

CLINICAL OPIOID WITHDRAWAL SCORE (COWS)

Date and Time of Assessment:	Total Dose of Induction Buprenorphine Administered Before this COWS Assessment: _____ mg	Score
Resting Pulse Rate: <i>Record beats per minute after patient is sitting or lying down for one minute.</i> 0 = pulse rate 80 or below 2 = pulse rate 101-120 1 = pulse rate 81-100 3 = pulse rate greater than 120		
Sweating: <i>Over past 30 mins not accounted for by room temperature or activity.</i> 0 = no chills or flushing 2 = flushed or observable moistness on face 1 = subjective chills or flushing 3 = beads of sweat on brow or face 4 = sweat streaming off face		
Restlessness: <i>Observation during assessment.</i> 0 = able to sit still 2 = frequent shifting or extraneous movement of legs/arms 1 = reports difficulty sitting still, but able 3 = unable to sit still to do so		
Pupil Size: 0 = pupils pinned or normal size for light 2 = pupils moderately dilated 1 = pupils possibly larger than normal for light 3 = only rim of iris visible		
Bone or Joint Aches: 0 = not present 2 = severe diffuse aching of joints and muscles reported 1 = mild discomfort 3 = patient rubbing joints or muscles and unable to sit still due to discomfort		
Runny Nose or Tearing: <i>Not accounted for by cold or allergy.</i> 0 = not present 2 = nose running or tearing 1 = mild/diffuse discomfort 3 = nose constantly running or tears streaming down cheeks		
GI Upset: <i>Over the course of the previous 30 minutes.</i> 0 = no GI symptoms 3 = vomiting / diarrhea 1 = stomach cramps 4 = multiple episodes of diarrhea / vomiting 2 = nausea or loose stool		
Tremor: <i>Observation of outstretched hands.</i> 0 = no tremor 2 = slight tremor observable 1 = tremor can be felt but not observed 3 = gross tremor or muscle twitching		
Yawning: <i>Observation during assessment.</i> 0 = no yawning 2 = yawning 3+ times during assessment 1 = yawning once or twice during assessment 3 = yawning several times a minute		
Anxiety or Irritability: 0 = none 2 = patient obviously irritable or anxious 1 = patient reports increasing irritability or 4 = patient so irritable or anxious that participation in the anxiousness 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		
RN Signature: _____ RN Name Printed: _____ Time: _____ AM / PM		Total: 5 – 12 = mild 13 – 24 = moderate 25 – 36 = moderately severe > 36 = severe withdrawal

