

ALCOHOL WITHDRAWAL

NAUSEA / VOMITING

"Do you feel sick to your stomach?"
"Have you vomited?"

No nausea or vomiting	0
Mild nausea no vomiting	+1
(More severe symptoms)	+2
(More severe symptoms)	+3
Intermittent nausea with dry heaves	+4
(More severe symptoms)	+5
(More severe symptoms)	+6
Constant nausea, frequent dry heaves and vomiting	+7

TREMOR

Arms extended and fingers spread apart

No tremor	0
Not visible, but can be felt fingertip to fingertip	+1
(More severe symptoms)	+2
(More severe symptoms)	+3
Moderate, with patient's arms extended	+4
(More severe symptoms)	+5
(More severe symptoms)	+6
Severe, even with arms not extended	+7

ANXIETY

"Do you feel nervous?"

No anxiety, at ease	0
Mildly anxious	+1
(More severe symptoms)	+2
(More severe symptoms)	+3
Moderately anxious, or guarded, so anxiety is inferred	+4
(More severe symptoms)	+5
(More severe symptoms)	+6
Equivalent to acute panic states	+7

AGITATION

"Does your head feel different?"
"Does it feel like there is a band around your head?"

Do not rate for dizziness or lightheadedness.
Otherwise, rate 'severity.'

Normal activity	0
Somewhat more activity than normal activity	+1
(More severe symptoms)	+2
(More severe symptoms)	+3
Moderately fidgety and restless	+4
(More severe symptoms)	+5
(More severe symptoms)	+6
Paces back and forth or constantly thrashes about	+7

SCORE ≤ 8

ABSENT OR MINIMAL WITHDRAWAL

TACTILE DISTURBANCES

"Have you any itching, pins and needles sensations, burning, numbness or feel bugs crawling under your skin?"

None	0
Very mild itching, pin and needles, burning, or numbness	+1
Mild itching, pin and needles, burning, or numbness	+2
Moderate itching, pin and needles, burning, or numbness	+3
Moderately severe hallucinations	+4
Severe hallucinations	+5
Extremely severe hallucinations	+6
Continuous hallucinations	+7

AUDITORY DISTURBANCES

"Are you more aware of sounds around you?"
"Are you hearing things you know aren't there?"

Not present	0
Very mild harshness or ability to frighten	+1
Mild harshness or ability to frighten	+2
Moderate harshness or ability to frighten	+3
Moderately severe hallucinations	+4
Severe hallucinations	+5
Extremely severe hallucinations	+6
Continuous hallucinations	+7

VISUAL DISTURBANCES

"Does the light appear to be too bright?"
"Are you seeing things you know are not there?"

Not present	0
Very mild sensitivity	+1
Mild sensitivity	+2
Moderate sensitivity	+3
Moderately severe hallucinations	+4
Severe hallucinations	+5
Extremely severe hallucinations	+6
Continuous hallucinations	+7

HEADACHE

"Does your head feel different?"
"Does it feel like there is a band around your head?"

Do not rate for dizziness or lightheadedness.
Otherwise, rate 'severity.'

Not present	0
Very mild	+1
Mild	+2
Moderate	+3
Moderately severe	+4
Severe	+5
Very severe	+6
Extremely severe	+7

SCORE 9-19

MILD TO MODERATE WITHDRAWAL

SCORE ≥ 20

SEVERE WITHDRAWAL