

Description

- Often eating nonfood items:
 - Ashes, cigarette butts, clay, dust, soil, starch

Assess Readiness for Change: with open ended questions

- “Sam has been diagnosed with pica. Tell me more about his pica and the treatment the Dr has suggested?”
- “How are you coping with his pica?”

Discussion, Counseling and Education

If the answer is:

Try Counseling Strategies

Try Education

Not ready

“The Dr said it was due to his autism. I have to watch him around threads.”

- “So thread is the item he eats. What side effects have been an issue for Sam (i.e. anemia, GI, etc.)?”
- “What can I help you with today in regards to his pica?”

- “Sam is eligible for WIC because he has been diagnosed with pica. It sounds like you already know about pica and the Dr’s treatment plan. What concerns do you have when feeding Sam at mealtime?”

Raise awareness & personalize change

Record Plan or Goal

Child’s pica (threads) followed by Provider. Mom says eats meals well. Check on status next appointment.

Unsure

“I thought it was normal for his age but the Dr said that is why his iron is low.”

- “There is controversy over whether pica causes anemia or if anemia causes the pica. I’m glad the Dr made the connection for Sam. What is he doing for Sam’s anemia?”
- “On a scale of 1-10, how concerned are you that pica will continue to be a problem for Sam?”

- Differs from normal 18mo-2yrs “mouthing” (putting items in mouth)
- Is “persistent” ingestion (one month or more), usually after age 2yrs
- Causes unknown; most commonly with developmental & mental disabilities or cultural practices
- Can lead to: lead poisoning, anemia, and problems with bowels, teeth or parasites
- Treatment: behavior therapy and addressing side effects (such as anemia and lead levels)

Raise awareness & confidence & identify barriers to change

Record Plan or Goal

Sam is under care of Dr, treating pica and anemia. Offered information basic toddler feeding. Accepted.

Ready

“We just moved here. Our last Dr was concerned about the lead he ingested.”

- “So it sounds like they did a lead test. What did that show?”
- “What was his exposure to lead from (i.e. paint, soil)?”

- “Since you just moved, you are no longer exposed to the lead. He should be followed by a Dr here too. How is finding a new Dr for Sam going?”

Help plan change-support

Record Plan or Goal

New to area. Made referral for new Dr, lead not been checked since moved. Check to see continued care next appointment.

Education Resources

<http://kidshealth.org/parent/emotions/behavior/pica.html> Resource- *Pica and Kids*
<http://emedicine.medscape.com/article/914765-overview> Resource- *Pica*