

CIWA.Ar (Clinical Institute Withdrawal Assessment for Alcohol)

Objetivo: avaliar gravidade do síndrome de abstinência alcoólica.

Cálculo:

Appendix: Addiction Research Foundation Clinical Institute Withdrawal Assessment for Alcohol (CIWA-Ar)

Patient _____	Date — — — y m d	Time ____:____ (24 hour clock, midnight=00:00)
Pulse or heart rate, taken for one minute: _____		Blood pressure: _____/_____
<p>NAUSEA AND VOMITING—As “Do you feel sick to your stomach? Have you vomited?” Observation.</p> <p>0 no nausea and no vomiting 1 mild nausea with no vomiting 2 3 4 intermittent nausea with dry heaves 5 6 7 constant nausea, frequent dry heaves and vomiting</p>	<p>TACTILE DISTURBANCES—Ask “Have you any itching, pins and needles sensations, any burning, any numbness or do you feel bugs crawling on or under your skin?” Observation.</p> <p>0 none 1 very mild itching, pins and needles, burning or numbness 2 mild itching, pins and needles, burning or numbness 3 moderate itching, pins and needles, burning or numbness 4 moderately severe hallucinations 5 severe hallucinations 6 extremely severe hallucinations 7 continuous hallucinations</p>	
<p>TREMOR—Arms extended and fingers spread apart. Observation.</p> <p>0 no tremor 1 not visible, but can be felt fingertip to fingertip 2 3 4 moderate, with patient’s arms extended 5 6 7 severe, even with arms not extended</p>	<p>AUDITORY DISTURBANCES—Ask “Are you more aware of sounds around you? Are they harsh? Do they frighten you? Are you hearing anything that is disturbing to you? Are you hearing things you know are not there?” Observation.</p> <p>0 not present 1 very mild harshness or ability to frighten 2 mild harshness or ability to frighten 3 moderate harshness or ability to frighten 4 moderately severe hallucinations 5 severe hallucinations 6 extremely severe hallucinations 7 continuous hallucinations</p>	
<p>PAROXYSMAL SWEATS—Observation.</p> <p>0 no sweat visible 1 barely perceptible sweating, palms moist 2 3 4 beads of sweat obvious on forehead 5 6 7 drenching sweats</p>	<p>VISUAL DISTURBANCES—Ask “Does the light appear to be too bright? Is its colour different? Does it hurt your eyes? Are you seeing anything that is disturbing to you? Are you seeing things you know are not there?” Observation.</p> <p>0 not present 1 very mild sensitivity 2 mild sensitivity 3 moderate sensitivity 4 moderately severe hallucinations 5 severe hallucinations 6 extremely severe hallucinations 7 continuous hallucinations</p>	
<p>ANXIETY—Ask “Do you feel nervous?” Observation.</p> <p>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</p>	<p>HEADACHE, FULLNESS IN HEAD—Ask “Does your head feel different? Does it feel like there is a band around your head?” Do not rate for dizziness or lightheadedness. Otherwise, rate severity.</p> <p>0 not present 1 very mild 2 mild 3 moderate 4 moderately severe 5 severe 6 very severe 7 extremely severe</p>	
<p>AGITATION—Observation.</p> <p>0 normal activity 1 somewhat more than normal activity 2 3 4 moderately fidgety and restless 5 6 7 paces back and forth during most of the interview, or constantly thrashes about</p>	<p>ORIENTATION AND CLOUDING OF SENSORIUM—Ask “What day is this? Where are you? Who am I?”</p> <p>0 oriented and can do serial additions 1 cannot do serial additions or is uncertain about date 2 disoriented for date by no more than 2 calendar days 3 disoriented for date by more than 2 calendar days 4 disoriented for place and/or person</p>	

SULLIVAN, J. T., SYKORA, K., SCHNEIDERMAN, J., NARANJO, C. A., & SELLERS, E. M. (1989). Assessment of Alcohol Withdrawal: the revised clinical institute withdrawal assessment for alcohol scale (CIWA-Ar). *Addiction*, 84(11), 1353–1357.
doi:10.1111/j.1360-0443.1989.tb00737

Calculador automático:

<https://www.mdcalc.com/ciwa-ar-alcohol-withdrawal>

Interpretação:

>8 pontos: síndrome de abstinência alcoólica moderado (iniciar terapêutica farmacológica)

→15 pontos: síndrome de abstinência alcoólica grave