

Target group:

Children, up to 16 years old, who have received benzodiazepines and/or opioids for more than 4 days, start from the 5th day.

Excluded are children who:

- Receive neuromuscular blocking agents continuous;
- Have been admitted with status epilepticus (and therefore receive midazolam);
- Show severely disturbed behavioral pattern on account of underlying neurological disease.

For assessing abstinence in infants of drug-dependent mothers, we recommend the Neonatal Abstinence Score (NAS) of L.P. Finnegan (1975).

Procedure:

- Observe the child:
 - At 4 a.m., 2 p.m. and 8 p.m.
 - At suspicion of withdrawal syndrome.
 - 2 hours after an intervention for treatment of withdrawal symptoms.
- Please fill in the form carefully after observation;
- Please score for each item the most extreme/ worst moment during the **past 4 hours**;
- Check the explanation if a particular item is not clear.

Step 1**Determining baseline values for heart rate and breathing rate:**

The baseline value is the mean value over the past 24 hours. Dependent on type of 'patient data management system' it could be automatically generated, otherwise it must be computed by hand.

For example:

The baseline value of heart rate is 100. Compute baseline "exceeded by 15 %" as follows:

$100 \times 1.15 = 115$. The highest rate observed in the past 4 hours is 124. This is higher than 115, so tick yes for tachycardia (step 2).

Step 2 Items 7 and 8**Instructions for tremors and motor disturbance:**

Tremors and motor disturbance can present in two ways:

1. spontaneous, not related to environmental stimuli or touching of the child;
2. in response to environmental stimuli (caretaking, noise, etc.).

Please take this into account when completing the form.

Example: a child show tremors when you attend to it. The tremors stop when you have finished.

In this case, please tick yes for "tremors – in response to environmental stimuli".