

REMINDER

HEALTH & SAFETY: PSYCHIATRIC DISORDER - PICA

Description of Issue and Importance

Pica is the persistent ingestion of nonnutritive substances. Pica can cause illnesses and even be life threatening. It is important to understand what pica is and be able to identify it. It is also important to be aware of the complications of pica and available treatment options. Team approach for treatment of pica is often helpful (Psychologist, Physician, Dentist, Social Worker).

Recommended Action and Prevention Strategy

- Observe for incidents of pica.
- Monitor and remove from environment any nonnutritive items that the person is known to ingest.
- If PICA occurs monitor for complications related to ingestion of the item such as toxicity, bowel complications, dental complications, etc.
- Document and report incidents, symptoms and frequency of symptoms to your supervisor, other team and family members.

Related Resources

“Pica” Fact Sheet

Outreach Services

outreach@fssa.in.gov • DDRSOutreach.IN.gov

For related reminders and resources, please visit DDRSOutreach.IN.gov.



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