

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?

Three eating disorders I know of vaguely are anorexia nervosa, bulimia, and binge eating. I am not very knowledgeable about the disorders so I don't have any biases towards them. From my understanding anorexia is pretty much the fear of gaining weight so these individuals are severely underweight which can be life-threatening. Bulimic individuals will eat foods or binge eat foods and later make themselves throw up to prevent gaining weight. Those who binge eat are overeating in a short amount of time. I look forward to learning more about the different eating disorders.

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

Anorexia is the fear of gaining weight. These people are extremely malnourished and can lead to life-threatening complications. They are very aware of their weight so they will go without eating, sometimes use laxatives, and will exercise excessively to refrain from gaining weight. Bulimia nervosa is when a person is continually overeating and eventually leading to self-induced vomiting. They may also exercise excessively because they too are concerned with their body weight. These people often feel guilty after eating their food.

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's clinical signs are weight that is less than normal, hypothermia, bradycardia, hypotension with orthostatic changes, peripheral edema, lanugo, and amenorrhea (women). Bulimia Nervosa's clinical signs are dehydration, electrolyte imbalances, poor tooth enamel, and calluses on hands (Russell's sign). Binge-eating disorder clinical signs are substantial weight gain, they feel their eating is out of control and followed by guilt. Anorexia is the fear of becoming overweight so they do not eat, bulimia is often overeating and then making themselves throw up, while binge eating they are often overweight due to overeating and feelings of guilt.

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 Anorexia Nervosa treatment is Family-based therapy as a first-line treatment for youth and some young adults. These have been shown to have higher remission rates and increased weight gain compared to individual therapy. Bulimia Nervosa treatment is also family-based therapy and cognitive behavior therapy. Shown benefits in therapist guided and self-guided. Binge-Eating disorder treatment consists of cognitive behavior therapy and self-guided therapy. In-person CBT has been shown more effective than self-guided CBT. There are no medications approved for anorexia, for bulimia, they can use fluoxetine, and for binge eating, you can use lisdexamfetamine. The book mentioned the same medications as stated above for bulimia and binge eating. The book also mentioned behavior modification which allows the patient some degree of autonomy promoting a sense of control throughout the treatment process. These behavior modifications are good for weight restoration only. The textbook also mentioned family therapy and individual therapy.

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

Considering I didn't know much about eating disorders, to begin with, I was shocked when reading the article that those who have eating disorders have suicide completion rates up to 18 times the completion rate of their peers. I feel that eating disorders aren't talked about a lot and should probably be talked about more among young adolescents. There are so many celebrities that these young girls look up to and try to obtain the same body images that they see. Which sometimes can be unrealistic considering they have undergone plastic surgery.

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.

The article has helped me better identify when someone may have an eating disorder. Has helped me identify what kinds of questions should be asked, and statements that should be made to better assess and treat the patients. The article has better informed me as to what certain eating disorders are as well as treatments that can be done for them.

