

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; Cytomegalovirus (CMV); cryptosporidiosis; short bowel syndrome; intestinal failure; bacterial overgrowth; Mycobacterium avium-intracellulare infection (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, indicating inflammatory status which could be linked to gut dysfunction.^{2,3?}

- ≤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
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>

Total points	Potential degree of malabsorption	Recommended nutrition therapy	Suggested Nestlé Health Science enteral products
0	Low	Utilize protein diet.	Select an intact protein formula, examples include: COMPLEAT® Formulas, ISOSOURCE® Formulas FIBERSOURCE® HN: Fiber-containing, REplete® Family: Very High Protein
2-6	Moderate	Initiate high MCT-containing intact protein diet. <i>If <60% of goal rate achieved due to documented GI intolerance,* advance to peptide-based, MCT-containing diet.</i>	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 document is not a substitute for clinical judgment or medical advice.

References: 1. DeLegge M, et al. JPEN 2001;S25,0094. 2. Don B, Kaysen G. Seminars in Dialysis. 2004;17:432-437
3. Moore F, Weisbrodt N. Gut dysfunction and intolerance to EN in critically ill patients. Nestlé Nutrition Workshop Series Clinical and Performance Program 2003;8:149-170.

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