

OPIOID WITHDRAWAL	
ADULT	PEDIATRIC (≤ 34 KG)
BLS Procedures	
<ul style="list-style-type: none"> • Universal Algorithm #601 • Pulse Oximetry <ul style="list-style-type: none"> - O₂ Administration per Airway Management Protocol #602 	<ul style="list-style-type: none"> • Universal Algorithm
ALS Procedures	
<ul style="list-style-type: none"> • If suspected opioid withdrawals, use "COWS" score to determine if patient meets criteria to receive Buprenorphine <ul style="list-style-type: none"> - "COWS" ≥ 8 to qualify - Patient must be agreeable to treatment/transport with goal of seeking resources and counseling • If believed that patient will benefit from Buprenorphine with no contraindications – contact nearest Base Hospital for orders 	<ul style="list-style-type: none"> • Buprenorphine is not permitted in pediatric patients under 16 • For patients 16 and above, same as adult
Base Hospital Orders Only	
<ul style="list-style-type: none"> • Buprenorphine 16mg SL film/tablets (two strips/tablets) – reassess after 10 minutes <ul style="list-style-type: none"> - Call for secondary 8mg SL dose for persistent or worsening symptoms after 10 minutes - Give water to moisten mucus membranes prior to SL administration 	<ul style="list-style-type: none"> • As needed
Notes	
<ul style="list-style-type: none"> • SEE PAGE 2 FOR COWS SCORE ASSESSMENT TOOL • If Buprenorphine is administered repeat "COWS" score assessment 10 minutes after initial dose and secondary dose if applicable • Patients should have history of any one of the following: <ul style="list-style-type: none"> - Recent opioid use - Chronic opioid use - Evidence of illicit drug use (paraphernalia, needles etc.) - Prescription narcotics in household or on patient • Consider Policy #221: Leave Behind Naloxone 	

Clinical Opioid Withdrawal Scale (COWS)

ANXIETY OR IRRITABILITY <i>Visually observed during assessment</i>	RESTING HEART RATE <i>Measured after sitting for one (1) minute</i>
<p>0 None</p> <p>1 Reports increasing irritability or anxiousness</p> <p>2 Visually irritable or anxious</p> <p>4 Too irritable to participate or affecting participation</p>	<p>0 ≤80 bpm</p> <p>1 81 to 100 bpm</p> <p>2 101 to 120 bpm</p> <p>4 >120 bpm</p>
BONE OR JOINT ACHEs <i>Only new pain attributed to withdrawal is scored</i>	RESTLESSNESS <i>Visually observed during assessment</i>
<p>0 Not present</p> <p>1 Mild, diffuse discomfort</p> <p>2 Reports severe, diffuse aching of joints/muscles</p> <p>4 Patient rubbing joints/muscles and unable to be still</p>	<p>0 Able to be still</p> <p>1 Report difficulty being still, but able to do so</p> <p>3 Frequent shifting or extraneous movement of legs/arms</p> <p>5 Unable to be still for more than a few seconds</p>
SKIN SIGNS <i>Visually or physically observed during assessment</i>	TREMOR <i>Observation of outstretched hands</i>
<p>0 Skin is smooth</p> <p>3 Piloerection of skin – can be felt or visible arm hairs standing up</p> <p>5 Prominent piloerection – “Gooseflesh Skin”</p>	<p>0 No tremors</p> <p>1 Tremor can be felt but not observed</p> <p>2 Slight tremor observed</p> <p>4 Gross tremor or muscle twitching</p>
GATROINTESTINAL UPSET <i>Within past 30 minutes</i>	SWEATING <i>Over past 30 min – not from environment or activity</i>
<p>0 No GI symptoms</p> <p>1 Stomach cramps</p> <p>2 Nausea or loose stool</p> <p>3 Vomiting or diarrhea</p> <p>5 Multiple episodes of diarrhea or vomiting</p>	<p>0 No reports of chills or flushing</p> <p>1 Subjective report of chills or flushing</p> <p>2 Flushed or observable moistness to face</p> <p>3 Beads of sweat on brow or face</p> <p>4 Sweat streaming off of face</p>
PUPIL SIZE <i>Visually observed during assessment</i>	YAWNING <i>Visually observed during assessment</i>
<p>0 Pupil pinned or normal size for ambient light</p> <p>1 Pupils possibly larger than normal for ambient light</p> <p>2 Pupils moderately dilated</p> <p>5 Pupils very dilated</p>	<p>0 No Yawning</p> <p>1 Yawning once or twice during assessment</p> <p>2 Yawning three or more times during assessment</p> <p>4 Yawning several times per minute</p>
RUNNY NOSE OR TEARING <i>Not accounted for by cold symptoms or allergies</i>	TOTAL COWS SCORING
<p>0 Not present</p> <p>1 Nasal stuffiness or unusually moist eyes</p> <p>2 Runny nose or tearing</p> <p>4 Nose constantly running or tears streaming down face</p>	<p>5 - 12 Mild Withdrawal</p> <p>13 - 24 Moderate Withdrawal</p> <p>25 - 36 Moderately Severe Withdrawal</p> <p>>36 Severe Withdrawal</p>