

OPIOID WITHDRAWAL	
ADULT	PEDIATRIC (≤34 KG)
BLS Procedures	
<ul style="list-style-type: none"> • Universal Algorithm #601 • Pulse Oximetry <ul style="list-style-type: none"> - O₂ Administration per Airway Management Protocol #602 	<ul style="list-style-type: none"> • Universal Algorithm
ALS Procedures	
<ul style="list-style-type: none"> • If suspected opioid withdrawals, use “COWS” score to determine if patient meets criteria to receive Buprenorphine <ul style="list-style-type: none"> - “COWS” ≥ 8 to qualify - Patient must be agreeable to treatment/transport with goal of seeking resources and counseling • If believed that patient will benefit from Buprenorphine with no contraindications – contact nearest Base Hospital for orders 	<ul style="list-style-type: none"> • Buprenorphine is not permitted in pediatric patients under 16 • For patients 16 and above, same as adult
Base Hospital Orders Only	
<ul style="list-style-type: none"> • Buprenorphine 16mg SL film/tablets (two strips/tablets) – reassess after 10 minutes <ul style="list-style-type: none"> - Call for secondary 8mg SL dose for persistent or worsening symptoms after 10 minutes - Give water to moisten mucus membranes prior to SL administration 	<ul style="list-style-type: none"> • As needed
Notes	
<ul style="list-style-type: none"> • SEE PAGE 2 FOR COWS SCORE ASSESSMENT TOOL • If Buprenorphine is administered repeat “COWS” score assessment 10 minutes after initial dose and secondary dose if applicable • Patients should have history of any one of the following: <ul style="list-style-type: none"> - Recent opioid use - Chronic opioid use - Evidence of illicit drug use (paraphernalia, needles etc.) - Prescription narcotics in household or on patient • Consider Policy #221: Leave Behind Naloxone 	

Clinical Opioid Withdrawal Scale (COWS)

<p>ANXIETY OR IRRITABILITY <i>Visually observed during assessment</i></p> <p>0 None 1 Reports increasing irritability or anxiousness 2 Visually irritable or anxious 4 Too irritable to participate or affecting participation</p>	<p>RESTING HEART RATE <i>Measured after sitting for one (1) minute</i></p> <p>0 ≤80 bpm 1 81 to 100 bpm 2 101 to 120 bpm 4 >120 bpm</p>
<p>BONE OR JOINT ACHEs <i>Only new pain attributed to withdrawal is scored</i></p> <p>0 Not present 1 Mild, diffuse discomfort 2 Reports severe, diffuse aching of joints/muscles 4 Patient rubbing joints/muscles and unable to be still</p>	<p>RESTLESSNESS <i>Visually observed during assessment</i></p> <p>0 Able to be still 1 Report difficulty being still, but able to do so 3 Frequent shifting or extraneous movement of legs/arms 5 Unable to be still for more than a few seconds</p>
<p>SKIN SIGNS <i>Visually or physically observed during assessment</i></p> <p>0 Skin is smooth 3 Piloerection of skin – can be felt or visible arm hairs standing up 5 Prominent piloerection – “Gooseflesh Skin”</p>	<p>TREMOr <i>Observation of outstretched hands</i></p> <p>0 No tremors 1 Tremor can be felt but not observed 2 Slight tremor observed 4 Gross tremor or muscle twitching</p>
<p>GATROINTESTINAL UPSET <i>Within past 30 minutes</i></p> <p>0 No GI symptoms 1 Stomach cramps 2 Nausea or loose stool 3 Vomiting or diarrhea 5 Multiple episodes of diarrhea or vomiting</p>	<p>SWEATING <i>Over past 30 min – not from environment or activity</i></p> <p>0 No reports of chills or flushing 1 Subjective report of chills or flushing 2 Flushed or observable moistness to face 3 Beads of sweat on brow or face 4 Sweat streaming off of face</p>
<p>PUPIL SIZE <i>Visually observed during assessment</i></p> <p>0 Pupil pinned or normal size for ambient light 1 Pupils possibly larger than normal for ambient light 2 Pupils moderately dilated 5 Pupils very dilated</p>	<p>YAWNING <i>Visually observed during assessment</i></p> <p>0 No Yawning 1 Yawning once or twice during assessment 2 Yawning three or more times during assessment 4 Yawning several times per minute</p>
<p>RUNNY NOSE OR TEARING <i>Not accounted for by cold symptoms or allergies</i></p> <p>0 Not present 1 Nasal stuffiness or unusually moist eyes 2 Runny nose or tearing 4 Nose constantly running or tears streaming down face</p>	<p>TOTAL COWS SCORING</p> <p>5 - 12 Mild Withdrawal 13 - 24 Moderate Withdrawal 25 - 36 Moderately Severe Withdrawal >36 Severe Withdrawal</p>