

# Clinical Institute Narcotic Assessment (CINA) Scale for Withdrawal Symptoms

The Clinical Institute Narcotic Assessment (CINA) Scale measures 11 signs and symptoms commonly seen in patients experiencing narcotic withdrawal. The CINA Scale can help determine the severity of symptoms while monitoring changes in clinical status over time.

The CINA Score is calculated by adding the values associated with each answer. The greater the score, the more severe the withdrawal syndrome. The minimum score is 0 and the maximum score is 31.

Parameters Based on Questions and Observation		SCORE
<b>Abdominal Changes</b> “Do you have any pains in your abdomen?” (i.e., crampy abdominal pain, diarrhea, active bowel sounds)	<input type="checkbox"/> No abdominal complaints, normal bowel sounds (0) <input type="checkbox"/> Reports waves of crampy abdominal pain (1) <input type="checkbox"/> Crampy abdominal pain; diarrhea; active bowel sounds (2)	
<b>Changes in Temperature</b> “Do you feel hot or cold?” (i.e., clammy to touch, uncontrolled shivering)	<input type="checkbox"/> None reported (0) <input type="checkbox"/> Reports feeling cold, hands cold and clammy to touch (1) <input type="checkbox"/> Uncontrolled shivering (2)	
<b>Nausea and Vomiting</b> “Do you feel sick to your stomach? Have you vomited?”	<input type="checkbox"/> No nausea/vomiting (0) <input type="checkbox"/> Mild nausea, no retching/vomiting (2) <input type="checkbox"/> Intermittent nausea with dry heaves (4) <input type="checkbox"/> Constant nausea; frequent dry heaves and/or vomiting (6)	
<b>Muscle Aches</b> “Do you have any muscle cramps?”	<input type="checkbox"/> No muscle aches reported, arm/neck muscles soft at rest (0) <input type="checkbox"/> Mild muscle pains (1) <input type="checkbox"/> Severe muscle pains; muscles in arms, legs or neck in constant state of contraction (3)	
Parameters Based on Observation Alone		SCORE
<b>Goose Flesh</b>	<input type="checkbox"/> None visible (0) <input type="checkbox"/> Occasional goose flesh, but not elicited by touch; not permanent (1) <input type="checkbox"/> Prominent goose flesh in waves and elicited by touch (2) <input type="checkbox"/> Constant goose flesh over face and arms (3)	
<b>Nasal Congestion</b>	<input type="checkbox"/> No nasal congestion or sniffing (0) <input type="checkbox"/> Frequent sniffing (1) <input type="checkbox"/> Constant sniffing, watery discharge (2)	
<b>Restlessness</b>	<input type="checkbox"/> Normal activity (0) <input type="checkbox"/> Somewhat more than normal activity; moves legs up/down; shifts position occasionally (1) <input type="checkbox"/> Moderately fidgety/restless; shifts position frequently (2) <input type="checkbox"/> Gross movement most of the time or constantly thrashes about (3)	
<b>Tremor</b>	<input type="checkbox"/> None (0) <input type="checkbox"/> Not visible but can be felt fingertip to fingertip (1) <input type="checkbox"/> Moderate with patient’s arm extended (2) <input type="checkbox"/> Severe even if arms are not extended (3)	
<b>Lacrimation</b>	<input type="checkbox"/> None (0) <input type="checkbox"/> Eyes watering; tears at corner of eyes (1) <input type="checkbox"/> Profuse tearing from eyes over face (2)	
<b>Sweating</b>	<input type="checkbox"/> No sweat visible (0) <input type="checkbox"/> Barely perceptible sweating; palms moist (1) <input type="checkbox"/> Beads of sweat obvious on forehead (2) <input type="checkbox"/> Drenching sweats over face/chest (3)	
<b>Yawning</b>	<input type="checkbox"/> None (0) <input type="checkbox"/> Frequent yawning (1) <input type="checkbox"/> Constant uncontrolled yawning (2)	
<b>TOTAL</b>		

Adapted from: NCPOEP. NC Guidelines: Medication Assisted Treatment (MAT) in Pregnancy, Appendix 7: Clinical Institute Narcotic Assessment (CINA) Scale for Withdrawal Symptoms. [https://ncpoep.org/wp-content/uploads/2015/02/Appendix\\_7\\_Clinical\\_Institute\\_Narcotic\\_Assessment\\_CINA\\_Scale\\_for\\_Withdrawal\\_Symptoms.pdf](https://ncpoep.org/wp-content/uploads/2015/02/Appendix_7_Clinical_Institute_Narcotic_Assessment_CINA_Scale_for_Withdrawal_Symptoms.pdf). Accessed August 2019.; SCRIBD. CINA Narcotic Scale. <https://www.scribd.com/document/227218031/CINA-Narcotic-Withdrawal-Scale>. Accessed August 2019.

