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First prescriber to write patient's name and NHI:



wal Starship Child Health

Paediatric Withdra	Prescription	

Calculate the withdrawal regime using Weaning of Opioids and Benzodiazepines guideline on Starship Clinical Guidelines or the weaning calculator (https://paediatricdrugs.net/withdrawal)
 Record that a Withdrawal Assessment Chart is in use in the patient's National Medication Chart
 Chart #

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AFFIX PATIENT LABEL HERE

Family Name: Given Name: Date of Birth:

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	Date:						
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from patient record, previous 12 hours	previous 12 hours						
watery stools	No = 0 Yes = 1						
g / retching / gagging	No = 0 Yes = 1						
e > 37.8 C°	No = 0 $Yes = 1$						
e-stimulus observation	n						
	Asleep or awake & calm = 0 awake & distressed = 1						
	None/Mild = 0 Moderate/Severe = 1						
<i>9</i> 0	No = 0 Yes = 1						
ed/repetitive	None/Mild = 0 Moderate/Severe = 1						
sneezing	None or $1 = 0$ $\geq 2 = 1$						
mulus observation							
nch	None/Mild = 0 Moderate/Severe = 1						
	Normal = $0$ Increased = $1$						

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2 minute p

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WITHDRAWAL ASSESSMENT TOOL (WAT-1) INSTRUCTIONS

TO BE READ IN CONJUCTION WITH THE PATIENTS MEDICATION CHARTS
AND THE STARSHIP WITHDRAWAL OF ANALGESIA AND SEDATION CLINICAL GUIDELINES

- Start WAT-1 scoring from the first day of weaning in patients who have received opioids &/or benzodiazepines regularly for longer than 5 days.
- WAT-1 scoring should be completed at least once per shift or more frequently if clinically indicated, until **72 hours** (3 days) after opioids &/or benzodiazepines have ceased.

## Obtain information from patient record (this can be done before or after the stimulus):

- Score 1 if any loose or watery stools in the past 12 hours; otherwise score 0.
- Score 1 if any vomiting or spontaneous wrenching or gagging in the past 12 hours; otherwise score 0.
- Score 1 if the most frequently occurring temperature was greater than 37.8 °C in the past 12 hours; otherwise score 0.

### 2 minute pre-stimulus observation – patient at rest:

- Score 1 if distressed 2 minutes prior to stimulus; score 0 if asleep or calm/cooperative.
- Score 1 if moderate to severe tremor 2 minutes prior to the stimulus; score 0 if no/minor/intermittent tremor.
- Score 1 if any sweating 2 minutes prior to the stimulus; otherwise score 0.
- Score 1 if moderate to severe uncoordinated or repetitive movements such as head turning, leg/arm flailing or torso arching 2 minutes prior to the stimulus; score 0 if no/only mild movements.
- Score 1 if more than 1 yawn or sneeze 2 minutes prior to stimulus; otherwise score 0.

#### 1 minute stimulus observation:

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WITHDRAWAL

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Initials

algorithm

Total Score (0-12). If WAT-1≥3 follow withdrawal

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Time to gain calm state

Startle to to

Yawning or

Any sweatir

Tremor

<2min = 2-5min = >5min = >

- Use progressive stimuli to elicit patient response
  - Calm voice, call patient's name
  - If no response call patient and gently touch patient
- If no response assess patient response to noxious procedure such as suctioning or pressure to nail bed
- Score 1 if moderate to severe startle occurs when touched during the stimulus; score 0 if none/mild.
- Score 1 if tone increased during the stimulus; otherwise score 0.

#### Post-stimulus recovery- Time to gain calm state:

• Score 2 if it takes greater than 5 minutes following stimulus; score 1 if achieved within 2 to 5 minutes; otherwise score 0

# Sum the 11 numbers in the column for the total WAT-1 score (0-12). Withdrawal Syndrome = WAT-1 score is ≥ 3

Follow Treatment of Withdrawal Algorithm if patient WAT-1 score is ≥ 3

