

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 | <input type="checkbox"/> 0 pts | 3-4 hours each day | <input type="checkbox"/> 4 pts |
| 1-1.5 hours each day | <input type="checkbox"/> 1 pts | 4-5 hours each day | <input type="checkbox"/> 5 pts |
| 1.5-2 hours each day | <input type="checkbox"/> 2 pts | More than 5 hours each day | <input type="checkbox"/> 6 pts |
| 2-3 hours each day | <input type="checkbox"/> 3 pts | | |

Question 2

How often/much does the baby regurgitate their feed?

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

Question 3

Describe the baby's stools.

- | | | | |
|--------|--------------------------------|--------|--------------------------------|
| Hard | <input type="checkbox"/> 4 pts | Loose | <input type="checkbox"/> 3 pts |
| Formed | <input type="checkbox"/> 0 pts | Watery | <input type="checkbox"/> 6 pts |

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Question 4

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

- | | | | |
|----------------|--------------------------------|-------------------|--------------------------------|
| No | <input type="checkbox"/> 0 pts | A moderate amount | <input type="checkbox"/> 2 pts |
| A small amount | <input type="checkbox"/> 1 pts | A severe amount | <input type="checkbox"/> 3 pts |

Question 5

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

- | | | | |
|----------------|--------------------------------|-------------------|--------------------------------|
| No | <input type="checkbox"/> 0 pts | A moderate amount | <input type="checkbox"/> 2 pts |
| A small amount | <input type="checkbox"/> 1 pts | A severe amount | <input type="checkbox"/> 3 pts |

Question 6

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

- | | | | |
|---------------|--------------------------------|-----------------|--------------------------------|
| No | <input type="checkbox"/> 0 pts | Slight symptoms | <input type="checkbox"/> 2 pts |
| Mild symptoms | <input type="checkbox"/> 1 pts | Severe symptoms | <input type="checkbox"/> 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 baby 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.



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