

European Consensus on Malabsorption—UEG & SIGE, LGA, SPG, SRGH, CGS, ESPCG, EAGEN, ESPEN, and ESPGHAN Part 2: Screening, Special Populations, Nutritional Goals, Supportive Care, Primary Care Perspective

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Standards and Guidelines

Endoscopy

Pancreas

Primary Care

Small Intestine & Nutrition

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A European multi-society consensus addresses the diagnosis and management of malabsorption, a complex condition with diverse causes ranging from cystic fibrosis and coeliac disease to small bowel resection.

KEY POINTS

- Malabsorption is characterized by defective passage of nutrients into the blood and lymphatic streams and may be caused by numerous congenital or acquired disorders including exocrine pancreatic insufficiency, coeliac disease, small intestinal bacterial overgrowth, Crohn's disease, and gastric or small bowel resections.
- Early recognition through medical and pharmacological history is key for tailoring diagnostic work-up, which includes endoscopy with small intestinal biopsies, non-invasive functional tests, and radiologic imaging.
- Coeliac disease should always be investigated in cases of malabsorption without other obvious explanations and in high-risk individuals due to its high prevalence.
- Nutritional support is central to management, with options including oral supplements, enteral or parenteral nutrition; teduglutide proved effective in reducing the need for parenteral nutrition in short bowel syndrome patients.
- Primary care physicians play a central role in early detection and should be integrated into multidisciplinary teams for optimal patient management.

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