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Inpatient Registered Nursing Use of Evidence-Based Practice Tools to Manage Withdrawal Symptoms among Adults Hospitalized with Acute Alcohol or Opioid Withdrawal: A Needs Assessment

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Inpatient RN Use of EBP Tools to Manage Withdrawal Symptoms among Adults Hospitalized with Acute Alcohol or Opioid Withdrawal

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Providence Health Care Nurse Scholar/Magnet Program Manager

Learning Objectives

- Describe two evidence-based practice tools to measure alcohol and opioid withdrawal symptoms
- Discuss a method to assess withdrawal symptom scoring practices among RNs working in the adult medical-surgical specialty
- State the proposed educational intervention using best practice for improving alcohol withdrawal score accuracy

Purpose/Aims:



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Background



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CIWA Tool

ANXIETY – Ask “Do you feel nervous?” Observation

0 no anxiety, at ease

1 mildly anxious

2

3

4 moderately anxious, or guarded, so anxiety is inferred

5

6

7 equivalent to acute panic states as seen in severe delirium or acute schizophrenic reactions

CIWA Treatment

CIWA

LORazepam (ATIVAN) injection 2-4 mg [778222234]

Ordered Dose: 2-4 mg Route: Intravenous Frequency: PRN for Withdrawal Symptoms

Administration Dose: 2-4 mg

Scheduled Start Date/Time: End Date/Time: --
05/13/20 1555

Admin Instructions:

CIWA less than 9: No dose, reassess in 4 hours

CIWA 9-14: Give 2 mg, reassess in 2 hours

CIWA 15-20: Give 4 mg, reassess in 1 hour

CIWA 21-25: Give 4 mg, reassess in 30 minutes

CIWA greater than 25: 4 mg, reassess in 30 minutes

COWS Tool and Treatment

Clinical Opiate Withdrawal Scale (COWS)

Resting Pulse Rate

Sweating

Restlessness

Pupil Size

Bone or Joint Aches

Runny Nose or Tearing

GI Upset

Tremor

Yawning

Anxiety or Irritation

Gooseflesh Skin

Total

Patient is experiencing **mild** withdrawal symptoms if score is **5-12**.

Patient is experiencing **moderate** withdrawal symptoms if score is **13-24**.

Patient is experiencing **moderately severe** withdrawal symptoms if score is **25 – 36**.

Patient is experiencing **severe** withdrawal symptoms if score **>36**.

Methods/Approach

- Case studies written and videotaped for CIWA and COWS
- Case studies validated by Professional Development Specialists
- Nurses electronically completed CIWA and COWS scoring one time after reading and viewing case scenarios
- Results were analyzed using descriptive statistics and group difference testing

CIWA Case Scenario

Highlights of the CIWA case scenario with a video to follow:

Patient admitted with pancreatitis and states that she drinks a 6-pack of beer and vodka every night. Vital signs within defined limits.

Next day's assessment reveals patient with slight nausea and a mild headache. She is slightly diaphoretic and states that there are spiders on the ceiling of the room. She complains of feeling anxious and says, "I just want to go home!" Some of the vital signs are elevated from previous assessment.

