

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?
 - Eating disorders normally occur from other mental health issues and impaired coping skills. A lot of times eating disorders are used as a way someone copes with trauma, depression, anxiety, and body image issues. My bias for eating disorders is that a lot of times it's a cry for help and they need therapy and a good support group to overcome the triggers that also leading to the cause of them doing which ever their choice of eating disorder may be.
2. Define anorexia nervosa and bulimia nervosa in your own words.
 - Bulimia nervosa normally occurs in late teenage years or early 20s. This is when people eat, and abundance of food then purges in the forms of vomiting or taking laxatives after to maintain an image or weight.
 - Anorexia nervosa is when people become obsessed with the thought and fear of obesity and use calorie counting to lose weight, or just avoid eating in general to lose weight. With anorexia they will no longer get the feeling of hunger and start to become EXTREMELY thin or emaciated. People who suffer with anorexia may also abuse laxatives to help lose weight.
 - With both Bulimia and Anorexia, they suffer with body image issues and lack intake of the proper calories needed for daily nutrition. Depression also has a strong correlation with eating disorders.

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 of Anorexia:
 - Fear of being obese
 - Prolong loss of appetite
 - Distortion of body image
 - This occurs when they believe they are fat while they are excessively underweight.
 - Compulsive behaviors and fixations can also be present.
 - Other symptoms may also include:
 - Hypothermia
 - Bradycardia
 - Hypotension
 - Edema
 - Lanugo (fine neonatal like hair growth)
 - Amenorrhea (Lose of menstruation)
 - Signs of Bulimia:
 - Excessive eating of food then vomiting, taking laxatives, extreme exercise after, or long periods of fasting.
 - Abdominal discomfort
 - Issues with sleeping
 - Social interruptions
 - Fluctuations in weight may also be common.
 - Damaging of teeth enamel
 - Signs of Binge eating disorder or BED:
 - Excessive eating like with Bulimia without the purging.
 - Substantial weight gain is the most common sign.
 - Usually bingeing lasts about 2 hours, occurs at least once a week for 3 months.
 - They normally have personal stressors.
 - Low self-esteem
 - Boredom could also be a trigger.
 - Depression
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).
- In the article it states different treatments may include:
 - cognitive behavior interventions that address body image and dietary and physical activity behaviors.
 - family-based therapy, which is a first-line treatment for youths.
 - pharmacotherapy, select antidepressants.
 - In the article it states Cognitive behavior interventions, the book also identifies this as a good form of treatment but to allow patients to feel like they are in

control of the treatment. This can help change emotional components associated with unhealthy eating habits.

- The book also talked about individual therapy, where the therapist tries to and encourages patients to explore unresolved conflicts and triggers to the eating disorder and to help change the defense mechanisms of the eating disorder to help with the emotional pain.
 - Family therapy has multiple phases as stated in the book. The same as the article it shows that it's a good step to use in adolescents. The book states that the parents and patients may need the support that is offered with these sessions to have a better outcome.
 - Medications to help treat depression is normally a symptom or can even be a cause for eating disorders can be a vital tool or part of a patient's treatment against and eating disorder. However, the book states that a patient with an eating disorder such as anorexia should be medically cleared before medications are given because it can cause orthostatic hypotension, and hypotension is already a symptom of anorexia.
5. How have your perceptions regarding eating disorders changed after reading the article and textbook? Provide specific examples.
- I learned that a lot of eating disorders are a cause of triggers from other mental health issues. As the book states, things such as depression, poor self-esteem, trauma, and other things such as boredom can be the cause of an eating disorder. These patients need proper help, therapy, support, and guidance to overcome these illnesses and change their way of thinking with the proper behavioral therapies and cognitive therapies that can be provided.
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.
- Eating disorders are mostly caused by other underlying mental health issues.
 - Different treatment approaches such as family therapy are the number one approach for anorexia in adolescence.
 - From a nurse perspective they do vital signs, monitor for orthos, blood work is done, monitoring nutritional intake, weight, goals, education of the with the family and patient on the importance of proper eating...etc.