



{inclusion outreach}

1031 Lucas Avenue
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www.inclusionoutreach.ca

Reflux

With reflux or GERD (Gastro Esophageal Reflux Disease) food/liquids and sometimes the acid from the stomach can flow from the stomach into the esophagus and cause pain and discomfort. Unfortunately, when students are unable to communicate this behaviours arise that are a result of the discomfort and pain that the student is feeling. Students experiencing discomfort may present in different ways including irritability, crying, mouthing, throwing items, head banging and/or rocking. This can make it difficult to focus, learn and engage in the classroom.

- * Consult with your local Occupational Therapist, Speech Language Pathologist or Nursing Supports regarding specific positioning and mealtime strategies for your student's needs
- * Consult with your school team on how best to support your student's regulation during times of discomfort and pain
- * Please see "Co-Regulation in the Classroom" handout for specific strategies

- * Be aware tube fed students can still experience silent reflux, and students with well managed reflux can still experience discomfort

Supporting Reflux at School

Positioning:

- Some students may require a specific angle of positioning during or after meals
- Build classroom learning activities into positioning needs, such as use of e.g. easel/slant board on table or tray to read a book after a meal

Respect

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<p>Students can participate in a classroom learning activity while remaining seated upright for a period of time after a meal.</p>	<p>Some students require upright positioning during mealtimes as well as extra head or chin support.</p>

If your student is demonstrating ongoing symptoms listed below, let your student's team and family know as further medical follow-up may be required.

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<p><u>At Meals:</u></p> <ul style="list-style-type: none">• Feeding aversion• Arching of the back during or after mealtimes• Constipation• Sleep apnea - waking in the night, sleep disturbance• Re-swallowing (multiple swallows)• Bad breath• Vomiting	<p><u>Overall at School:</u></p> <ul style="list-style-type: none">• Increased drooling/salivation• Hoarse voice quality• Grinding of teeth• Cough• Gurgle sounds in chest/throat area• Chronic chest and/or ear infections e.g. asthma
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