CIWA Video

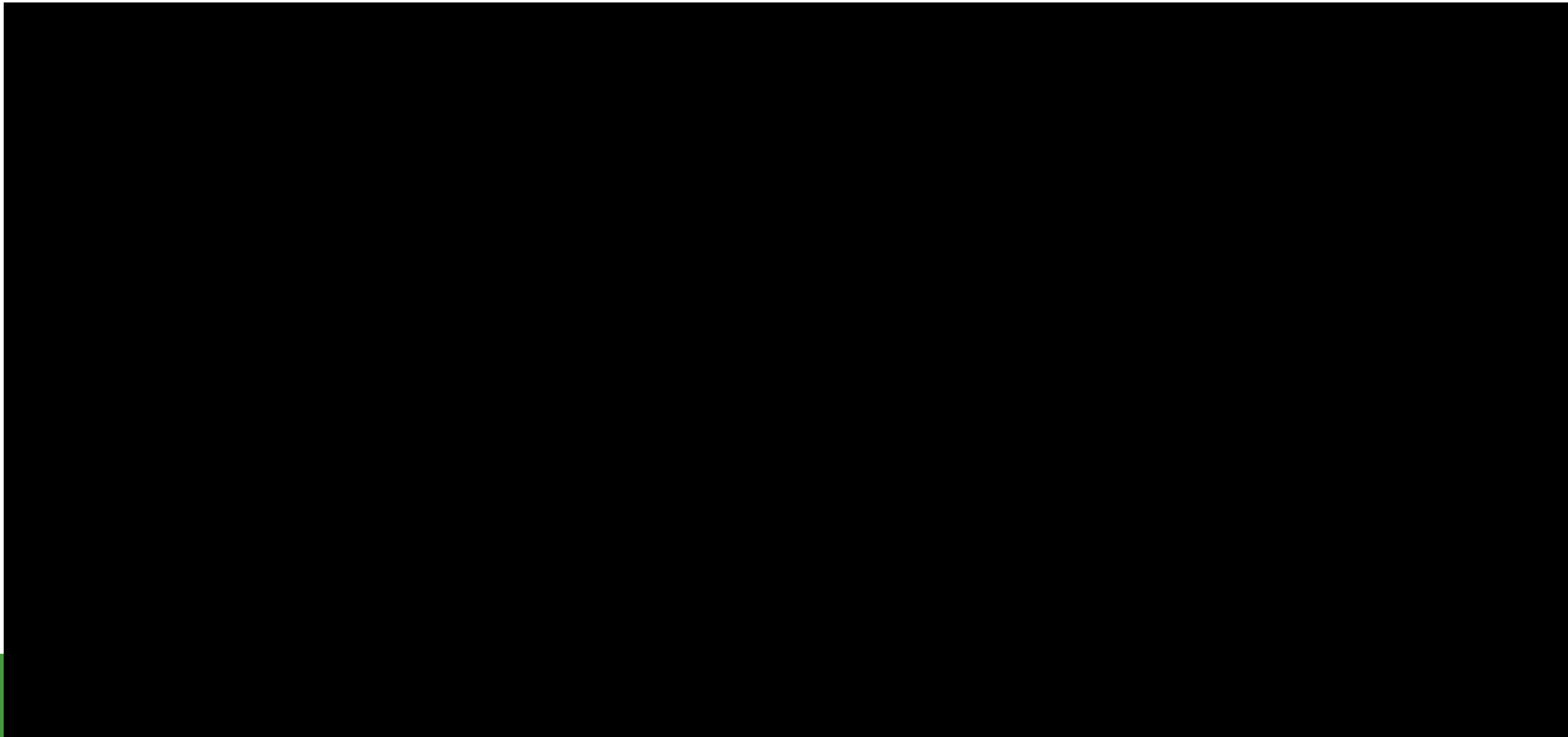
COWS Case Scenario

Highlights of the COWS case scenario with a video to follow:

Patient admitted with endocarditis and states that he currently uses IV heroin.

Next day's assessment shows patient complaining of flu-like symptoms. He asks that the heat be turned up because of goosebumps. You observe beads of sweat on his face, a slight tremor, no goosebumps seen. He states, "I feel like I'm getting the flu and I had a hard time sleeping". He is yawning, appears anxious, restlessness and cannot get comfortable in bed. Some of the vital signs are elevated from previous assessment.

