



Quantifies severity of opiate withdrawal.		
When to Use	Pearls/Pitfalls	Why Use
Copyright 2016 by David W. Johnston, MD		
<b>Resting Pulse Rate (BPM)</b> Measure pulse rate after patient is sitting or lying down for 1 minute	≤80	0
	81-100	+1
	101-120	+2
	>120	+4
<b>Sweating</b> 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
<b>Restlessness observation during assessment</b>	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
<b>Pupil size</b>	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
<b>Bone or joint aches</b> 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
<b>Runny nose or tearing</b> 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
<b>GI Upset</b> 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
<b>Tremor observation of outstretched hands</b>	No tremor	0
	Tremor can be felt, but not observed	+1
	Slight tremor observable	+2
	Gross tremor or muscle twitching	+4
<b>Yawning observation during assessment</b>	No yawning	0
	Yawning once or twice during assessment	+1
	Yawning three or more times during assessment	+2
	Yawning several times/minute	+4
<b>Anxiety or irritability</b>	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
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<b>Gooseflesh skin</b>	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**

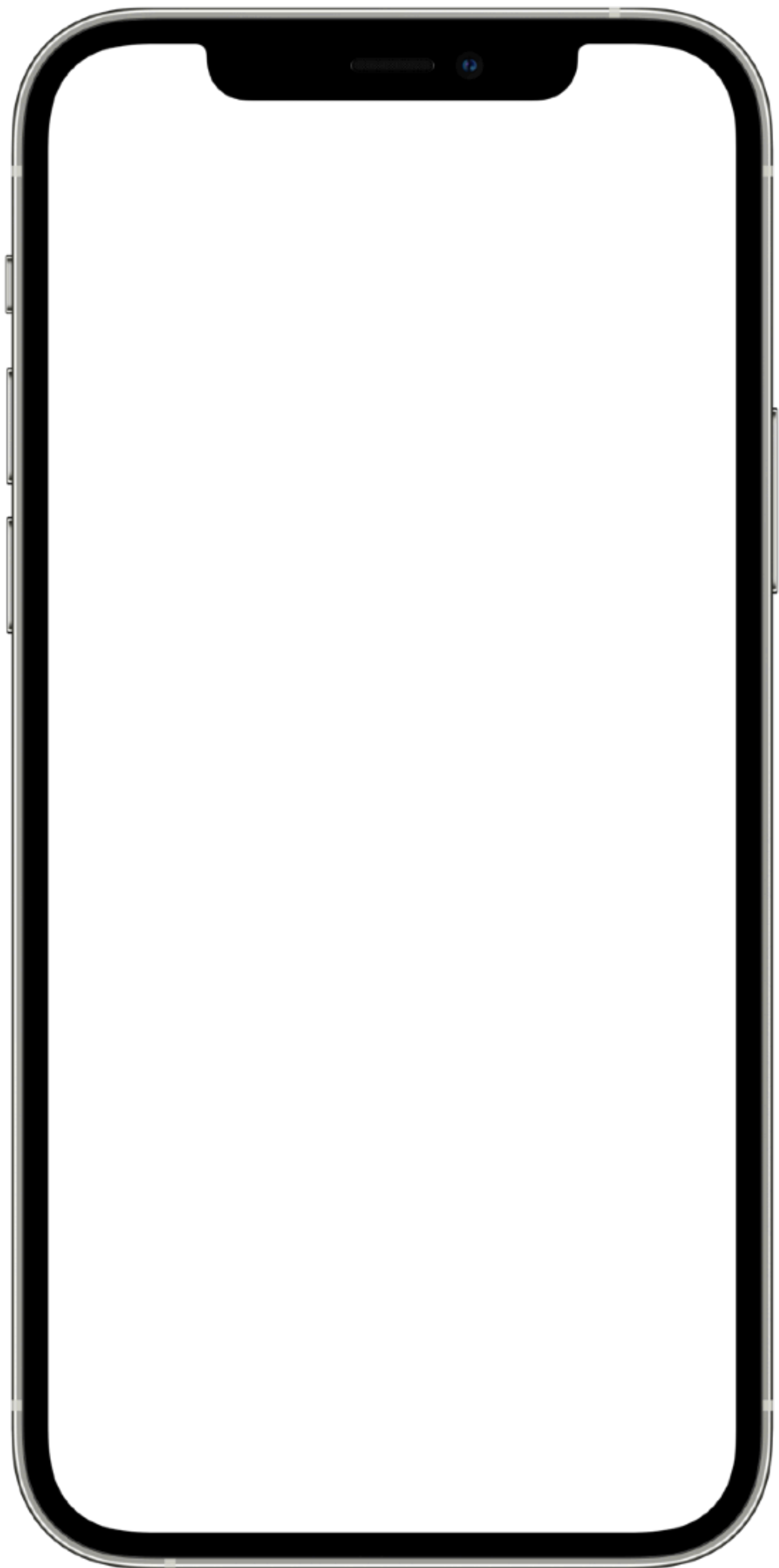
RESULT



**18 points** COWS Score







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