

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

<b>Patient Identifier</b>											
		<b>Date:</b>									
		<b>Time:</b>									
<b>Information from patient record, previous 12 hours</b>											
Any loose/watery stools		No = 0 Yes = 1									
Any vomiting, retching, gagging		No = 0 Yes = 1									
Temperature > 37.8 °C		No = 0 Yes = 1									
<b>2 minute pre-stimulus observation</b>											
State		SBS <sup>1</sup> ≤ 0 or asleep/awake calm = 0 SBS <sup>1</sup> ≥ +1 or awake distressed = 1									
Tremor		None/mild = 0 Moderate/severe = 1									
Any sweating		No = 0 Yes = 1									
Uncoordinated/repetitive movement		None/mild = 0 Moderate/severe = 1									
Yawning or sneezing		None or 1 = 0 >2 = 1									
<b>1 minute stimulus observation</b>											
Startle to touch		None/mild = 0 Moderate/severe = 1									
Muscle tone		Normal = 0 Increased = 1									
<b>Post-stimulus recovery</b>											
Time to gain calm state (SBS <sup>1</sup> ≤ 0)		< 2 minutes = 0 2 - 5 minutes = 1 > 5 minutes = 2									
<b>Total Score (0-12)</b>											

### 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 SBS<sup>1</sup> at least once per 12-hour shift (e.g., at 08:00 and 20:00 ± 2 hours). The progressive stimulus used in the SBS<sup>1</sup> assessment provides a standard stimulus for observing signs of withdrawal.

#### Obtain information from the patient's 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, retching, gagging:** Score 1 if any vomiting or spontaneous retching 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 (SBS<sup>1</sup> ≥ +1) observed during the 2 minutes prior to stimulus; score 0 if asleep or awake and calm/cooperative (SBS<sup>1</sup> ≤ 0).
- ✓ **Tremor:** Score 1 if moderate to severe tremor observed during the 2 minutes prior to stimulus; score 0 if no tremor (or only minor, intermittent tremor).
- ✓ **Sweating:** Score 1 if any sweating during the 2 minutes prior to 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 stimulus; score 0 if no (or only mild) uncoordinated or repetitive movements.
- ✓ **Yawning or sneezing:** Score 1 if more than 1 yawn or sneeze observed during the 2 minutes prior to 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 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 (SBS<sup>1</sup> ≤ 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.

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

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