

# Malabsorption Index

Name:

Date:

Clinician Signature:

Malabsorption can occur as a result of certain disease states or a number of clinical conditions. This worksheet will assist in identifying individuals with malabsorption and provide guidance in the selection of enteral diets.

**Instructions:** Check the box next to the answer that best applies to each question.

## 1. Stool frequency and consistency

How frequently does the individual experience diarrhea\* and/or loose stools?

- Every day (4 points)  
 Three or more times per week (3 points)  
 Rarely (0 points)

## 2. Medication

Is the individual on a sorbitol-containing medication or other medications which promote rapid intestinal transit time and/or is the individual on a medication to control stools?

- Yes (3 points)  No (0 points)

## 3. Nutritional status

Is weight loss occurring despite the provision of a reasonable level of calories and protein (eg, 25-35 kcal/kg with >1.0 g protein/kg/day)?

- Yes (3 points)  No (0 points)

## 4. Medical diagnoses

Have any of the following diagnoses been documented in the individual's medical record over the last year: Crohn's disease; inflammatory bowel disease; pancreatitis; CMV; cryptosporidiosis; short bowel syndrome; intestinal failure; bacterial overgrowth; MAI; AIDS enteropathy; liver disease?

- Yes (3 points)  No (0 points)

## 5. Treatments and diagnoses

Have any of the following treatments or procedures been received over the last 6 months: radiation therapy to the GI tract or surrounding areas; intestinal resections; gastrectomy?

- Yes (3 points)  No (0 points)

## 6. Serum albumin

Based on a recent laboratory report (within the last 2 months), what is the individual's serum albumin level?

- ≤2.0 g/dL (4 points)  >3.0 g/dL (0 points)  
 2.1-2.5 g/dL (3 points)  Result not available  
 2.6-3.0 g/dL (2 points)

Add points here:

Question 1 + Question 2 + Question 3 + Question 4 + Question 5 + Question 6 = Total

+  +  +  +  +  =

| Total points | Potential degree of malabsorption | Recommended nutrition therapy  | Suggested Nestlé enteral products  |
|--------------|-----------------------------------|--|--|
| 0            | Low                               | Utilize whole protein diet.  | Nestlé whole protein tube-feeding formulas or nutritional drinks                                 |
| 2-6          | Moderate                          | Initiate MCT-containing whole protein diet. If <60% of goal rate achieved due to documented GI intolerance,* advance to peptide-based, MCT-containing diet.                                      | NUTREN® 1.5 formula, NUTREN® 2.0 formula, PEPTAMEN® family, IMPACT® PEPTIDE 1.5 formula          |
| 7-14         | High                              | Utilize peptide-based, MCT-containing or free amino acid-based, very low-fat diet. If <60% of goal rate achieved due to documented GI intolerance after a reasonable trial, consider use of TPN. | PEPTAMEN® family, IMPACT® PEPTIDE 1.5 formula, VIVONEX®/TOLEREX® family                          |
| 15+          | Very high                         | TPN may be indicated as dual feeding with elemental diet or as sole therapy.   | If dual feeding, utilize PEPTAMEN® family, IMPACT® PEPTIDE 1.5 formula, VIVONEX®/TOLEREX® family |

\*Gastrointestinal intolerance: diarrhea >300 mL/day or more than 4 loose stools per day; abdominal distention; nausea and/or vomiting. This tool has been validated by Mark DeLegge, MD, Charlotte Clinic for Gastrointestinal and Liver Diseases, PA. It has been found to be 75% sensitive. This document is not a substitute for clinical judgment or medical advice.