

Malabsorption Index

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: 1. Select the option that best applies to each question. 2. All the questions are mandatory.

1. Stool frequency and consistency

How frequently does the individual experience diarrhoea* 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; cryptosporidiosis; short bowel syndrome; intestinal failure; bacterial overgrowth; Mycobacterium avium-intracellulare infection; Acquired immune deficiency syndrome 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 gastrointestinal (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.^{1,2?}

- ≤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 Health Science enteral products †
0	Low	Utilise an intact protein formula.	COMPLEAT® Formulas, ISOSOURCE® Formulas, NOVASOURCE® Formulas
2-6	Moderate	Initiate high MCT-containing intact protein diet. If <60% of goal rate achieved due to documented GI intolerance,* advance to peptide-based, MCT-containing diet.	ISOSOURCE® 2.0 Protein/ISOSOURCE® 2.0 Protein Fiber PEPTAMEN® family
7-14	High	Utilise 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 total parenteral nutrition (TPN).	PEPTAMEN® family
15+	Very High	TPN may be indicated as dual feeding with elemental diet or as sole therapy.	PEPTAMEN® family (If dual feeding)

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

†Foods for Special Medical Purposes to be used under medical supervision.

This document is not a substitute for clinical judgment or medical advice.

Abbreviations: GI, gastrointestinal; MCT, medium chain triglycerides; TPN, total parenteral nutrition.

References: 1. Don B, et al. *Seminars in Dialysis*. 2004;17(6):432-437. 2. Moore F, Weisbrodt N. *Nestlé Nutrition Workshop Series Clinical and Performance Program*. 2003;8:149-170.

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