

Psychiatric Nursing
2022
Unit 4 Online Assignment
Eating Disorders

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

Before reading this article/ chapter I wasn't sure of the differences between Anorexia Nervosa and Bulimia Nervosa. I thought with Anorexia they also binge-ate but misused laxatives, or found a way to get rid of the excess weight. Now I can understand that in Anorexia Nervosa the individual does not binge eat but instead are terrified of gaining weight so they often don't eat.

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

Anorexia Nervosa is an extreme fear of obesity. While Bulimia Nervosa is an episodic, uncontrolled ingestion of a lot of food in a short amount of time. After the episode they often feel guilty or depressed so they inappropriately get rid of the extra calories. They usually do this by misusing laxatives, diuretics, or self-induce vomiting. These episodes they normally do in private.

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

Clinical signs of Anorexia Nervosa include a distorted body image, pre-occupation with food, refusal to eat, which usually leads to extremely low body weight. Bulimia Nervosa symptoms include tears on the gastric and esophageal mucosa. Along with calluses on the dorsal surface of the hands/knuckles which is known as the Russel's sign. Weight fluctuation is also normally common for these individuals. Binge-eating disorder the patient usually describes their eating as out of control, and often have a feeling of guilt and depression that follows the consumption of the food. With Binge-Eating Disorder there is no compensatory purging, which ultimately results in weight gain. Whereas with Bulimia Nervosa the patient consumes lots of food but then misuses laxatives, enemas, and diuretics to get the weight off/ excess calories gone. Binge-eating disorder also has a higher rate of improvement than those with Bulimia Nervosa. With Anorexia Nervosa patients refuse to eat, causing a loss in weight, whereas in binge-eating disorder and Bulimia the patient eats in large quantities.

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 treatment is usually done outpatient and should consist of a team including a dietician, therapist, and clinician. The textbook explains how the immediate

aim for these individuals are to restore and stabilize their nutritional status rather than to start with a team approach. They want to correct the complications from the disorders prior to starting therapy. Such as giving fluids for dehydration and electrolyte imbalance. Next the book explains how changing patient behaviors should be done. To allow the patient with a sense of control over their treatment the Maudsley Approach is recommended. As it allows the family to be involved in each step of the process. It is an intensive outpatient program that consists of 3 phases: Phase 1 is focused on restoring weight. Phase 2 is controlling the weight gain, followed by phase 3 focusing on the patient developing a healthy self-identity. Medications such as SSRI's have shown effectiveness with Bulimia but not Anorexia. whereas in the article it focuses on the different therapy approaches that are available to patients. Such as: Cognitive behavior Therapy, Family Based therapy for Anorexia Nervosa especially with children and young adults. Family Based Therapy and CBT is used often for Bulimia. It mentions how the FDA approved Fluoxetine to be a treatment for Bulimia and has been shown to be effective.

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

It has opened my eyes to how serious these disorders are and how serious they can be to patients. They can cause serious life threatening complications, it also surprised me as to what can have an impact on the healing of the individuals with these disorders. Such as using hormonal contraceptives and participating in sports. I also now understand how difficult it can be to treat these disorders, as there are not many medications proven to show effectiveness, and many have impact on the individuals weight and mood.

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.

Reading this article has shown me the different therapies that have been proven to treat each eating disorder. Prior to reading this article I was not sure how eating disorders were treated. I also learned how the degree of malnutrition was determined by the patients BMI. I was surprised when the article stated "at least one third of persons with distorted eating developed persistent symptoms that remain 20 years postdiagnosis. This sparked my interest because I didn't think these disorders could have such long lasting effects on the body increasing and how important it is to diagnose early on.