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

Add points here:

<table>
<thead>
<tr>
<th>Question 1</th>
<th>Question 2</th>
<th>Question 3</th>
<th>Question 4</th>
<th>Question 5</th>
<th>Question 6</th>
<th>Total</th>
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<table>
<thead>
<tr>
<th>Total points</th>
<th>Potential degree of malabsorption</th>
<th>Recommended nutrition therapy</th>
<th>Suggested Nestlé Health Science enteral products</th>
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</thead>
<tbody>
<tr>
<td>0</td>
<td>Low</td>
<td>Utilize protein diet.</td>
<td>Select an intact protein formula, examples include: COMPLETE® Formulas, ISOSOURCE® Formulas FIBERSOURCE® HN: Fiber-containing, REPLETE®Family: Very High Protein</td>
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<tr>
<td>2-6</td>
<td>Moderate</td>
<td>Initiate high MCT-containing intact protein diet. If &lt;60% of goal rate achieved due to documented GI intolerance,* advance to peptide-based, MCT-containing diet.</td>
<td>NUTREN® 2.0 formula PEPTAMEN® family, IMPACT® Peptide 1.5 formula</td>
</tr>
<tr>
<td>7-14</td>
<td>High</td>
<td>Utilize peptide-based, MCT-containing or free amino acid-based, very low-fat diet. If &lt;60% of goal rate achieved due to documented GI intolerance after a reasonable trial, consider use of TPN.</td>
<td>PEPTAMEN® family, IMPACT® Peptide 1.5 formula, VIVONEX®/TOLEREX® family</td>
</tr>
<tr>
<td>15+</td>
<td>Very High</td>
<td>TPN may be indicated as dual feeding with elemental diet or as sole therapy.</td>
<td>If dual feeding, utilize PEPTAMEN® family, IMPACT®Peptide 1.5 formula, VIVONEX®/TOLEREX® family</td>
</tr>
</tbody>
</table>

*Gastrointestinal intolerance: diarrhea >300 mL/day or more than 4 loose stools per day; abdominal distention; nausea and/or vomiting.
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