomiting

Tremor

- 0 = no tremor
- 1 = tremor can be felt but not observed
- 2 = slight tremor observable
- 4 = gross tremor or muscle twitching

Yawning

- 0 = no yawning
- 1 = yawning once or twice during assessment
- 2 = yawning three or more times during assessment
- 4 = yawning several times per 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 _____

Score: 5 – 12 = Mild
13 – 24 = Moderate
25 – 36 = Moderately Severe
More than 36 = Severe Withdrawal

Patient presents for second initiation/re-evaluation

Evaluated using COWS scale? Yes No

Scored _____ on COWS Scale Second Assessment

Patient self-administered _____ mg sublingually as prescribed

Assessed and instructed patient in proper administration

Patient observed to tolerate medication

Patient presents for subsequent induction/re-evaluation

Evaluated using COWS scale? Yes No

Scored _____ on COWS Scale Second Assessment

Patient self-administered _____ mg sublingually as prescribed

Assessed and instructed patient in proper administration

Patient observed to tolerate medication

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