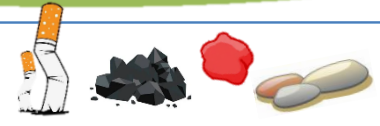




Pica and Individuals with IDD



Pica is the craving and eating of non-nourishing, nonfood items over a period of at least 30 days' time (6)(4)(1).

It is diagnosed at higher rates in individuals with intellectual and developmental disabilities (IDD), in particular those with Autism spectrum disorder (ASD) (3)(2).

Pica can affect anyone over the age of two years old, and both males and females equally. It is a secretive eating disorder, which is consider a form of self-injurious behavior weather an individual intends to do self-harm or not (5)(6)(4).

The nonfood items chosen to ingest vary per individual. They may include items such as:

cigarette butts	chalk	wood
corn starch	soil/dirt	nails
clay	wool	pins
ashes	cloth	screws
charcoal	string	feces
pebbles	hair	vomitous
metal	soap	baby powder
ice	plastic	furniture stuffing
paint	paper	toilet tissue

Eating nonfood items can lead to deadly health complications such as choking, intestinal parasites, intestinal obstruction, bowel perforation, and sepsis (6)(1).

Complications from Pica

Lead poisoning from excess consumption of paint flakes.

Consumption of abrasive items such as rocks might cause intestinal obstruction or tear.

Infections from organisms and parasites that get inside the body from the consumption of dirt or mud.

Infections may damage the liver or kidneys.

Esophageal tears caused by sharp or harsh objects like metal scraps.

Damage to the brain from eating lead or any other harmful substances.

Constipation, bloody stool, or diarrhea.

Mouth & teeth injuries.

Individuals with IDD and pica are at higher risk for poisoning from ingestion of household cleaning products, personal grooming products, batteries, and or other hazardous chemicals (6)(1).

Whenever an individual with IDD is denied access or free movement within their environment a provider agency must take their concerns to the Local Human Rights Committee (LHRC) for permission to secure cabinets or restrict movement within the home. More information about your LHRC can be found at <https://dbhds.virginia.gov/quality-management/human-rights/lhrc-shrc/>

Pica and Oral Health

Individuals with IDD and pica can do damage to their mouths when chewing and swallowing nonfood items. The damage done to an individual's mouth depends on what type of nonfood items they are attempting to chew and swallow (8)(7).

The most common oral complications of pica are injuries to the soft tissue in the mouth, tooth pain and sensitivity, wearing away of the surface of the teeth, and fracturing the tooth into pieces (8)(7).

When an individual chews on pebbles, sand, rocks, bricks, or other hard objects it will cause the surface of their teeth to grin down unnaturally and can lead to tooth breakage requiring the tooth to be repaired or pulled (8)(7).



App of the Month



Use the webPOISONCONTROL app to find out if you need to call Poison Control or go to an ER, or what to do if it's safe to stay home. Version 3.2 allows users to get answers even if symptoms have already developed and expands the scope of the app beyond swallowed poisons to eye, skin, inhalation and injection exposures, and bites and stings. It also guides users who have taken double doses, or doses too close together. The app was developed by poison control centers and has been safely used by more than half a million people seeking help for a poison emergency. (App of the Month is not endorsed by DBHDS Office of Integrated Health-Health Supports Network. User accepts full responsibility for utilization of app).

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May 2023

Office of Health & Safety
Network Supports

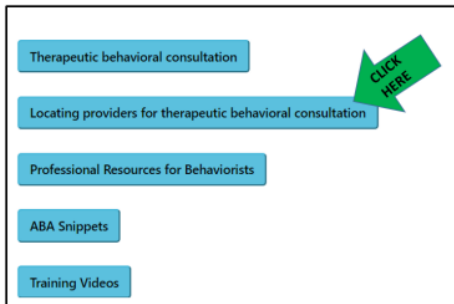
ABA Snippets ...

DBHDS new search feature to find behaviorists.

<https://dbhds.virginia.gov/developmental-services/behavioral-services/>

DBHDS is pleased to announce a [new search feature to find behaviorists](#) under the Developmental Services website: the [Behavioral Services webpage](#) now offers a basic search function specific to therapeutic behavioral consultation under the FIS & CL waivers. Families, CSB staff, and providers alike are encouraged to check out this new feature.

When on the [Behavioral Services page](#), first click the "Locating providers..." button as seen below:



Next, click the SEARCH ENGINE link as seen below. Clickable filters are available to view by region, languages spoken, staffing credentials, etc.



Starting in March 2023, DBHDS is providing the following [SEARCH ENGINE](#) to locate behaviorists that deliver this service. If you are behaviorist and would like to have your organization's contact information listed on this search engine, or if your organization's information requires updates, [please contact DBHDS via email](#).

While you are on the [Behavioral Services webpage](#), be sure to take a look at the resources and training videos library.

Thank you to the behaviorist community in Virginia for your participation in the development of this search feature. If you are a provider of therapeutic behavioral consultation and would like your information updated, [contact us](#) here.

SAVE THE DATE!

For the 4th Annual Statewide
Nursing Conference

Wednesday, October 18, 2023

At the Petersburg Public Library, Conference &
Event Center

201 W. Washington St, Petersburg, VA 23803

www.pplseventcenter.com

More information coming soon...



The 2022 Virginia Oral Health Report Card compares Virginia's performance on nine key oral health indicators with national benchmarks, equipping child and adult advocates with a better understanding of where the Commonwealth thrives and needs some improvement.

Virginia overall scored a C+ when compared to national data.

The Report Card is a tool to track the Commonwealth's progress, renew focus, and spark innovations to improve oral health in Virginia for everyone.

<https://vahealthcatalyst.org/provider-resources/virginia-oral-health-report-card/>

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