

# COWS Assessment

Patient Name:

Evaluator Name:

Date and Time Evaluated:

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)

Score Ranges

- 5-12 = Mild
- 13-24 = Moderate
- 25-36 = Moderately severe
- 37+ = Severe withdrawal