Name/Practice Name

## **OPIOID WITHDRAWAL RECORD** (Induction Form)

(Adapted from Clinical Opioid Withdrawal Scale)

Patient Name\_

Treatment Start Date\_\_\_\_\_

Circle the number/description which best corresponds to your patient's present symptoms

\_\_\_\_\_

Parameter	Baseline Observation Administer 1st Dose mg Time given am/pm	1st Dose Observation min. after 1st dose	1st Dose, 2nd Observation (if needed) min. After 1st dose	2nd dose (if needed) mg Time given am/pm	2nd Dose Observation min. After 2nd dose
<ul> <li>Resting pulse ratebeats/min Measure after patient is sitting lying for 1 minute</li> <li>0 pulse rate 80 or below</li> <li>1 pulse rate 81-100</li> <li>2 pulse rate 101-120</li> <li>4 pulse rate greater than 120</li> </ul>	0 1 2 4	0 1 2 4	0 1 2 4	0 1 2 4	0 1 2 4
<ul> <li>Sweating Over past 30 minutes; not accounted for by room temperature or patient activity</li> <li>0 no report of chills or flushing</li> <li>1 subjective report of chills or flushing</li> <li>2 flushed or observable moistness on face</li> <li>3 beads of sweat on brow or face</li> <li>4 sweat streaming off face</li> </ul>	0	0	0	0	0
	1	1	1	1	1
	2	2	2	2	2
	3	3	3	3	3
	4	4	4	4	4
<ul> <li>Restlessness Observation during assessment</li> <li>able to sit still</li> <li>reports difficulty sitting still, but is able to do so</li> <li>frequent shifting or extraneous movements of legs/arms</li> <li>unable to sit still for more than a few seconds</li> </ul>	0	0	0	0	0
	1	1	1	1	1
	3	3	3	3	3
	5	5	5	5	5
TremorsObservation of outstretched hands0no tremor1tremor can be felt, but not observed2slight tremor observable4gross tremor or muscle twitching	0	0	0	0	0
	1	1	1	1	1
	2	2	2	2	2
	4	4	4	4	4
<ul> <li>Pupil size</li> <li>pupils pinned or normal size for room light</li> <li>pupils possibly larger than normal for room light</li> <li>pupils moderately dilated</li> <li>pupils so dilated that only the rim of the iris is visible</li> </ul>	0 1 2 5	0 1 2 5	0 1 2 5	0 1 2 5	0 1 2 5

		selin	ne vatio	n			Dos	e ation				se, 2nd vation	l	2n	d do	ose			d Do serv	se vation	
<ul> <li>GI upset</li> <li>Over last 30 minutes</li> <li>0 no GI symptoms</li> <li>1 stomach cramps</li> <li>2 nausea or loose stool</li> <li>3 vomiting or diarrhea</li> <li>5 multiple episodes of diarrhea or vomiting</li> </ul>	0	1	2	3	5	0	1	2 3		0	1	2 3	5	0	1	2	<sup>3</sup> 5	0	1	2 3	5
<ul> <li>Anxiety or irritability</li> <li>0 none</li> <li>1 patient reports increasing irritability or anxiousness</li> <li>2 patient obviously irritable/anxious</li> <li>4 patient so irritable/anxious that participation in assessment is difficult</li> </ul>	0	1	2		4	0	1	2	4	0	1	2	4	0	1	2	4	0	1	2	4
<ul> <li>Bone or joint aches</li> <li>If patient was having pain previously, gauge the additional component attributed to opioid withdrawal only</li> <li>0 not present</li> <li>1 mild diffuse discomfort</li> <li>2 patient reports severe diffuse aching of joints/ muscles</li> <li>4 patient is rubbing joints or muscles and is unable to sit still because of discomfort</li> </ul>	0	1	2		4	0	1	2	4	0	1	2	4	0	1	2	4	0	1	2	4
<ul> <li>Yawning</li> <li>Observation during assessment</li> <li>0 no yawning</li> <li>1 yawning once or twice during assessment</li> <li>2 yawning three or more times during assessment</li> <li>4 yawning several times/minute</li> </ul>	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
<ul> <li>Gooseflesh skin</li> <li>0 skin is smooth</li> <li>3 skin piloerection can be felt or hairs standing up on arms</li> <li>5 prominent piloerection</li> </ul>	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 • 25-36 = moderately severe • >36 = severe withdrawal Wesson D. R. & Ling W. (2003). The C				_										— 							

Wesson, D. R., & Ling, W. (2003). The Clinical Opiate Withdrawal Scale (COWS). Journal of Psychoactive Drugs, 35(2), 253-259.