

PRACE ORYGINALNE

Nowowiejska skala nasilenia objawów alkoholowego zespołu abstynencyjnego (skala NOWA)

Nowowiejska alcohol withdrawal assessment scale (NOWA Scale)

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Abstract – Background. A reliable assessment of severity of alcohol withdrawal is essential for monitoring efficacy of treatment applied. Among many instruments, the Clinical Institute Withdrawal Assessment-Alcohol Scale (CIWA-A) created by Shaw et al. is most widely used. **Methods.** We modified and revised the CIWA-A Scale.

Results. On the basis of clinical evaluation and statistical analyses we shortened the CIWA-A to seven items, which are the most clinically pertinent. We added the item of heart rate, which is strongly related with autonomic hyperactivity.

Conclusions. NOWA Scale appears to be a valid and reliable instrument, which takes only five minutes to administer. The new scale is useful in monitoring clinical course and treatment of alcohol withdrawal.

Key words: alcohol withdrawal, delirium tremens, CIWA-A Scale

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