

Pica Management Plan Guidelines

All pica management plans need to be customized to the needs and specific risks of the individual. The following guidelines are only meant to identify the areas and issues that need to be addressed as they relate to managing pica in all settings in which the individual engages in activity. The actual individualized management plan must address all of these areas in detail in order to assure a safe environment for the individual.

Identified Need	Responsible Person	Completion Date	Location of Information
<p>Description of problem: Specific reason why person is at risk including description of environments, situations, activities where pica has occurred or is likely to occur</p>			
<p>Training: Provide pica training to all staff/family that come in contact with the person, in all locations where the person spends time. Make sure all caregivers understand the person's risk for engaging in pica. Document those trainings</p>			
<p>Supervision: Describe in detail the level of supervision that the person requires. Ensure a detailed schedule for close supervision of the individual at all times. Create a routine surveillance sweep schedule and checklist for targeted items for ingestion of all areas frequented by the person. Teach staff to be particularly vigilant in public environments (like parks) that are not monitored and other settings e.g. hospitals, that are unfamiliar to the individual and at home with family...</p>			
<p>Avoidance: Create a detailed list of unsafe items and train staff to be observant for such items. Teach staff to safely store their personal belongings and provide a place for such storage.</p>			
<p>Prevention: Provide unlimited access to food and beverages that are consistent with the person's dietary requirements. Provide appropriately textured foods depending on what the person ingests during pica events. Appropriate food substitutions for those items can be identified with the help of a psychologist or behavior</p>			

analyst. Create a list of such food items for staff and family.			
Engagement: Create a schedule of structured activities and opportunities for the person to engage with other people. Limit alone time or downtime that can lead to boredom.			
Emergency plan: Create a detailed emergency plan that includes signs and symptoms of possible ingestion of inedible items (e.g. vomiting, lack of appetite, no bowel movements, abdominal pain), interventions as ordered by HCP, when to notify a HCP, notification tree			
Tracking: Careful tracking of data relevant to pica event and attempts to eat inedible items, attempts to engage in pica, substitution items and new items at risk. Careful documentation of all such data is critical even if there is no actual pica incident.			
Review; The protocol should be reviewed and updated periodically and after any episode of pica.			