

Clinical Institute Withdrawal Alcohol Scale, Revised (CIWA-Ar) and Lorazepam Dosing Protocol Used at the Kaiser Permanente Santa Clara Medical Center

Alcohol Withdrawal Assessment Scoring Guidelines (CIWA-Ar)	
<p>Nausea/vomiting Have patient extend arms and spread fingers.</p> <p>0 None 1 Mild nausea with no vomiting 2 3 4 Intermittent nausea 5 6 7 Constant nausea and frequent dry heaves and vomiting</p>	<p>Tremors</p> <p>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 with arms not extended</p>
<p>Anxiety</p> <p>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</p>	<p>Agitation</p> <p>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</p>
<p>Paroxysmal sweats</p> <p>0 No sweats 1 Barely perceptible sweating, palms moist 2 3 4 Beads of sweat obvious on forehead 5 6 7 Drenching sweats</p>	<p>Orientation and clouding of sensorium Ask, "What day is this? Where are you? Who am I?"</p> <p>0 Oriented 1 Cannot do not serial additions or is uncertain about date 2 Disoriented to date by no more than 2 calendar days 3 Disoriented to date by more than 2 calendar days 4 Disoriented to place and/or person</p>
<p>Tactile disturbances Ask, "Have you experienced any itching, pins and needles sensation, burning or numbness, or a feeling of bugs crawling on or under your skin?"</p> <p>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</p>	<p>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?"</p> <p>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</p>
<p>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?"</p> <p>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</p>	<p>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.</p> <p>0 Not present 1 Very mild 2 Mild 3 Moderate 4 Moderately severe 5 Severe 6 Very severe 7 Extremely severe</p>

Clinical Institute Withdrawal Assessment Protocol

- Assess CIWA-Ar score every 15 minutes after every lorazepam dose, every 2 hours while awake, and every 4 hours while asleep.
- Start Lorazepam Dose Scale A (see table below) on the basis of CIWA-Ar score.
- Reassess CIWA-Ar score 15 minutes after administering the initial dose and give second dose of lorazepam according to Dose Scale A, if needed.
- Reassess CIWA-Ar score 30 minutes after administering the initial dose.
- If CIWA-Ar score is 15 or less, continue to use Dose Scale A.
- If CIWA-Ar score is greater than 15, move to Lorazepam Dose Scale B (see table below) and give lorazepam dose according to protocol.

Lorazepam Dose Scale A		Lorazepam Dose Scale B	
CIWA-Ar score	Lorazepam dose, mg IV	CIWA-Ar score	Lorazepam dose, mg IV
> 20	4	> 20	6
16-20	3	16-20	5
11-15	2	11-15	4
6-10	1	6-10	3
0-5	0	0-5	0

IV = intravenous; CIWA-Ar = Clinical Institute Withdrawal Alcohol Scale, Revised.