## Alcohol Withdrawal Assessment Scoring Guidelines (CIWA - Ar)

### Nausea/Vomiting - Rate on scale 0 - 7

- **0 - None**
- **1 - Mild nausea with no vomiting**
- **2**
- **3**
- **4 - Intermittent nausea**
- **5**
- **6**
- **7 - Constant nausea and frequent dry heaves and vomiting**

### Tremors - have patient extend arms & spread fingers. Rate on scale 0 - 7.

- **0 - No tremor**
- **1 - Not visible, but can be felt fingertip to fingertip**
- **2**
- **3**
- **4 - Moderate, with patient’s arms extended**
- **5**
- **6**
- **7 - severe, even w/ arms not extended**

### Anxiety - Rate on scale 0 - 7

- **0 - no anxiety, patient at ease**
- **1 - mildly anxious**
- **2**
- **3**
- **4 - moderately anxious or guarded, so anxiety is inferred**
- **5**
- **6**
- **7 - equivalent to acute panic states seen in severe delirium or acute schizophrenic reactions.**

### Agitation - Rate on scale 0 - 7

- **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**

### Paroxysmal Sweats - Rate on Scale 0 - 7.

- **0 - no sweats**
- **1 - barely perceptible sweating, palms moist**
- **2**
- **3**
- **4 - beads of sweat obvious on forehead**
- **5**
- **6**
- **7 - drenching sweats**

### Orientation and clouding of sensorium - Ask, “What day is this? Where are you? Who am I?” Rate scale 0 - 4

- **0 - Oriented**
- **1 - cannot do serial additions or is uncertain about date**
- **2**
- **3**
- **4 - disoriented to date by no more than 2 calendar days**
- **5**
- **6**
- **7 - disoriented to date by more than 2 calendar days**

### Auditory Disturbances - 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 - not present**
- **1 - Very mild harshness or ability to startle**
- **2**
- **3**
- **4 - moderate harshness or ability to startle**
- **5**
- **6**
- **7 - continuous hallucinations**

### Visual disturbances - 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?”

- **0 - not present**
- **1 - very mild sensitivity**
- **2**
- **3**
- **4 - moderate hallucinations**
- **5**
- **6**
- **7 - continuous hallucinations**

### Headache - 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**
- **2**
- **3**
- **4 - moderately severe**
- **5**
- **6**
- **7 - extremely severe**

### Tactile disturbances - Ask, “Have you experienced any itching, pins & needles sensation, burning or numbness, or a feeling of bugs crawling on or under your skin?”

- **0 - none**
- **1 - very mild itching, pins & needles, burning, or numbness**
- **2 - mild itching, pins & needles, burning, or numbness**
- **3**
- **4 - moderate itching, pins & needles, burning, or numbness**
- **5**
- **6**
- **7 - extreme severe hallucinations**

### Auditory Disturbances - 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 - not present**
- **1 - Very mild harshness or ability to startle**
- **2**
- **3**
- **4 - moderate harshness or ability to startle**
- **5**
- **6**
- **7 - continuous hallucinations**

### Assessment Guideline:

1. Assess and rate each of the 10 criteria of the CIWA-Ar scale. Each criterion is rated on a scale from 0 to 7, except for “Orientation and clouding of sensorium” which is rated on scale 0 to 4. Add up the scores for all ten criteria. This is the total CIWA-Ar score for the patient at that time.

2. The CIWA-Ar scale is the most sensitive tool for assessment of the patient experiencing alcohol withdrawal. However it is still subjective. Careful clinical assessment and regular record of vital signs is vitally important.

3. Ask the patient the questions exactly how they are worded above.