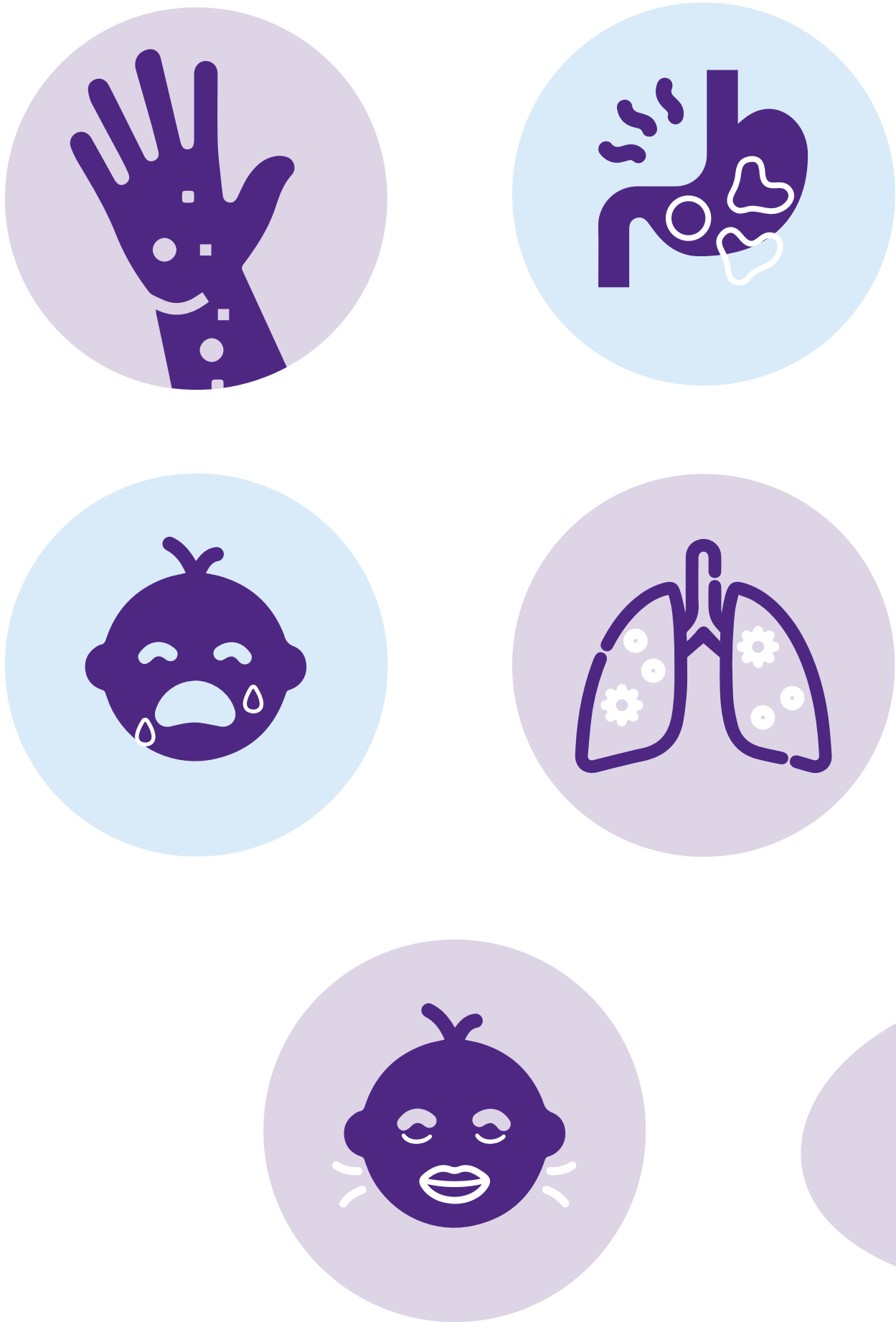


CMAWARE™ SYMPTOM CHECKER

This questionnaire is a cow’s milk allergy symptom awareness tool for healthcare professionals and has been developed based on an evidence based, validated CMA awareness tool^{1,2} to assist in the assessment of an infant’s symptoms.

Completing this questionnaire with your patients’ parents or carers can help identify whether their baby’s symptoms may be related to a cow’s milk allergy.



Question 1



How long does the baby spend crying per day?

Less than 1 hour each day ☐ 0 pts

1–1.5 hours each day ☐ 1 pts

1.5–2 hours each day ☐ 2 pts

2–3 hours each day ☐ 3 pts

3–4 hours each day ☐ 4 pts

4–5 hours each day ☐ 5 pts

More than 5 hours each day ☐ 6 pts



Question 2

How often/much does the baby regurgitate their feed?

- | | |
|---|--------------------------------|
| 0–2 times per day | ☐ 0 pts |
| 3–5 times per day (less than 1 teaspoon) | ☐ 1 pts |
| More than 5 times per day (more than 1 teaspoon) | ☐ 2 pts |
| More than 5 times per day (more or less half of their feed) | ☐ 3 pts |
| Continues to regurgitate small amounts of their feed more than 30 minutes after feeding | ☐ 4 pts |
| Regurgitates between half and all of their feed in at least half of their feeds | ☐ 5 pts |
| Regurgitates all of their feed after every feed | ☐ 6 pts |



Question 3

Describe the baby's stools.

- | | | | |
|-------------------------------------|---------------------------------------|--------------------------------------|---------------------------------------|
| Hard ☐ 4 pts | Formed ☐ 0 pts | Loose ☐ 3 pts | Watery ☐ 6 pts |
|-------------------------------------|---------------------------------------|--------------------------------------|---------------------------------------|



Question 4

Does the baby have an allergic eczema or rash on their head, neck or body?

- | | |
|---|--|
| No ☐ 0 pts | A moderate amount ☐ 2 pts |
| A small amount ☐ 1 pts | A severe amount ☐ 3 pts |

Question 5



Does the baby have an allergic eczema or rash on their arms, hands, legs or feet?

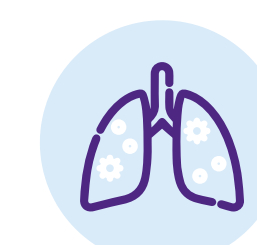
No ☐ 0 pts

A moderate amount ☐ 2 pts

A small amount ☐ 1 pts

A severe amount ☐ 3 pts

Question 6



Is the baby experiencing any breathing problems (wheezing, asthma, rhinitis)?

No ☐ 0 pts

Slight symptoms ☐ 2 pts

Mild symptoms ☐ 1 pts

Severe symptoms ☐ 3 pts

Once you have completed this questionnaire with the parent/carer, please add the scores together and record it here:

Total score:

If the baby's symptoms result in a **score <6, it is unlikely that the infant has cow's milk allergy.**

If the baby's symptoms result in a **score >10, it is possible that the baby may be allergic to cow's milk.**

This is not a diagnostic test, it is a cow's milk allergy awareness tool.

References:

1. Vandenplas, Y et al. (2015), A workshop report on the development of the Cow's Milk-related Symptom Score awareness tool for young children. Acta Paediatr, 104: 334–339. <https://doi.org/10.1111/apa.12902>
2. Vandenplas, Y et al. The Cow's Milk Related Symptom Score: The 2022 Update. Nutrients 2022, 14, 2682. <https://pubmed.ncbi.nlm.nih.gov/35807862/>