



# KEY INFORMATION

## INFANT GORD SEVERELY IMPACTS QUALITY OF LIFE

RESPONDENTS

547



Profound impact on parental mental health, workforce participation, finances, and relationships



### WHAT IS REFLUX?

Reflux is a short term for gastro-oesophageal reflux. Although reflux can be a normal part of life, when a child refluxes frequently, doctors may diagnose it as gastro-oesophageal reflux, the condition (GOR). When a child has complications as a result of their reflux, doctors may diagnose it as gastro-oesophageal reflux, the disease (i.e. gastro-oesophageal reflux disease/GORD).



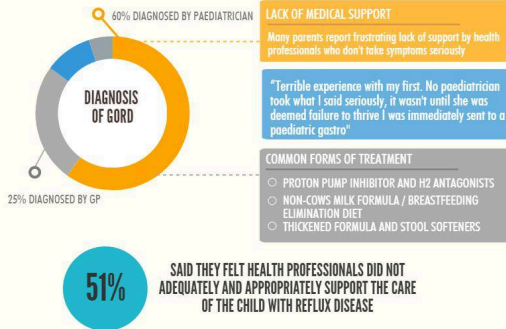
### KEY FACTS

- 33% VISITED EMERGENCY DEPARTMENT
- 77% STRAIN ON PRIMARY RELATIONSHIP
- 33% PARENTAL POSTNATAL DEPRESSION/ANXIETY
- 36% FINANCIAL STRAIN



### OVERWHELMING DISSATISFACTION WITH PROCESS OF OBTAINING DIAGNOSIS AND MEDICAL SUPPORT

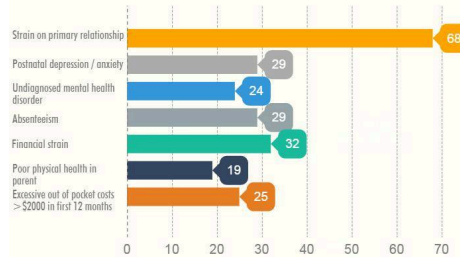
## DIAGNOSIS AND SUPPORT



51%

SAID THEY FELT HEALTH PROFESSIONALS DID NOT ADEQUATELY AND APPROPRIATELY SUPPORT THE CARE OF THE CHILD WITH REFLUX DISEASE

## QUALITY OF LIFE



60%

USED COMPLEMENTARY THERAPIES INCLUDING HOMEOPATHY, CHIROPRACTORS, SUPPLEMENTS, ELIMINATION DIETS, BOWEN THERAPIES AND CHINESE MEDICINE

74%

SLEPT THE BABY UPRIGHT (IN A CARRIER, SWING OR PARENT HOLDING) WHILE 87% HAD ELEVATED THE COT OR BASSINET AGAINST SIDS AND RISA ADVICE

50%

INTRODUCED SOLIDS EARLIER THAN THE WHO RECOMMENDED 6 MONTHS ON ADVICE FROM A HEALTH PROFESSIONAL HOWEVER, ONLY 13% OF THESE RESPONDENTS REPORTED THE INTRODUCTION OF SOLIDS REDUCED REFLUX SYMPTOMS.

50%

SAID THEY WOULD RATE THE IMPACT ON QUALITY OF LIFE AS AT LEAST AN 9 OUT OF 10 DUE TO THE DIAGNOSIS OF A CHILD WITH REFLUX DISEASE

## MEDICAL IMPACTS



### IMPACT ON INFANT

- 33% VISITED EMERGENCY DEPARTMENT
- 65% OF THOSE WHO PREVIOUSLY VISITED ED VISITED EMERGENCY DEPARTMENT TWO OR MORE TIMES
- 33% DIAGNOSED WITH COWS MILK PROTEIN INTOLERANCE / ALLERGY
- 17% DIAGNOSED WITH MULTIPLE FOOD PROTEIN INTOLERANCE / ALLERGY I.E. SOY, EGG, FISH ETC

## NEXT STEPS

- PROFESSIONAL RESEARCH INTO THE LIVED EXPERIENCE OF PARENTING A CHILD WITH REFLUX DISEASE
- PRODUCE GUIDELINES FOR HEALTH PROFESSIONALS REGARDING GORD AND ITS COMPLICATIONS
- EDUCATE HEALTH PROFESSIONALS ABOUT THE IMPACT OF GORD
- DEVELOP RECOMMENDATIONS FOR THE DIAGNOSIS, TREATMENT AND MANAGEMENT OF GORD
- RAISE AWARENESS OF RISA AMONG HEALTH PROFESSIONALS AND INCREASE REFERRALS

FOR MORE INFO, VISIT: [www.reflux.org.au](http://www.reflux.org.au)

A PROJECT BY:

