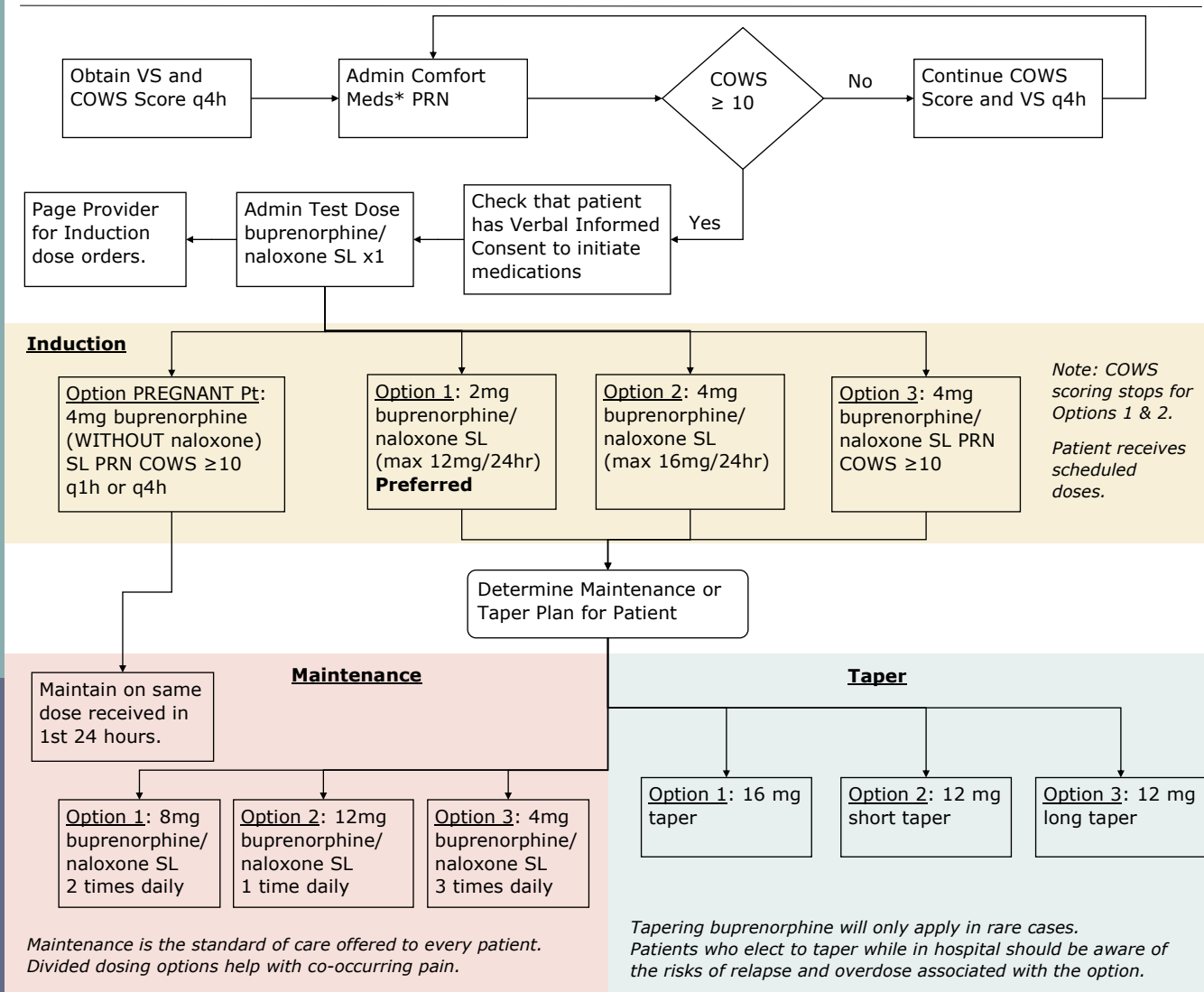


COWS Algorithm



- *Comfort Medication list—Provider will order specific items (admin as ordered during opioid abstinent period prior to Test Dose)
- ◇ ondansetron ODT 4mg PO q4h PRN nausea
 - ◇ promethazine 25mg PO or IM q4h PRN nausea
 - ◇ acetaminophen 325mg PO q4h PRN headache, mild pain (1-3/10), Check AST/ALT
 - ◇ cloNIDine 0.1mg PO q6h PRN autonomic symptoms of withdrawal (diaphoresis, myalgias, cramping, anxiety)
 - ◇ hydrOXYzine 50mg PO q4h PRN restless legs x 2 doses
 - ◇ rOPINIRole 0.5mg PO nightly PRN restless legs x 2 doses
 - ◇ loperamide 4mg PO 3 times daily PRN diarrhea
 - ◇ traZODone 50mg PO nightly PRN insomnia

- Notes:**
- ◇ Patient to avoid acidic beverages and rinse mouth with water prior to SL administration.
 - ◇ Instruct patient that swallowing buprenorphine will prevent absorption.
 - ◇ Monitor patient while buprenorphine product is dissolving sublingually to prevent cheeking/diversion. Observe mouth for dissolution before leaving patient.
 - ◇ Do not administer more than 2 SL tablets at a time to allow for full absorption.
 - ◇ Pregnant patients should not be tapered from opioids. They should be maintained on a stabilizing dose until they give birth

Hold buprenorphine for BP ≤ 80/50, HR < 60, RR < 12, or sedation.

Clinical Opiate Withdrawal Symptoms (COWS) Scale

Symptoms to Assess:	Resting Pulse Rate: (bpm) 0= ≤ 80 1= 81-85 2= 86-90 4= > 90	Sweating over 30 minutes: 0= No chills or flushing 1= Patient report of chills or flushing 2= Flushed or moistness on face 3= Beads of sweat on forehead 4= Drenching sweats
