## Withdrawal Assessment Tool Version 1 (WAT–1)

<table>
<thead>
<tr>
<th>Information from patient record, previous 12 hours</th>
<th>DATE</th>
<th>TIME</th>
</tr>
</thead>
</table>

Any loose/watery stools | No = 0 | Yes = 1 |
Any vomiting/wretching/gagging | No = 0 | Yes = 1 |
Temperature > 37.8°C | No = 0 | Yes = 1 |

### 2 minute pre-stimulus observation

<table>
<thead>
<tr>
<th>State</th>
<th>SBS: &lt; 0 or asleep/awake/calm = 0</th>
<th>SBS: &gt; +1 or awake/distressed = 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tremor</td>
<td>None/mild = 0</td>
<td>Moderate/severe = 1</td>
</tr>
<tr>
<td>Any sweating</td>
<td>No = 0</td>
<td>Yes = 1</td>
</tr>
<tr>
<td>Uncoordinated/repetitive movement</td>
<td>None/mild = 0</td>
<td>Moderate/severe = 1</td>
</tr>
<tr>
<td>Yawning or sneezing</td>
<td>None or 1 = 0</td>
<td>&gt;2 = 1</td>
</tr>
</tbody>
</table>

### 1 minute stimulus observation

<table>
<thead>
<tr>
<th>Startle to touch</th>
<th>None/mild = 0</th>
<th>Moderate/severe = 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle tone</td>
<td>Normal = 0</td>
<td>Increased = 1</td>
</tr>
</tbody>
</table>

### Post-stimulus recovery

| Time to gain calm state (SBS: < 0) | < 2min = 0 | 2 - 5min = 1 | > 5 min = 2 |

### Total Score (0-12)

Sum the 11 numbers in the column for the total WAT-1 score (0-12).

### WITHDRAWAL ASSESSMENT TOOL (WAT – 1) INSTRUCTIONS

- Start WAT-1 scoring from the first day of weaning in patients who have received opioids +/- benzodiazepines by infusion or regular dosing for prolonged periods (e.g., > 5 days). Continue twice daily scoring until 72 hours after the last dose.
- The Withdrawal Assessment Tool (WAT-1) should be completed along with the SBS1 at least once per 12 hour shift (e.g., at 08:00 and 20:00 ± 2 hours). The progressive stimulus used in the SBS1 assessment provides a standard stimulus for observing signs of withdrawal.

### Obtain information from patient record (this can be done before or after the stimulus):

- Loose/watery stools: Score 1 if any loose or watery stools were documented in the past 12 hours; score 0 if none were noted.
- Vomiting/wretching/gagging: Score 1 if any vomiting or spontaneous wretching or gagging were documented in the past 12 hours; score 0 if none were noted.
- Temperature > 37.8°C: Score 1 if the modal (most frequently occurring) temperature documented was greater than 37.8°C in the past 12 hours; score 0 if this was not the case.

### 2 minute pre-stimulus observation:

- State: Score 1 if awake and distress (SBS1: ≥ +1) observed during the 2 minutes prior to the stimulus; score 0 if asleep or awake and calm/cooperative (SBS1 ≤ 0).
- Tremor: Score 1 if moderate to severe tremor observed during the 2 minutes prior to the stimulus; score 0 if no tremor (or only minor, intermittent tremor).
- Sweating: Score 1 if any sweating during the 2 minutes prior to the stimulus; score 0 if no sweating noted.
- Uncoordinated/repetitive movements: Score 1 if moderate to severe uncoordinated or repetitive movements such as head turning, leg or arm flailing or torso arching observed during the 2 minutes prior to the stimulus; score 0 if no (or only mild) uncoordinated or repetitive movements.
- Yawning or sneezing > 1: Score 1 if more than 1 yawn or sneeze observed during the 2 minutes prior to the stimulus; score 0 if 0 to 1 yawn or sneeze.

### 1 minute stimulus observation:

- Startle to touch: Score 1 if moderate to severe startle occurs when touched during the stimulus; score 0 if none (or mild).
- Muscle tone: Score 1 if tone increased during the stimulus; score 0 if normal.

### Post-stimulus recovery:

- Time to gain calm state (SBS1 ≤ 0): Score 2 if it takes greater than 5 minutes following stimulus; score 1 if achieved within 2 to 5 minutes; score 0 if achieved in less than 2 minutes.

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