

- Description**
- Often consuming nonfood items:
 - Such as ashes, cigarette butts, clay, dust, soil, starch

Assess Readiness for Change: with open ended questions

- “You have been told you have pica. How has this been affecting you?”
- “Tell me about your Dr’s treatment plan and how that has been going for you?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
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<p>Not ready →</p> <p>“I eat starch but I don’t eat that much and the baby is doing ok. It is just a craving.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “If your Dr diagnosed pica, it is more than a craving. Tell me how you been dealing with your craving?” • “How would you feel about avoiding starch and getting help?” 	<ul style="list-style-type: none"> • “You are eligible for WIC because you have pica which can be dangerous for you and your baby. It sounds like you don’t feel the pica will affect your baby. If you would like to talk about it in the future let us know. What other concerns do you have today?”
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Record Plan or Goal	Mom feels pica/starch is not a problem and will go away. Did ask about prenatal Vits. Says will begin prenataals.	
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<p>Unsure →</p> <p>“The Dr referred me to a therapist but I can’t afford to go.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “How would you feel about applying for assistance so you can get treatment?” • “On a scale of 1-10, how confident are you that you can make some changes on your own?” 	<ul style="list-style-type: none"> • Differs from normal cravings (i.e. pickles, ice cream) <ul style="list-style-type: none"> ○ Is “persistent” ingestion (one month or more) • Cause unknown but theories: nutrition deficiencies (controversial), physiological issues or cultural practices • Can lead to: lead poisoning, anemia, and problems with bowels, teeth or parasites, and poor nutrition for supporting fetus/baby • Treatment: behavior therapy (counselor & eating disorder specialist) and addressing side effects (such as anemia and lead levels)
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Record Plan or Goal	Mom has pica. Can’t afford counseling. Does not want to apply for assistance. Unsure if can change on her own.	
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<p>Ready →</p> <p>“I just can’t stop eating starch. I’m worried about my baby.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “It sounds like you have tried to stop. What have you already tried?” • “Where do you think you could go for some help/counseling?” 	<ul style="list-style-type: none"> • "I'd feel more comfortable if you saw the dietitian. Let me get the referral list (mental health) and see if we can get you in with their RD.”
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Record Plan or Goal	Mom has no help for her pica. She feels she can’t avoid on her own. Made referral to counselor and RD.	
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Education Resources	<p>http://www.adajournal.org/article/S0002-8223(01)00082-7/abstract Resource- <i>How do I help Patients with Pica?</i> American Dietetic Association</p> <p>http://www.americanpregnancy.org/pregnancyhealth/unusualcravingspica.html Resource- <i>Pica in Pregnancy</i></p>
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