### WITHDRAWAL ASSESSMENT TOOL VERSION 1 (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

<table>
<thead>
<tr>
<th>State</th>
<th>SBS¹ ≤ 0 or asleep/awake/calm = 0</th>
<th>SBS¹ &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 movements</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

- **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.

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

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