

Quantifies severity of opiate withdrawal.		
When to Use	Pearls/ Pitfalls	Why Use
Copyright © 2016 by Wolters Kluwer Health Lippincott Williams & Wilkins		
Resting Pulse Rate (BPM) Measure pulse rate after patient is sitting or lying down for 1 minute	≤80	0
	81-100	+1
	101-120	+2
	>120	+4
Sweating		
Sweating not accounted for by room temperature or patient activity over the last 0.5 hours		
No report of chills or flushing		0
Subjective report of chills or flushing		+1
Flushed or observable moistness on face		+2
Beads of sweat on brow or face		+3
Sweat streaming off face		+4
Restlessness observation during assessment		
Able to sit still		0
Reports difficulty sitting still, but is able to do so		+1
Frequent shifting or extraneous movements of legs/arms		+3
Unable to sit still for more than a few seconds		+5
Pupil size		
Pupils pinned or normal size for room light		0
Pupils possibly larger than normal for room light		+1
Pupils moderately dilated		+2
Pupils so dilated that only the rim of the iris is visible		+5
Bone or joint aches		
If patient was having pain previously, only the additional component attributed to opiate withdrawal is scored		
Not present		0
Mild diffuse discomfort		+1
Patient reports severe diffuse aching of joints/ muscles		+2
Patient is rubbing joints or muscles and is unable to sit still because of discomfort		+4
Runny nose or tearing		
Not accounted for by cold symptoms or allergies		
Not present		0
Nasal stuffiness or unusually moist eyes		+1
Nose running or tearing		+2
Nose constantly running or tears streaming down cheeks		+4
GI Upset		
Over last 0.5 hours	No GI symptoms	0
	Stomach Cramps	+1
	Nausea or loose stool	+2
	Vomiting or diarrhea	+3
	Multiple episodes of vomiting or diarrhea	+5
Tremor observation of outstretched hands		
No tremor		0
Tremor can be felt, but not observed		+1
Slight tremor observable		+2
Gross tremor or muscle twitching		+4
Yawning observation during assessment		
No yawning		0
Yawning once or twice during assessment		+1
Yawning three or more times during assessment		+2
Yawning several times/minute		+4
Anxiety or irritability		
None		0
Patient reports increasing irritability or anxiousness		+1
Patient obviously irritable/anxious		+2
Patient so irritable or anxious that participation in the assessment is difficult		+4
None		0
Patient reports increasing irritability or anxiousness		+1
Patient obviously irritable/anxious		+2
Patient so irritable or anxious that participation in the assessment is difficult		+4
Gooseflesh skin		
Skin is smooth		0
Piloerection of skin can be felt or hairs standing up on arms		+2
Prominent piloerection		+5