COWS Video



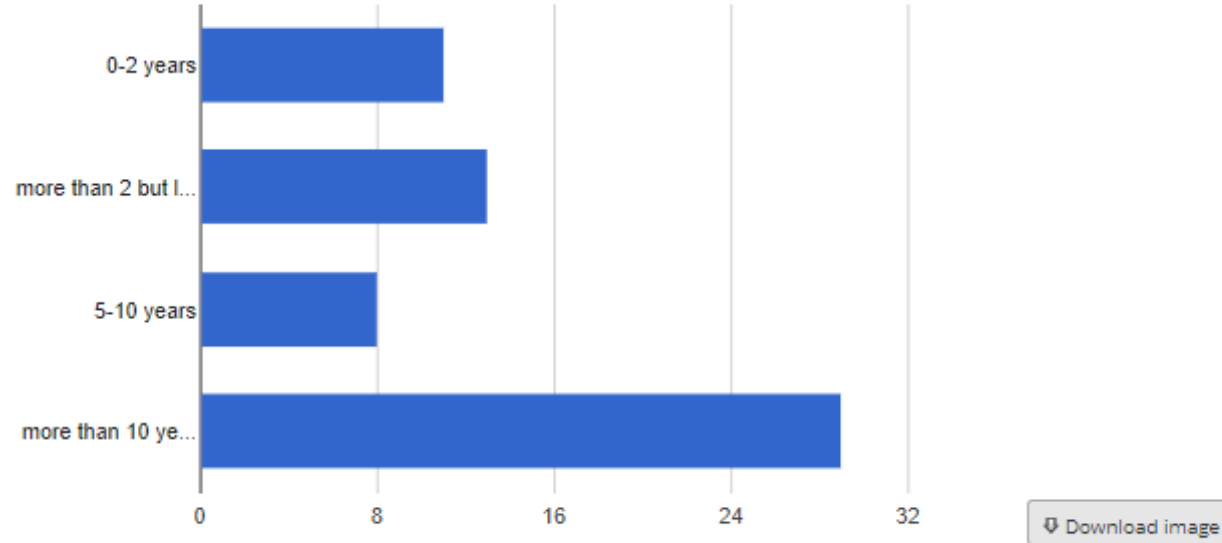
Results

- A total of 61 RNs completed the survey out of a possible 191 eligible nurses

How long have you been a Registered Nurse? *(tenure)* [Refresh Plot](#) | [View as Bar Chart](#) ▼

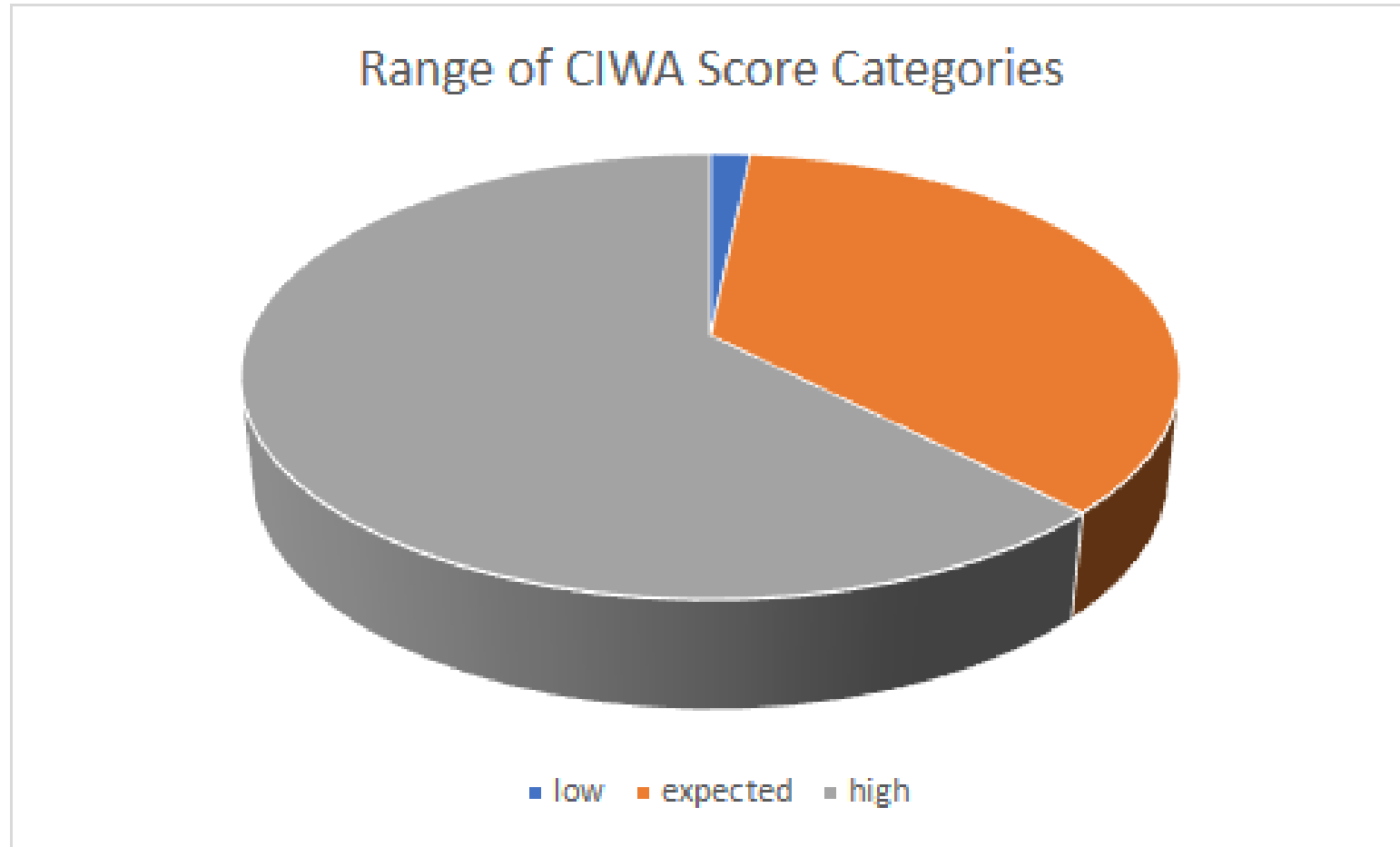
Total Count (N)	Missing*	Unique
61	0 (0.0%)	4

Counts/frequency: 0-2 years (11, 18.0%), more than 2 but less than 5 years (13, 21.3%), 5-10 years (8, 13.1%), more than 10 years (29, 47.5%)



Results (cont.)

