

# The Mathers Recovery

## COWS: Clinical Opiate Withdrawal Scale

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Place the value for each question in the box. Add all 11 values for the total score.

### 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 |

Add all of the numbers in each column for the total score.

Total Score: \_\_\_\_\_

### 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  |

Value Meaning:    5-12 = mild    13-24 = moderate    25-36 = moderately severe    >36=severe withdrawal

Reference: California Society of Addiction Medicine

