

# Clinical Opiate Withdrawal Scale

Patient's Name: \_\_\_\_\_

Date and Time: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Resting Pulse Rate:** \_\_\_\_\_ beats/minute

*Measured after 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

**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

**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

**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

**Bone or Joint aches:** *If 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

**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

**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

**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

**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:** \_\_\_\_\_

*The total score is the sum of all 11 items*

(5-12 = mild      13-24 = moderate      25-36 = moderately severe      >36=severe withdrawal)

Initials of person completing assessment: \_\_\_\_\_

Reference: California Society of Addiction Medicine