

Psychiatric Nursing
2022
Unit 4 Online Assignment
Eating Disorders

Chapter Objectives:

1. Identify differences among several eating disorders. (1, 7)*
2. Discuss epidemiology of eating disorders. (1, 3)*
3. Describe symptomatology associated with anorexia nervosa, bulimia nervosa and binge eating disorder and use the information in patient assessment. (1, 2)*
4. Identify predisposing factors in the development of eating disorders. (2, 3)*
5. Formulate nursing diagnoses and outcomes of care of patient with eating disorders. (2, 4, 5)*
6. Describe appropriate interventions for behaviors associated with eating disorders. (1, 2, 3, 4)*
7. Identify topics for patient and family teaching relevant to eating disorders. (1, 2, 3, 4)*
8. Evaluate the nursing care of patients with eating disorders. (1, 2, 3, 4)*
9. Discuss various modalities relevant to treatment of eating disorders. (1, 2)*

*Course Objectives

Please read the assigned article along with the Davis Textbook Chapter 21. Answer the following questions and submit to the Unit 4 Online Assignment Drop Box by 7/3/23 at 0800. ***This assignment has a minimum word count of 500 words.***

1. Provide a brief summary of your perceptions, biases and or understanding of eating disorders?

Before reading the article, my perception of eating disorders was that they were always geared towards an individual's feelings about their body weight. I thought that they began because an individual wanted to look different. After reading the article, I learned that there are several types of eating disorders and that they are not always geared towards losing weight. They are often accompanied by a mental illness, and it can contribute to unhealthy eating patterns.

2. Define anorexia nervosa and bulimia nervosa in your own words.

Anorexia nervosa is when an individual has a distorted body image or fear of being fat, that leads to food restrictions and a significantly low body weight. Bulimia nervosa is different in the way that they will binge eat and then feel regret or a loss of control that causes the individual to resort to unhealthy mechanisms of losing weight. Some examples of this may be vomiting, using laxatives or diuretics, restricting their food intake, or excessively exercising to lose the weight.

3. List the clinical signs of anorexia nervosa, bulimia nervosa, and binge-eating disorder. Provide a summary of the differences between the three disorders.

Anorexia nervosa is characterized by a fear of obesity. These individuals may have distortion of their body image, preoccupation with food, refusal to eat, all of which may lead to an extremely low body weight. Clinical signs include restriction of food intake that result is a significantly low

body weight in the context to age, sex, and physical health. Also, an intense fear of gaining weight or becoming fat.

Bulimia nervosa is as episodic uncontrolled rapid intake of large quantities of food over a short period of time, that leads to inappropriate compensatory behaviors to rid the body of the excess calories. This includes self-induced vomiting, purging, using laxatives or diuretics.

Binge eating disorder is similar to bulimia nervosa except there is an absence of compensatory purging, that puts the individual at risk for significant weight gain. They have rapid food consumption for around two hours that leads to the individual feelings uncomfortably full.

4. According to the article, what are the different treatment modalities for the three disorders listed above? Compare this to the treatment modalities identified in the textbook (summarize the differences and similarities).

According to the article, outpatient settings are where most patients can receive optimal care. This includes an experienced therapist, dietician and clinician who is knowledgeable about eating disorder specific medical evaluations. Cognitive behavioral therapy is suggested for effectiveness with eating disorders in the youth. Family based therapy is recommended for youth and young adults. Pharmacotherapy is not recommended as monotherapy. It needs to be used with adjunctive therapy. According to the textbook, immediate aim should be to restore and stabilize the patient's nutritional status and then once stabilized they may begin other treatment options. The book recommends behavior modification, family treatment and individual therapy options.

5. How have your perceptions regarding eating disorders changed after reading the article and textbook? Provide specific examples.

My perceptions regarding eating disorders have changed after reading the article and chapter 21 in the textbook. Initially, I looked at eating disorders as only body image issues that led to extreme weight loss and malnutrition. After reading these, I learned that eating disorders can start from underlying mental illness, body image distortions, and several other factors. I also learned that there are eating disorders such as binge eating, where an individual may have severe weight gain due to their eating habits. I think eating disorders require help such as therapy along with clinical help to treat the malnutrition and possible dehydration.

6. How has reading this article helped you better understand the initial evaluation, treatment, and diagnosis of anorexia nervosa, bulimia nervosa, and binge-eating disorder from the nurse's perspective? Provide specific examples.

This article helped me distinguish the differences in eating disorders such as anorexia nervosa; where an individual has a fear of weight gain or obesity, bulimia nervosa; where the fear of weight gain pushes the individual to resort to methods such as forcing themselves to vomit, taking laxatives or diuretics. Binge eating is different in the sense that the individual feels compelled to eat a large amount of food over a period of time. This can lead to severe weight gain. It gave me a better understanding of the signs to look for in these individuals and questions to ask while assessing them. Treatment will vary based on the eating disorder and the cause of

the disorder. For some individual therapy may work best, others will benefit from CBT or family therapy sessions.