

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)**ANXIETY OR IRRITABILITY***Visually observed during assessment*

- 0** None
- 1** Reports increasing irritability or anxiousness
- 2** Visually irritable or anxious
- 4** Too irritable to participate or affecting participation

RESTING HEART RATE*Measured after sitting for one (1) minute*

- 0** ≤80 bpm
- 1** 81 to 100 bpm
- 2** 101 to 120 bpm
- 4** >120 bpm

BONE OR JOINT ACHES*Only new pain attributed to withdrawal is scored*

- 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

RESTLESSNESS*Visually observed during assessment*

- 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

SKIN SIGNS*Visually or physically observed during assessment*

- 0** Skin is smooth
- 3** Piloerection of skin – can be felt or visible arm hairs standing up
- 5** Prominent piloerection – “Gooseflesh Skin”

TREMOR*Observation of outstretched hands*

- 0** No tremors
- 1** Tremor can be felt but not observed
- 2** Slight tremor observed
- 4** Gross tremor or muscle twitching

GASTROINTESTINAL UPSET*Within past 30 minutes*

- 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 30 min – **not** from environment or activity*

- 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

PUPIL SIZE*Visually observed during assessment*

- 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

YAWNING*Visually observed during assessment*

- 0** No Yawning
- 1** Yawning once or twice during assessment
- 2** Yawning three or more times during assessment
- 4** Yawning several times per minute

RUNNY NOSE OR TEARING*Not accounted for by cold symptoms or allergies*

- 0** Not present
- 1** Nasal stuffiness or unusually moist eyes
- 2** Runny nose or tearing
- 4** Nose constantly running or tears streaming down face

TOTAL COWS SCORING

- 5 - 12** Mild Withdrawal
- 13 - 24** Moderate Withdrawal
- 25 - 36** Moderately Severe Withdrawal
- >36** Severe Withdrawal