Restlessness: 0= Able to sit still 1= Some difficulty sitting still 3= Frequently shifting/moving legs, arms 5= Unable to sit still	Pupil size: 0= Pinpoint or normal size in room light 1= Larger than normal in room light 2= Moderately dilated 5= Only rim of iris is visible due to dilation	Bone or Joint Aches: 0= No bone or joint pain 1= Mild discomfort 2= Moderately severe aching 4= Constantly rubbing joints/muscles
Runny Nose or Tearing: 0= Not present 1= Nasal stuffiness or moist eyes 2= Nose running or eyes tearing 4= Nose constantly running/tears streaming	G.I. Upset: 0= None reported 1= Stomach cramps 2= Nausea 3= Vomiting or diarrhea 5= Multiple episodes of vomiting/diarrhea	Tremor: 0= Not present 1= Tremor can be felt but not observed 4= Gross tremor or muscle twitching
Yawning: 0= Not present 1= Yawning 1 or 2 times during assessment 2= Yawning 3 or 4 times during assessment 4= Yawning several times per minute	Anxiety or Irritability: 0= Not present 1= Patient reports some irritability or anxiousness 2= Patient obviously irritable or anxious 4= Patient so irritable that participation in assessment is difficult	Gooseflesh Skin: 0= Skin is smooth 3= Piloerection of skin can be felt or hairs standing up on arms 4= Prominent piloerection present

Baseline											
Scoring Flow-sheet	Date:										
	Time:										
Blood Pressure (SBP/DBP)		/	/	/	/	/	/	/	/	/	/
Resting Pulse Rate (bpm)											
Resting Pulse Rate Score											
Sweating											
Restlessness											
Pupil Size											
Bone or Joint Aches											
Runny Nose or Tearing											
G.I. Upset											
Tremor											
Yawning											
Anxiety or Irritability											
Gooseflesh Skin											
Total Score											
* Buprenorphine Dose in mg											
Buprenorphine Dose Number											

* Hold Buprenorphine for sedation, RR < 12, BP ≤ 80/50 or HR < 60