

WITHDRAWAL ASSESSMENT TOOL VERSION 1 (WAT – 1)

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Patient Identifier															
Date:															
Time:															
Information from patient record, previous 12 hours															
Any loose /watery stools	No = 0 Yes = 1														
Any vomiting/ retching /gagging	No = 0 Yes = 1														
Temperature > 37.8°C	No = 0 Yes = 1														
2 minute pre-stimulus observation															
State	asleep/awake/calm = 0 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														
1 minute stimulus observation															
Startle to touch	None/mild = 0 Moderate/severe = 1														
Muscle tone	Normal = 0 Increased = 1														
Post-stimulus recovery															
Time to gain calm state	< 2min = 0 2 - 5min = 1 > 5 min = 2														
Total 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 comfort score at least once per 12 hour shift.
- The progressive stimulus used for observing signs of withdrawal is – first patient's response to voice; then gentle touch; then noxious stimuli – planned endotracheal suctioning or <5 seconds of nail bed pressure.

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/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 - observed during the 2 minutes prior to the stimulus; score 0 if asleep or awake and calm/cooperative.
- **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 up 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:** 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).

Modified with permission from Prof Curley 29-05-18
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