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 (e.g., 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)
   - 2.6-3.0 g/dL (2 points)

Add points here:

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**Potential degree of malabsorption**

- 0: Low
- 2-6: Moderate
- 7-14: High
- 15+: Very high

**Recommended nutrition therapy**

- 0: Utilize whole protein diet.
- 2-6: Initiate MCT-containing whole protein diet. If <60% of goal rate achieved due to documented GI intolerance,* advance to peptide-based, MCT-containing diet.
- 7-14: 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.
- 15+: TPN may be indicated as dual feeding with elemental diet or as sole therapy.

**Suggested Nestlé enteral products**

- Nestlé whole protein tube-feeding formulas or nutritional drinks
- NUTREN® 1.5 formula, NUTREN® 2.0 formula, PEPTAMEN® family, IMPACT® PEPTIDE 1.5 formula
- PEPTAMEN® family, IMPACT® PEPTIDE 1.5 formula, VIVONEX®/TOLEREX® family
- If dual feeding, utilize PEPTAMEN® family, IMPACT® PEPTIDE 1.5 formula, VIVONEX®/TOLEREX® family

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*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.