

COWS Assessment

COWS ASSESSMENT

Patient's full name: _____ Evaluator's full name: _____

Date and time evaluated: _____ dd / mm / yyyy

Reason for this assessment

Resting Pulse Rate: beats/minute (Measured after the patient is sitting or lying for one minute)

☐ 0 - pulse rate 80 or below ☐ 1 - pulse rate 81-100 ☐ 2 - pulse rate 101-120 ☐ 4 - pulse rate greater than 120

GI Upset: Over last 1/2 hour

☐ 0 - no GI symptoms
☐ 1 - stomach cramps
☐ 2 - nausea or loose stool
☐ 3 - vomiting or diarrhea
☐ 5 - multiple episodes of diarrhea or vomiting

Sweating: Over past 1/2 hour not accounted for by room temperature or patient activity

☐ 0 - no report of chills or flushing
☐ 1 - subjective report of chills or flushing
☐ 2 - flushed or observable moistness on face
☐ 3 - beads of sweat on brow or face
☐ 4 - sweat streaming off face

Bone or Joint Aches: If the patient was having pain previously, only the additional component attributed to opiates withdrawal is scored

☐ 0 - not present ☐ 1 - mild diffuse discomfort ☐ 2 - patient reports severe diffuse aching of joints/muscles
☐ 4 - patient is rubbing joints or muscles and is unable to sit still because of discomfort

Tremor: observation of outstretched hands

☐ 0 - no tremor ☐ 1 - tremor can be felt, but not observed ☐ 2 - slight tremor observable
☐ 4 - gross tremor or muscle twitching

Yawning: observation during assessment

☐ 0 - no yawning ☐ 1 - yawning once or twice during assessment ☐ 2 - yawning three or more times during assessment
☐ 4 - yawning several times/minute

Pupil size

☐ 0 - pupils pinned or normal size for room light ☐ 1 - pupils possibly larger than normal for room light
☐ 2 - pupils moderately dilated ☐ 5 - pupils so dilated that only the rim of the iris is visible

Restlessness: observation during assessment

☐ 0 - able to sit still ☐ 1 - reports difficulty sitting still, but is able to do so
☐ 3 - frequent shifting or extraneous movements of legs/arms ☐ 5 - unable to sit still for more than a few seconds

Runny Nose or Tearing: not accounted for by cold symptoms or allergies

☐ 0 - not present ☐ 1 - nasal stuffiness or unusually moist eyes ☐ 2 - nose running or tearing
☐ 4 - nose constantly running or tears streaming down cheeks

Anxiety or Irritability

- ☐ 0 - none ☐ 1 - patient reports increasing irritability or anxiousness ☐ 2 - patient obviously irritable or anxious
☐ 4 - patient so irritable or anxious that participation in the assessment is difficult

Gooseflesh Skin

- ☐ 0 - skin is smooth ☐ 3 - piloerection of skin can be felt or hairs standing up on arms ☐ 5 - prominent piloerection

Total Score: (sum of all items) 5-12 = Mild, 13-24 = Moderate, 25-36 = Moderately severe, 37+ = Severe withdrawal: