

Benzodiazepine Withdrawal Scale (CIWA-B)

Please reference the scales on the right to answer questions 1-20.

1. Do you feel irritable?	
2. Do you feel fatigued?	
3. Do you feel tense?	
4. Do you have difficulties concentrating?	
5. Do you have any loss of appetite	
6. Have you any numbness or burning in your face, hands or feet?	
7. Do you feel your heart racing? (palpitations)	
8. Does your head feel full or achy?	
9. Do you feel muscle aches or stiffness?	
10. Do you feel anxious, nervous or jittery?	
11. Do you feel upset?	
12. How restful was your sleep last night? (0 = very much so; 4 = not at all)	
13. Do you feel weak?	
14. Do you think you had enough sleep last night? (0 = very much so; 4 = not at all)	
15. Do you have any visual disturbances? (sensitivity to light, blurred vision)	
16. Are you fearful?	
17. Have you been worrying about possible misfortunes lately?	
18. Agitation	
19. Tremor	
20. Sweating	
Total:	

For questions 1-17, insert the number that best describes how the patient feels.

0	1	2	3	4
Not at all	A little	A moderate amount	A lot	Very much so, severely

Use the following scales for questions 18-20.

18. Observe behavior for restlessness and agitation

0	None, normal activity
1	Very little restlessness
2	Restless
3	Moderate restlessness
4	Paces back and forth, unable to sit still

19. Observe tremor

0	No tremor
1	Not visible, can be felt in fingers
2	Visible but mild
3	Moderate with arms extended
4	Severe, with arms not extended

20. Observe for sweating - feel palms

0	No sweating visible
1	Barely perceptible sweating, palms moist
2	Palms and forehead moist, reports armpit sweating
3	Beads of sweat on forehead
4	Severe drenching sweat

Is the patient's blood pressure elevated?	Y / N
Is the patient's respiratory rate elevated?	Y / N
Is the patient's temperature elevated?	Y / N
Is the patient experiencing abnormal respirations?	Y / N
Is the patient alert, orientated, obeying commands? <i>If NO, complete Glasgow Coma Scale and review.</i>	Y / N

RESULTS: 1-20 = mild withdrawal 21-40 = moderate withdrawal 41-60 = severe withdrawal 61-80 = very severe withdrawal