

ALCOHOL WITHDRAWAL OBSERVATIONS CHART

Update (28/02/19)

NAME:

Ref. Foy A. (2006) Clinical use of a shortened alcohol withdrawal scale in a general hospital

DOB:

Hospital Number:

WARD:

Date admitted:

COLOUR KEY	0	1	2	3	4	5	6	DATE			TIME						
<p>One hourly on admission, then if there have been no positive scores STOP after 72hrs.</p>								Initials									
								FREQUENCY: 1hrly, 2hrly, 6hrly									
Respiratory rate (per minute)	20 or less							0	0	0	0	0	0	0	0		
	21-24							1	1	1	1	1	1	1	1		
	25 or higher							2	2	2	2	2	2	2	2		
Temperature	37.5°C or less							0	0	0	0	0	0	0	0		
	37.6-37.9°C							1	1	1	1	1	1	1	1		
	38.0°C or higher							2	2	2	2	2	2	2	2		
Heart Rate (beats per minute)	95 or less							0	0	0	0	0	0	0	0		
	96-105							2	2	2	2	2	2	2	2		
	106-120							4	4	4	4	4	4	4	4		
	121 or higher							5	5	5	5	5	5	5	5		
Tremor (arms extended, fingers spread)	No tremor							0	0	0	0	0	0	0	0		
	Faint tremor, noticeable to touch							2	2	2	2	2	2	2	2		
	Moderate with arms extended							4	4	4	4	4	4	4	4		
	Severe even with arms not extended							6	6	6	6	6	6	6	6		
Sweating (observation)	No sweat visible							0	0	0	0	0	0	0	0		
	Barely perceptible, palms moist							2	2	2	2	2	2	2	2		
	Beads of sweat visible							4	4	4	4	4	4	4	4		
	Drenching sweats							6	6	6	6	6	6	6	6		
Agitation (your observations, include anxiety)	Normal activity							0	0	0	0	0	0	0	0		
	Slightly more than normal activity							2	2	2	2	2	2	2	2		
	Moderately fidgety and restless							4	4	4	4	4	4	4	4		
	Pacing, or thrashing about constantly							6	6	6	6	6	6	6	6		
Orientation "What date is this?" "What is this place?"	Time and place NO ERRORS							0	0	0	0	0	0	0	0		
	ONE error							1	1	1	1	1	1	1	1		
	TWO errors							2	2	2	2	2	2	2	2		
	THREE errors							3	3	3	3	3	3	3	3		
	Disorientated for date & place							4	4	4	4	4	4	4	4		
Quality of interaction with assessor (Attention)	Fully able to focus on conversation							0	0	0	0	0	0	0	0		
	Seems in contact, but oblivious to environment or easily distracted							2	2	2	2	2	2	2	2		
	Frequently becomes distracted							4	4	4	4	4	4	4	4		
	Unable to interact with you							6	6	6	6	6	6	6	6		
Thought disturbances (your observation based on speech)	No disturbance							0	0	0	0	0	0	0	0		
	Low control over nature of thoughts							2	2	2	2	2	2	2	2		
	Constantly has unpleasant thoughts							4	4	4	4	4	4	4	4		
	Thoughts come too rapidly and in a disconnected fashion							6	6	6	6	6	6	6	6		
Visual or tactile disturbances (see over for guide to hallucinations)	Not present							0	0	0	0	0	0	0	0		
	Mild sensitivity (eg bothered by lights)							2	2	2	2	2	2	2	2		
	Intermittent hallucinations (seeing or feeling things you cannot see)							4	4	4	4	4	4	4	4		
	Continuous hallucinations (see over)							6	6	6	6	6	6	6	6		
ADD UP ALL SCORES TO CALCULATE TOTAL out of 49																	
PLEASE CHECK YOUR CALCULATIONS!																	
CHLORDIAZEPOXIDE GIVEN? (record details overleaf)																	

SCORE on admission	1 st 24 hours, regular meds plus PRN (see over)	SCORE after 24hrs *	Set regular dose from Day 1 total PRN doses triggered by CIWA
Below 10	No treatment, monitor CIWA hourly	Below 16	No treatment, step down to when NEWS is done
10-21	Give 30mg Chlordiazepoxide, monitor hourly	16-21	Give 20mg Chlordiazepoxide, monitor two hourly
>21	Give 40mg Chlordiazepoxide, monitor hourly	>21	Give 30mg Chlordiazepoxide, monitor two hourly

Initial dose and first full day's prescription (daily total includes diazepam & lorazepam equivalent)

<p>CIWA = more than 21 SEVERE WITHDRAWALS PRN dose 40mg, as necessary when triggered by CIWA.</p> <p>Consider more frequent doses</p>	<p>CIWA = 10 to 21 MODERATE WITHDRAWALS PRN dose 30mg, as necessary when triggered by CIWA.</p> <p>Be aware of withdrawals increasing</p>	<p>CIWA = 0 to 9 No regular Chlordiazepoxide, but continue to monitor symptoms with CIWA during first 72 hrs.</p> <p>Consider PRN doses* in case of uncertainty or inaccurate history.</p>
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First day's total should be divided by 4 regular doses from day 2 (0600-0800 1200 1800 2200-2400). If this would mean a regular dose >40mg, consider 5 to 6 doses (ie 4 hourly).

Example regimens (consider slower reduction if day 1 total > 200mg)

	Severe withdrawals				Moderate withdrawals			
	0600	1200	1800	2200	0600	1200	1800	2200
Day 1	Total eg. 160mg				Total eg. 80mg			
Day 2	40mg	40mg	40mg	40mg	20mg	20mg	20mg	20mg
Day 3	30mg	30mg	30mg	30mg	20mg	10mg	10mg	20mg
Day 4	20mg	20mg	20mg	20mg	10mg	10mg	10mg	10mg

Note that to facilitated discharge day, doses can be combined to morning and lunch, eg in the above example, 20mg x2 rather than 10mg x4

Please record below details of additional Chlordiazepoxide taken, indicating PRN or STAT.

If patient becomes less responsive or over-sedated, note "CHLORDIAZEPOXIDE OMITTED" and enter 5 on drug chart. Inform medical team and ask to review.

Priority should be given to NEWS clinical response strategy. (First 3 here different scales to NEWS).

NOTE that raised BP may be associated with increased anxiety, agitation and withdrawal state.

TIME & DATE	CIWA SCORE	COMMENTS (TO BE RECORDED ON NEW DRUG CHART IF AVAILABLE): CHLORDIAZEPOXIDE (REG, PRN, STAT, REFUSED)	SIGN or INITIALS

VISUAL DISTURBANCES:

"Does the light appear too bright? Is its color different? Does it hurt your eyes?"
 "Are you seeing anything disturbing to you? Are you seeing things you know are not there?" Commonly, alcohol withdrawal hallucinations involve crawling insects, snakes or spiders. Patients are often too disturbed to answer questions.

Occasionally, alcohol-related hallucinations involve the patient seeing someone who is not there or appearing to carry out some unexplained task.

TACTILE DISTURBANCES:

"Have you any itching, pins-and-needles sensation, burning or numbness?"
 "Do you feel bugs crawling on or under your skin?"

AUDITORY DISTURBANCES:

"Are you more sensitive to sounds around you?"
 "Are you hearing things that distress you?"
 "Are you hearing things you know are not there?"

ALCOHOL NURSE SPECIALISTS

Central and North West London 
 NHS Foundation Trust

See alcohol care team page on LNWHUH intranet for contact details.

LNWHintranet/departments/alcohol-care-team