### Use of Form
To assess signs and symptoms of opioid and benzodiazepine withdrawal

### Eligibility
- Any extubated patient who exhibits signs of withdrawal
- Potentially any neonate, infant or child who has received opioids and/or benzodiazepines for more than 5 days
- For ventilated patients use the ‘ITU Withdrawal Observation Chart’

### Scoring interval
- **Every 4 hrs**: Score any signs observed within the period
- **Write the score in the box for each scoring interval**

### SYMPTOMS

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Score 1 if</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tremors</td>
<td></td>
<td>Patient has tremors when disturbed</td>
</tr>
<tr>
<td>Movement disorder</td>
<td></td>
<td>Muscle twitches or choreoathetosis observed (i.e., involuntary, irregular, dance-like, movements of arms, legs and face, or slow, twisting movements of hands, fingers, toes or feet)</td>
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<tr>
<td>Hallucinations</td>
<td></td>
<td>Hallucinations are reported by the older verbal child or disoriented behaviour observed in non-verbal child</td>
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<tr>
<td>Crying or agitation</td>
<td></td>
<td>Continuous unexplained crying or agitated behaviour for 1 hr or more or intermittent episodes that total 1 hour, despite efforts to console</td>
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<tr>
<td>Eyes (pupils &gt; 4 mm)</td>
<td></td>
<td>Average pupil size &gt; 4 mm</td>
</tr>
<tr>
<td>Sweating (unexplained)</td>
<td></td>
<td>Sweating is not related to environment or pyrexia (i.e., room temperature, lights, clothing, etc)</td>
</tr>
<tr>
<td>Diarrhoea</td>
<td></td>
<td>Patient has unexplained diarrhoea or loose stools that appears unrelated to changes in feeding regimen (i.e., do not score for ‘breast milk stools’) or infection</td>
</tr>
</tbody>
</table>

### TOTAL SCORES
Add the points for the scoring period. Write in the ‘Total Score’ box. **Maximum total points = 7**

### Clinical judgement
(Withdrawal Yes/No)
- **Y** if overall clinical judgement is that the child is experiencing withdrawal
- **N** if overall clinical judgement is that the child is not experiencing withdrawal

This independent judgement may or may not match the ‘Total Score’. If it does not, please add comments.

### Comments
(please specify)
- Sleeplessness
- Hypertension
- Tachycardia
- Facial grimacing
- Poor social interaction
- Poor visual tracking
- Dystonic postures
- Tongue thrusting
- Any others you observe
- Anxiety as communicated by the older child

Parents’ perceptions may be included. Also note signs of withdrawal related to clinical treatment (e.g., drugs that affect CNS / GI function).

### TREATMENT
Provide environmental and psychological support for all patients:
- Rocking / rhythmic movements
- Quiet, darkened room
- Reassurance
- Swaddling and sucking for babies

**If score ≥ 3 consider**
- Slowing down rate of reduction of opioid or benzodiazepine
- Recommencing patient on an opioid or benzodiazepine (whichever was stopped most recently)
- Increasing the dose of opioid or benzodiazepine

**If score ≤ 2 consider**
- Continuing to reduce opioid or benzodiazepine as per regime
- If score < 2 for more than 48 hours, consider increasing speed of withdrawal