- ❖ For COWS, 59/61 or 97%, correctly scored the patient as experiencing moderate withdrawal severity
- ❖ For CIWA, 22/61 or 36% correctly rated patient with moderate withdrawal symptoms necessitating 2 mg of Ativan per facility protocol



Results (cont.)

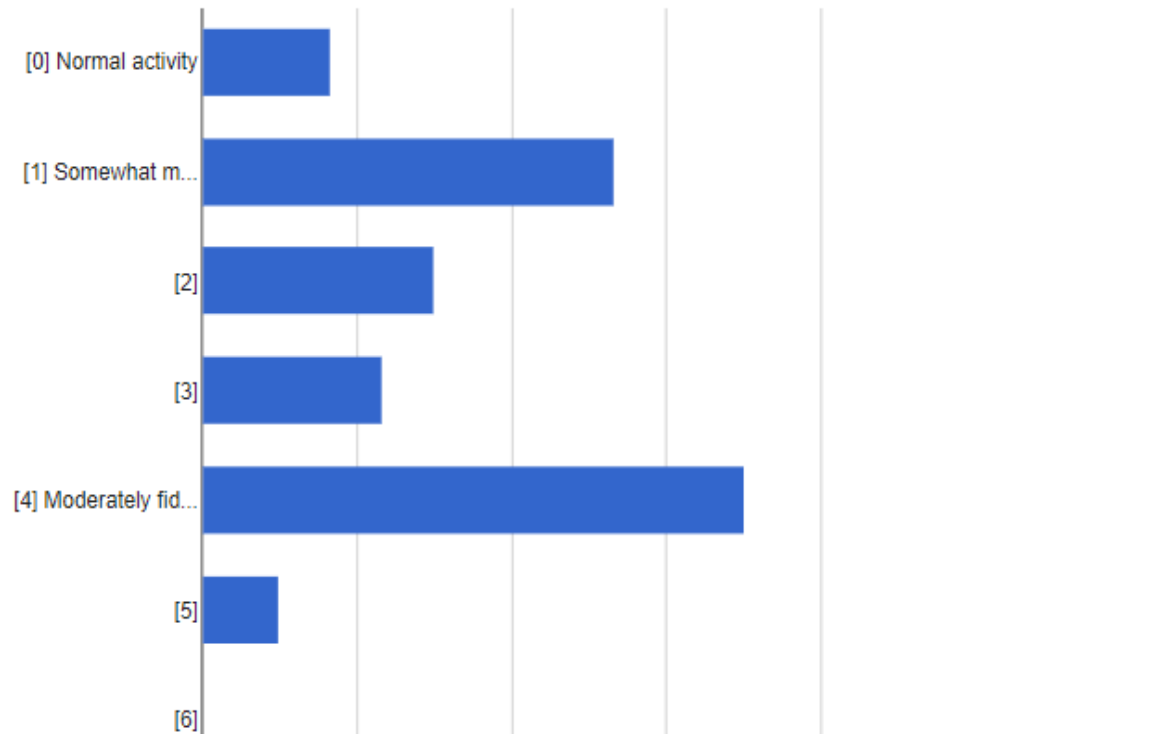


Results (cont.)

AGITATION - Observation. (*agitation*) [Refresh Plot](#) | [View as Bar Chart](#) ▼

Total Count (N)	Missing*	Unique
61	0 (0.0%)	6

Counts/frequency: [0] Normal activity (5, 8.2%), [1] Somewhat more than normal activity (16, 26.2%), [2] (9, 14.8%), [3] (7, 11.5%), [4] Moderately fidgety and restless (21, 34.4%), [5] (3, 4.9%), [6] (0, 0.0%), [7] Paces back and forth during most of the interview, or constantly thrashes about (0, 0.0%)



Shift Comparison

t-Test: Two-Sample Assuming Unequal Variances		
	CIWA.day	CIWA.noc
Mean (Average)	14.9032258	16.1
Variance	14.4236559	9.817241379
Observations	31	30
Hypothesized Mean Difference	0	
df	58	
t Stat	-1.3443332	
P(T<=t) one-tail	0.0920376	

Implications for Practice

**Educational
Intervention**



**Standardized
Symptom
Scoring**



**Optimal
Patient
Treatment**

Questions?



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