

MAINTENANCE PHARMACOTHERAPY STABILISATION/WITHDRAWAL

SURNAME _____

OTHER NAMES _____

DATE OF BIRTH _____ SEX _____ DRUG Buprenorphine Buprenorphine/Naloxone

UR NUMBER _____ Methadone Other (specify) _____

Day	Date	Time	Dose	Observations/Client Report						
1	/ /	: am/pmmg <small>initial dose</small>	Pulse	BP	/	Resp. rate	Pupil (mm) L	R	*COWS score
Name										
Signature										
2	/ /	: am/pmmg <small>dose</small>	Pulse	BP	/	Resp. rate	Pupil (mm) L	R	*COWS score
Name										
Signature										
3	/ /	: am/pmmg <small>dose</small>	Pulse	BP	/	Resp. rate	Pupil (mm) L	R	*COWS score
Name										
Signature										
4	/ /	: am/pmmg <small>dose</small>	Pulse	BP	/	Resp. rate	Pupil (mm) L	R	*COWS score
Name										
Signature										
5	/ /	: am/pmmg <small>dose</small>	Pulse	BP	/	Resp. rate	Pupil (mm) L	R	*COWS score
Name										
Signature										
6	/ /	: am/pmmg <small>dose</small>	Pulse	BP	/	Resp. rate	Pupil (mm) L	R	*COWS score
Name										
Signature										

At every consultation, check for intoxication. If intoxicated, withhold dose and seek medical advice.

*COWS = Clinical Opiate Withdrawal Scale

Clinical Opiate Withdrawal Scale

Date							
Time of observation							
Resting pulse rate: Record beats per 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 temp 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 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 opiate withdrawal is scored							
0: Not present	1: Mild diffuse discomfort						
2: Patient reports severe diffuse aching joints/muscles	4: Patient is rubbing joints/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/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 diarrhoea						
5: Multiple episodes of diarrhoea 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/anxiousness						
2: Obviously anxious or irritable	4: So anxious or irritable that participation in assessment is difficult						
Gooseflesh: skin							
0: Skin is smooth	5: Prominent piloerection						
3: Piloerection can be felt or hairs standing up on arms							
Daily total							

Key for scoring withdrawal							
5-12	Mild	13-24	Moderate	25-36	Moderate to Severe	Greater than 36	Severe