

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?

I think eating disorders are something a lot of people experience and sometimes you do not even know that. I think it has a lot to do with being about to control and having those controlling issues. There is a lot of people who say just why don't they just eat or why don't they stop eating or just go exercise. Eating disorders are more then that it has a lot to do with mental illness and control. I know that once you have recovered from an eating disorder you can relapse and go back into that eating disorder and anything can trigger it.

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

Anorexia nervosa has a lot to do with a distorted body image. People who have anorexia have an obsession with their weight and what they eat. They starve themselves to try and maintain below normal body weight. People with anorexia typically exercise too much also to keep weight off. Bulimia nervosa is different from anorexia people with anorexia typically do not eat and people with bulimia with binge eat and then make themselves throw up following their binge episodes. People with bulimia binge eat and then take any measures to avoid gaining the weight and then "purge" by vomiting up what they binged. They also partake in excessive exercise and fasting which is similar to anorexia.

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

Signs and symptoms of Anorexia nervosa is excessive weight loss, hypothermia, bradycardia, hypotension with orthostatic changes, peripheral edema, fine neonatal-like hair growth, variety of metabolic changes, and amenorrhea.

Signs and symptoms of Bulimia nervosa there is no diagnostic symptoms but there can be symptoms that develop from this eating disorder. Patient's can have erosion of tooth enamel, tears in gastric or esophageal mucous, and calluses on the dorsal surface of their hands or knuckles.

Signs and symptoms of binge-eating disorder include eating unusually large amounts of food in a specific time, feeling that your eating behavior is out of control, eating even when you're full, eating rapidly, eating until you are uncomfortably full, and hiding you are eating.

All these eating disorders have differences anorexia is more about obsessing over how much you weight due to your distorted body image. Typically with anorexia you are under weight. Bulimia is more trying to not gain weight due to your lack of control over eating large amounts of food, leading to vomiting to try not to gain that weight. Binge eaters seem to be more obsessed with food rather than their weight, I would say this is one extreme about food and anorexia is on the other side of extreme for not eating. I would say bulimia is more in the middle and a mix of the two eating disorders.

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).

Treatments for anorexia and bulimia focus on behavior modification due to the control issues they feel. They are put in the program but ensure it does not control the patient's. They also recommend having individual therapy even though it should not be the only form of therapy. The individual therapy is good for underlying mental health illnesses if there is any. Binge eating disorder is to decrease the behaviors which is associated with the behavior therapy. Pharmacotherapy for anorexia is that there is no drugs approved for this eating disorder. Pharmacotherapy for bulimia would be prozac because it decreases binge and purging but it has to be 60 mg pre day. SSRI can decrease bingeing and purging behaviors but yo have to watch because it can decrease appetite cues. Pharmacotherapy for binge-eating disorders would be SSRI can be a appetite suppressant and may decrease the binge eating.

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

Catching eating disorders early on is important for the patient's health. In the article it talked looking at BMI. Noting objective and subjective findings that could possibly lead to signs and symptoms of eating disorders. I think looking at BMI though is

not always the most accurate way to assess someones body mass. I think if they are way off the chart like way over obese and way under weight then yes that should be looked into more. I learned about how a lot of antidepressants like SSRIs help with eating disorders specifically with the binge eating disorder because they decrease appetite.

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.

They usually first start by looking at an objective and subjective assessment on the patient and this is for all the eating disorders. Then they always look at BMI even though it is not a distinct factor in diagnosing an eating disorder they want to see if the patient is under or over weight. You want to ask patient questions about diet and exercise and then lead into more specific questions about certain eating disorders. The treatment for all of them is to have a healthy weight and have behavioral interventions to unlearn certain habits such as stopping the dis-inhibiting eating.