

# FAMILY SUPPORT FACT SHEET

## What is pediatric feeding disorder?

There are many reasons infants and children do not eat. It may be that drinking and eating causes pain. Maybe they do not have good muscle strength. It could be they do not know how to swallow, bite, or chew their food. Or they may not like to eat because they do not feel well. These children are not picky eaters. They may have pediatric feeding disorder (PFD).

## How common is PFD?

PFD is more common than you think. To put it in perspective, 1 in 323 children have cerebral palsy, 1 in 54 children have autism, and more than 1 in 37 children have pediatric feeding disorder<sup>2</sup>. This means that at least one child in every classroom could have PFD.

## DEFINITION

*Pediatric feeding disorder (PFD) is “impaired oral intake that is not age-appropriate, and is associated with medical, nutritional, feeding skill, and/or psychosocial dysfunction”<sup>1</sup>.*

## What is an ICD code?

The International Classification of Diseases (ICD) is a standard diagnostic tool created by the World Health Organization (WHO) used to monitor health conditions. ICD codes are found in patient medical documents, including hospital records, medical charts, visit summaries, and bills. These codes describe the patient’s condition or a procedure needed to treat a condition. The codes listed below are used to describe pediatric feeding disorder.

ICD-10 CODE	ICD-10 NAME
<b>R63.31</b>	<b>Pediatric feeding disorder, acute</b>
<b>R63.32</b>	<b>Pediatric feeding disorder, chronic</b>

What is the difference between acute and chronic?

**Acute:** Your child has been struggling for less than 3 months.

**Chronic:** Your child has been struggling for 3 or more months.

### Why does having an ICD code matter?

The ICD creates a common language so healthcare providers, insurance companies, researchers and families understand each other. By using a standardized set of codes to describe a condition, it is possible to gather information on conditions around the world so we can better understand how to treat them. Now that ICD codes for pediatric feeding disorder have been published, healthcare professionals can use the codes and collectively work towards more comprehensive care and better reimbursement for PFD.

### How do I get support?

- Schedule an appointment with your child’s doctor. Take the Infant and Child Feeding Questionnaire© and share the results during your next visit. Give your doctor a thorough history of your child’s mealtime struggles. Have a conversation about the new codes for PFD.
- Join Feeding Matters’ Power of Two program to connect with other families who understand the PFD journey.
- Advocate for comprehensive care. Ask your doctor to refer your child to the needed healthcare professionals in each domain.



[ICFQ](#)

## PFD PROFESSIONALS BY DOMAIN

### Medical

Primary Care Physician, Developmental Pediatrician, Pediatric Surgeon, Allergist/Immunologist, Cardiologist, Dentist, Endocrinologist, Gastroenterologist, Geneticist, Neurologist, Nurse Practitioner, Otolaryngologist (ENT), Pulmonologist, Radiologist

### Nutrition

Registered Dietitian Nutritionist (RDN)

### Feeding Skill

Occupational Therapist, Speech Language Pathologist

### Psychosocial

Psychologist, Behavior Analyst, Counselor, Social Worker

## What can I do to help?

- Be honest and realistic when setting feeding goals. When working with your child's team, think about your daily routine. What is one thing that would make your day better? Remember, you are the expert on your child and the center of your child's treatment team. Share your child's voice. PFD does not just affect the child; it affects the entire family. Trust yourself and trust your child.
- Call it PFD. Spread the word. Enlist your family and friends to use the term. Talk with healthcare professionals about PFD. Share your family's story.
- Remember, PFD is not your fault, nor your child's fault. You are not alone. Use Feeding Matters support services and family resources and join the conversation on how to advance care for PFD.

## References

1. Goday PS, Huh SY, Silverman A, Lukens CT, Dodrill P, Cohen SS, Delaney AL, Feuling MB, Noel RJ, Gisel E, Kenzer A, Kessler DB, de Camargo OK, Browne J, Phalen JA. Pediatric feeding disorder: consensus definition and conceptual framework. *JPGN* 2019;68(1):124-129.
2. Kovacic K, Rein, ScM LE, Bhagavatula P, Kommareddy S, Szabo A, Goday PS, Pediatric Feeding Disorder: A Nationwide Prevalence Study, *The Journal of Pediatrics* (2020), doi: <https://doi.org/10.1016/j.jpeds.2020.07.047>.

## Resources



[PFD ICD-10 Toolkit](#)



[When to Refer Infographic](#)



[ICFQ 6 Question Screener](#)