

CoMiSS®: Cow's Milk-related Symptom Score

Last name:

First name:

Age:

Date:

PURPOSE

CoMiSS® is a simple, fast and easy-to-use awareness tool for cow's milk-related symptoms. It increases awareness of the most common symptoms of cow's milk allergy (CMA). CoMiSS® can also be used to evaluate and quantify the evolution of symptoms during a therapeutic intervention. CoMiSS® is intended to be used in children under 1 year.

The tool is not intended for infants with severe and life threatening symptoms clearly indicating CMA, including anaphylaxis, which requires urgent referral.
Infants presenting with failure to thrive and sick infants with hematochezia, require urgent referral and full diagnostic work up.

INSTRUCTIONS

If the infant presents with symptoms possibly related to cow's milk, rate the observed/reported symptoms by choosing the most appropriate score for each type of symptom. Once completed, add the individual symptom scores together to obtain a total score. For more detailed information refer to the CoMiSS® User Guide (www.nestlehealthscience.com/health-management/food-allergy/milk-allergy-hcp/diagnosing-cmpa/comiss).



SYMPTOM	SCORE		
Crying* assessed by parents without any obvious cause ≥ 1 week duration	0 1 2 3 4 5 6	≤ 1 hour/day 1 to 1.5 hours/day 1.5 to 2 hours/day 2 to 3 hours/day 3 to 4 hours/day 4 to 5 hours/day ≥ 5 hours/day	SCORE
Regurgitation* ≥ 1 week duration	0 1 2 3 4 5 6	0 to 2 episodes/day ≥ 3 to ≤ 5 episodes of volume < 5ml > 5 episodes of > 5ml > 5 episodes of ± half of the feeds in < half of the feeds Continuous regurgitations of small volumes > 30 min after each feed Regurgitation of half to complete volume of a feed in at least half of the feeds Regurgitation of the complete feed after each feeding	SCORE
Stools* Brussels Infant and Toddlers Stool Scale (BITSS) ≥ 1 week duration	4 0 4 6	Hard stools Formed stools Loose stools Watery stools	SCORE
Skin	0 to 6	Atopic eczema ≥ 1 week duration Absent Mild Moderate Severe	HEAD-NECK-TRUNK 0 1 2 3 ARMS-HANDS-LEGS-FEET 0 1 2 3 SCORE
	0 to 6	(Acute) Urticaria* and/or angioedema* (no 0 / yes 6)	
Respiratory* ≥ 1 week duration	0 1 2 3	No respiratory symptoms Slight symptoms Mild symptoms Severe symptoms	SCORE

* In the absence of infectious disease.

TOTAL SCORE

INTERPRETATION OF THE TOTAL SCORE

Total score ≥ 10: May be suggestive of cows milk-related symptoms and could potentially be CMA.

Total score < 6: Symptoms are not likely to be related to CMA. Look for other causes.

The CoMiSS® scoring form is not intended to be used as a diagnostic tool and should not replace an oral food challenge.
CMA diagnosis should be confirmed by a 2 to 4 week elimination diet followed by an oral food challenge.

ADDITIONAL INFORMATION TO CONSIDER

Worsening of eczema might be indicative of CMA. If urticaria/angioedema can be directly related to cow's milk (e.g. drinking milk in the absence of other food) this is strongly suggestive of CMA.

Reference: Vandenplas Y, Bajero K, Dupont C, Eigenmann P, Kuitunen M, Meyer R, Ribes-Koninckx C, Salvatore S, Shamir R, Szajewska H. The Cow's Milk Related Symptom Score: The 2022 Update. *Nutrients* 2022, 14, 2682. <https://doi.org/10.3390/nu14132682>