9:41



COWS Score



CALCULATOR

NEXT STEPS

EVIDENCE

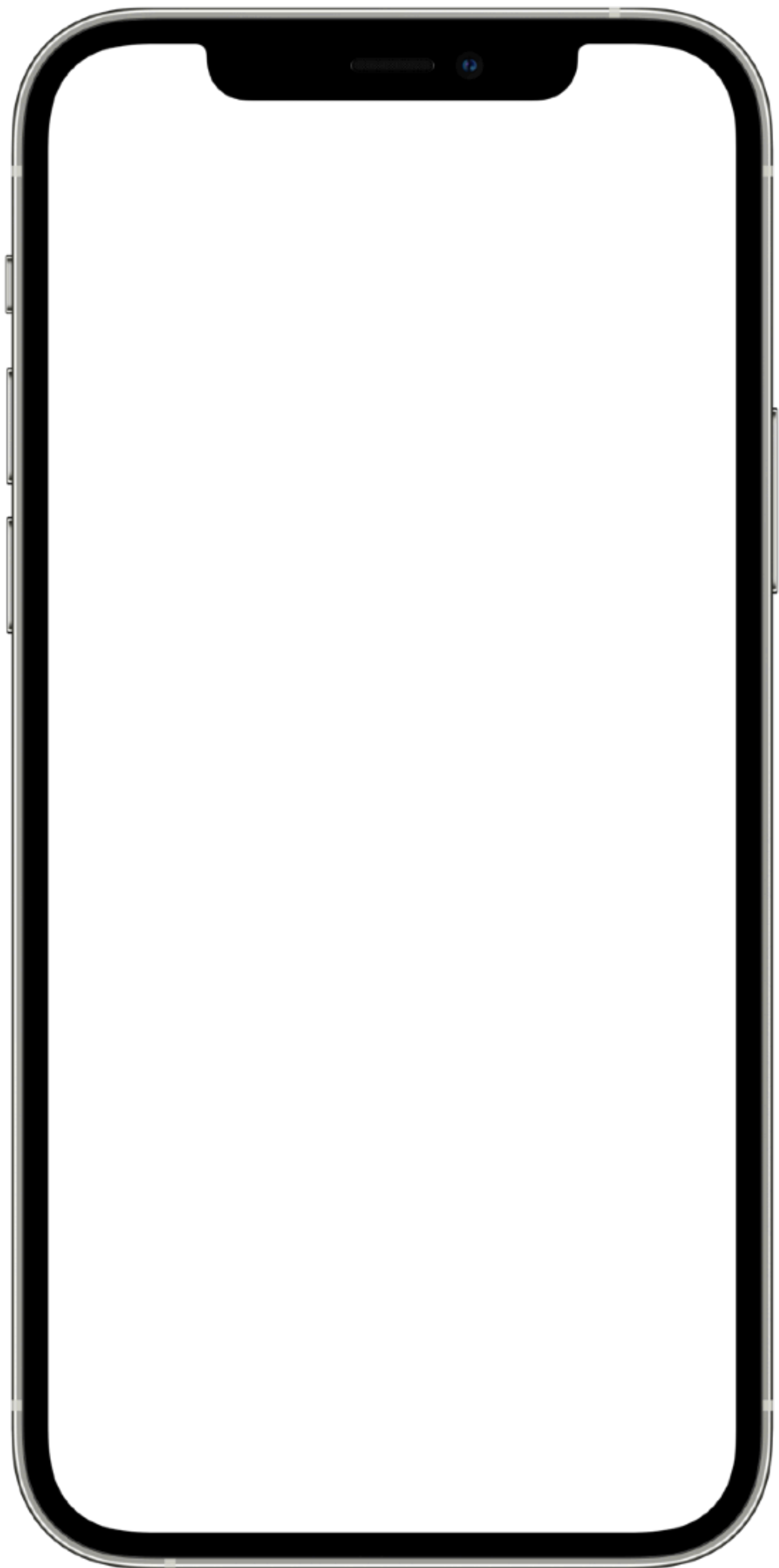
CREATOR

RESULT



18 points COWS Score





Quantifies severity of opiate withdrawal.		
When to Use	Pearls/ Pitfalls	Why Use
Copyright © 2016 by Elsevier Inc. All rights reserved.		
Resting Pulse Rate (BPM) Measure pulse rate after patient is sitting or lying down for 1 minute	≤80	0
	81-100	+1
	101-120	+2
	>120	+4
Sweating Sweating not accounted for by room temperature or patient activity over the last 0.5 hours	No report of chills or flushing	0
	Subjective report of chills or flushing	+1
	Flushed or observable moistness on face	+2
	Beads of sweat on brow or face	+3
	Sweat streaming off face	+4
Restlessness observation during assessment	Able to sit still	0
	Reports difficulty sitting still, but is able to do so	+1
	Frequent shifting or extraneous movements of legs/arms	+3
	Unable to sit still for more than a few seconds	+5
Pupil size	Pupils pinned or normal size for room light	0
	Pupils possibly larger than normal for room light	+1
	Pupils moderately dilated	+2
	Pupils so dilated that only the rim of the iris is visible	+5
Bone or joint aches If patient was having pain previously, only the additional component attributed to opiate withdrawal is scored	Not present	0
	Mild diffuse discomfort	+1
	Patient reports severe diffuse aching of joints/ muscles	+2
	Patient is rubbing joints or muscles and is unable to sit still because of discomfort	+4
Runny nose or tearing Not accounted for by cold symptoms or allergies	Not present	0
	Nasal stuffiness or unusually moist eyes	+1
	Nose running or tearing	+2
	Nose constantly running or tears streaming down cheeks	+4
GI Upset Over last 0.5 hours	No GI symptoms	0
	Stomach Cramps	+1
	Nausea or loose stool	+2
	Vomiting or diarrhea	+3
	Multiple episodes of vomiting or diarrhea	+5
Tremor observation of outstretched hands	No tremor	0
	Tremor can be felt, but not observed	+1
	Slight tremor observable	+2
	Gross tremor or muscle twitching	+4
Yawning observation during assessment	No yawning	0
	Yawning once or twice during assessment	+1
	Yawning three or more times during assessment	+2
	Yawning several times/minute	+4
Anxiety or irritability	None	0
	Patient reports increasing irritability or anxiousness	+1
	Patient obviously irritable/anxious	+2
	Patient so irritable or anxious that participation in the assessment is difficult	+4
	None	0
	Patient reports increasing irritability or anxiousness	+1
	Patient obviously irritable/anxious	+2
	Patient so irritable or anxious that participation in the assessment is difficult	+4
Gooseflesh skin	Skin is smooth	0
	Piloerection of skin can be felt or hairs standing up on arms	+2
	Prominent piloerection	+5