



Feeding intolerance score [1]

Variable	Range	Points
Abdominal distension/pain	None	0
	Mild distension and no abdominal pain	1
	Moderate distension OR IAP 15~20mmHg OR transient abdominal pain	2
	Severe distension OR IAP>20mmHg OR persistent abdominal pain	5
Nausea/vomiting	None	0
	Nausea but no vomiting	1
	Nausea and vomiting without a requirement for decompression OR 250ml \leq GRV < 500ml	2
	Vomiting requiring gastric decompression OR GRV \geq 500ml	5
Diarrhea	None	0
	Loose stools \geq 3 times/day with 250 \leq volume < 500ml	1
	Loose stools \geq 3 times/day with 500 \leq volume < 1500ml	2
	Loose stools \geq 3 times/day with volume \geq 1500ml	5

Total score= Abdominal distension/pain + Nausea/vomiting + Diarrhea

0-2 points: continue enteral nutrition, increase or maintain initial speed, symptomatic treatment;

3-4 points: continue enteral nutrition, slow down the speed, reevaluate EN tolerance after 2h;

\geq 5 points: suspend enteral nutrition, reevaluate or replace the infusion route;

[1] Lin J, Liu Y, Ke L, et al. Nutr Clin Pract. 2021 Oct 22.



肠内营养耐受性评分表^[1]

评估内容	症状分级	计分标准
腹胀/腹痛	无	0
	轻度腹胀，无腹痛	1
	明显腹胀 或 腹内压 15-20mmHg 或 能够自行缓解的腹痛	2
	严重腹胀 或 腹内压 >20mmHg 或 腹痛不能自行缓解	5
恶心/呕吐	无	0
	有恶心，无呕吐	1
	恶心呕吐，但不需胃肠减压 或 $250\text{ml} \leq \text{GRV} < 500\text{ml}$	2
	呕吐且需胃肠减压 或 $\text{GRV} \geq 500\text{ml}$	5
腹泻	无	0
	稀便 ≥ 3 次/天且 $250\text{ml} \leq \text{大便量} < 500\text{ml}$	1
	稀便 ≥ 3 次/天且 $500\text{ml} \leq \text{大便量} < 1500\text{ml}$	2
	稀便 ≥ 3 次/天且大便量 $\geq 1500\text{ml}$	5

耐受性总分=腹胀/腹痛+恶心/呕吐+腹泻；

0-2 分：继续肠内营养，增加或维持原速度，对症治疗；

3-4 分：继续肠内营养，减慢速度，2h 后重新评估肠内营养耐受性；

≥ 5 分：暂停肠内营养，对症处理后再次评估或更换营养途径；

[1] Lin J, Liu Y, Ke L, et al. Nutr Clin Pract. 2021 Oct 22.