

UR: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 DOB: \_\_\_\_\_

### OBJECTIVE OPIOID WITHDRAWAL SCALE (OOWS)

Observe the patient during a 5 minute observation period then indicate a score for each of the opioid withdrawal signs listed below (items 1-13).

Add the scores for each item to obtain the total score

DATE							
TIME							
1	<b>Yawning</b> 0 = no yawns 1 = $\geq$ 1 yawn						
2	<b>Rhinorrhoea</b> 0 = < 3 sniffs 1 = $\geq$ 3 sniffs						
3	<b>Piloerection</b> (observe arm) 0 = absent 1 = present						
4	<b>Perspiration</b> 0 = absent 1 = present						
5	<b>Lacrimation</b> 0 = absent 1 = present						
6	<b>Tremor</b> (hands) 0 = absent 1 = present						
7	<b>Mydriasis</b> 0 = absent 1 = $\geq$ 3 mm						
8	<b>Hot and cold flushes</b> 0 = absent 1 = shivering / huddling for warmth						
9	<b>Restlessness</b> 0 = absent 1 = frequent shifts of position						
10	<b>Vomiting</b> 0 = absent 1 = present						
11	<b>Muscle twitches</b> 0 = absent 1 = present						
12	<b>Abdominal cramps</b> 0 = absent 1 = Holding stomach						
13	<b>Anxiety</b> 0 = absent 1 = mild - severe						
	<b>TOTAL SCORE</b>						

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## THE SUBJECTIVE OPIATE WITHDRAWAL SCALE (SOWS)

In the column below in today's date and time, and in the column underneath, write in a number from 0-4 corresponding to how you feel about each symptom RIGHT NOW.

Scale: 0 = not at all   1 = a little   2 = moderately   3 = Quite a bit   4 = extremely

<b>DATE</b>					
<b>TIME</b>					

	<b>SYMPTOM</b>	<b>SCORE</b>	<b>SCORE</b>	<b>SCORE</b>	<b>SCORE</b>	<b>SCORE</b>
<b>1</b>	I feel anxious					
<b>2</b>	I feel like yawning					
<b>3</b>	I am perspiring					
<b>4</b>	My eyes are teary					
<b>5</b>	My nose is running					
<b>6</b>	I have goosebumps					
<b>7</b>	I am shaking					
<b>8</b>	I have hot flushes					
<b>9</b>	I have cold flushes					
<b>10</b>	My bones and muscles ache					
<b>11</b>	I feel restless					
<b>12</b>	I feel nauseous					
<b>13</b>	I feel like vomiting					
<b>14</b>	My muscles twitch					
<b>15</b>	I have stomach cramps					
<b>16</b>	I feel like using now					
	<b>TOTAL</b>					

## **OOWS**

The Objective Opiate Withdrawal Scale (OOWS) provides an objective measure of the severity of opiate withdrawal symptoms. This tool may be used as part of initial assessment, for ongoing monitoring to assess their response to medication. The OOWS is frequently used when monitoring withdrawal using Buprenorphine.

### **Scoring:**

Encourage the patient to score down the columns placing a score from 0 – 1 (symptom present or absent) for each item. Add the total score for possible range from 0 – 13.

## **SOWS**

The Subjective Opiate Withdrawal Scale provides patients with an opportunity to be involved in their care, and in assessing the severity of their withdrawal symptoms. Self-report measures can assist in reducing the patients anxiety about their care, and their concerns about being appropriately medicated.

### **Scoring:**

Encourage the patient to score down the columns placing a score from 0-4 for each item. Add the total score for possible range from 0 – 64.

deCrespigny, C et al. 2003, *Alcohol Tobacco and Other Drugs Guidelines for Nurses and Midwives: Clinical Guidelines* Flinders University and Drug and Alcohol Services Council, Adelaide. Also available at [www.dasc.sa.gov.au](http://www.dasc.sa.gov.au)