Clinical Opioid Withdrawal Scale (COWS) **INTERVAL**	**0**	**30 mins**	**2 hours**	**4 hours**
DATE: DD / MM / YYYY **TIME**				
	Score	Score	Score	Score
Resting Heart Rate (measure after lying or sitting for 1 minute): **0** HR 80 or below **1** HR 81-100 **2** HR 101-120 **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 **1** mild diffuse discomfort **2** patient reports severe diffuse aching of joints/ muscles **4** patient is rubbing joints / muscles plus unable to sit still due to discomfort				
Runny nose or tearing (not related to URTI 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				
GI upset (over last 30 minutes): **0** no GI symptoms **1** stomach cramps **2** nausea or loose stool **3** vomiting or diarrhoea **5** multiple episodes of vomiting or diarrhoea				
Tremor (observe outstretched hands): **0** no tremor **1** tremor can be felt, but not observed **2** slight tremor observable **4** gross tremor or muscle twitching				
Yawning (observe 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				
Anxiety or irritability **0** none **1** patient reports increasing irritability or anxiousness **2** patient obviously irritable or anxious **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	**TOTAL**	**TOTAL**	**TOTAL**	**TOTAL**
	INITIALS	**INITIALS**	**INITIALS**	**INITIALS**