

## Clinical Institute Withdrawal Assessment of Alcohol Scale, Revised (CIWA-Ar)

<b><u>Nausea/Vomiting</u></b> – rate on scale 0-7	<b><u>Tremors</u></b> – have patient extend arms and spread fingers – rate on scale 0-7
0 – none 1 – mild nausea with no vomiting 2 3 4 – intermittent nausea 5 6 7 – constant nausea, frequent dry heaves and vomiting	0 – no tremor 1 – not visible, but can be felt fingertip to fingertip 2 3 4 – moderate, with patients arms extended 5 6 7 – severe, even with arms not extended
<b><u>Anxiety</u></b> – rate on scale 0-7	<b><u>Agitation</u></b> – rate on scale 0-7
0 – no anxiety, patient at ease 1 – mildly anxious 2 3 4 – moderately anxious or guarded, anxiety is inferred 5 6 7 – equivalent to acute panic states seen in severe delirium or acute schizophrenic reactions	0 – normal activity 1 – somewhat normal activity 2 3 4 – moderately fidgety and restless 5 6 7 – paces back and forth, or constantly thrashes about
<b><u>Paroxysmal sweats</u></b> – rate on scale 0-7	<b><u>Orientation and clouding of sensorium</u></b> – Ask ‘What day is this? Where are you? Who am i? Rate scale 0-4
0 – no sweats 1 – barely perceptible sweating, palms moist 2 3 4 – beads of sweat obvious on forehead 5 6 7 – drenching sweats	0 – orientated 1 – cannot do serial additions or is uncertain about date 2 – disoriented to date by no more than 2 calender days 3 – disoriented to date by more than 2 calender days 4 – disoriented to place and/or person
<b><u>Tactile disturbances</u></b> - Ask, “Have you experienced any itching, pins & needles sensation, burning or numbness, or a feeling of bugs crawling on or under your skin?”	<b><u>Auditory Disturbances</u></b> - Ask, “Are you more aware of sounds around you? Are they harsh? Do they startle you? Do you hear anything that disturbs you or that you know isn’t there?”
0 – none 1 – very mild itching, pins and needles, burning or numbness 2 – mild itching, pins and needles, burning or numbness 3 – moderate itching, pins and needles, burning or numbness 4 – moderate hallucinations 5 – severe hallucinations 6 – extremely severe hallucinations 7 – continuous hallucinations	0 – not present 1 – very mild harshness or ability to startle 2 – mild harshness or ability to startle 3 – moderate harshness or ability to startle 4 – moderate hallucinations 5 – severe hallucinations 6 – extremely severe hallucinations 7 – continuous hallucinations
<b><u>Visual disturbances</u></b> - Ask, “Does the light appear to be too bright? Is its color different than normal? Does it hurt your eyes? Are you seeing anything that disturbs you or that you know isn’t there?”	<b><u>Headache</u></b> - Ask, “Does your head feel different than usual? Does it feel like there is a band around your head?” Do not rate dizziness or lightheadedness
0 – not present 1 – very mild sensitivity 2 – mild sensitivity 3 – moderate sensitivity 4 – moderate hallucinations 5 – severe hallucinations 6 – extremely severe hallucinations 7 – continuous hallucinations	0 – not present 1 – very mild 2 – mild 3 – moderate 4 – moderately severe 5 – severe 6 – very severe 7 – extremely severe

1. Assess and rate each of the 10 criteria of the CIWA scale. Add up the scores for all ten criteria. This is the total CIWA-Ar score for the patient at that time.
2. Document CIWA-Ar assessment administration of PRN medications on the chlordiazepoxide prescription.