

## 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 stimulation):

- ✓ Any **loose or watery stools** documented in the past 12 hours score as a 1. Score a 0 if none noted.
- ✓ Score 1 if any **vomiting, spontaneous retching or gagging** were documented in the past 12 hours; score 0 if none were noted.
- ✓ Score 1 if the modal (most frequently appearing) documented **temperature 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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