

CENTRAL STATE HOSPITAL
PROTOCOL

SUBJECT: **CLINICAL INSTITUTE WITHDRAWAL ASSESSMENT FOR
ALCOHOL (CIWA)**

ANNUAL REVIEW MONTH: January

RESPONSIBLE FOR REVIEW: Chief Medical Officer

LAST REVISION DATE: January 2008

It is the goal of Central State Hospital to provide a safe withdrawal from alcohol dependence and to provide a withdrawal that is humane and thus protects the client's health and dignity. The Clinical Institute Withdrawal for Alcohol (CIWA) scale is a validated 10-item assessment tool that is used to quantify the severity of alcohol withdrawal syndrome, and to monitor and medicate clients going through withdrawal.

PROCEDURE: CIWA scores of 8 points or less correspond to mild withdrawal, scores of 9 to 15 correspond to moderate withdrawal, and scores of greater than 15 points correspond to severe withdrawal symptoms and an increased risk of delirium tremens and seizures. The CIWA measures 10 symptoms. Categories with the range scores are as follows:

NAUSEA AND VOMITING	(0-7)
TREMOR	(0-7)
PAROXYMAL SWEATS	(0-7)
ANXIETY	(0-7)
AGITATION	(0-7)
TACTILE DISTURBANCES	(0-7)
AUDITORY DISTURBANCES	(0-7)
VISUAL DISTURBANCES	(0-7)
HEADACHE, FULLNESS IN HEAD	(0-7)
ORIENTATION AND CLOUDING OF SENSORIUM	(0-4)

The CIWA assessment protocol will be initiated when ordered by a physician on those clients whose history and clinical presentation indicates he/she will be at risk for alcohol withdrawal. The CIWA assessment will be completed by licensed nursing staff and detoxification medications administered as per form CSH-1610, Alcohol Detoxification Protocol. Each symptom complex requires questions and observation indicated by the form CSH-1609, CIWA- (Clinical Institute Withdrawal Assessment for Alcohol). Each item will be rated and a total score established. In addition, the person's vital signs at the time of the assessment will be

documented on the CIWA form. The CIWA assessment and vital signs will be recorded as follows:

1. CIWA Score q 2 hours while awake x 12 hours, then q 4 hours while awake x 24 hours, then q 8 hours while awake x 24 hours
2. Vital signs q 2 hours while awake x 12 hours, then q 4 hours while awake x 24 hours, then q 8 hours while awake x 24 hours, then routine. Enter on CIWA form.

Approved:

This policy has been approved by the CMO and CEO on 2/11/2008