

Psychiatric Nursing
2022
Unit 4 Online Assignment
Eating Disorders

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 personally don't know much about eating disorders. I have always thought the topic was interesting because of how society stresses beauty standards and what is seen as socially acceptable. Because of these high beauty standards there is a big impact on eating habits and now bullying. I know that it always seems as if whatever eating habits you have, yourself or someone around you will not be happy with it. I believe that it is a more talked about subject now because of the bullying issues that surround it.

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

I would define anorexia nervosa as a condition where the individual has a great fear of gaining weight and with a decreased appetite would starve themselves to occur this from happening. The individual may describe themselves as being fat when they are very underweight.

I would define bulimia nervosa as an episode of binge eating where the individual eats large amounts of food and then followed by self-induced vomiting to get rid of the food that was consumed from the body.

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 – fear of obesity, extreme weight loss, low appetite, obsession with food, excessive exercise, depression, and compulsions

Bulimia nervosa – bingeing, fasting, excessive exercise, excessive vomiting, dehydration, electrolyte imbalances, and tooth erosion

BED – obesity, bingeing episodes for periods less than 2 hours

AN includes extreme weight loss with low appetite and fasting, BN is normal weight with episodes of bingeing and fasting with ridding the body with excess calories, and BED is similar to BN but without purging.

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).

Both the article and book explain how family-based therapy is effective in treating anorexia nervosa in teens which involves family in each step of the process. The

book goes into more detail explaining the process by which this is achieved and the phases that are involved. The book also includes that behavior therapy is successful in treating anorexia nervosa. In the article it states for the treatment of bulimia nervosa that family-based therapy and CBT are effective. The article includes that in the treatment of BED, CBT and self-guided therapy are effective. The book states that CBT and DBT are effective in treating all 3 disorders. When it comes to medications, both explain, there is no FDA approved drug for anorexia nervosa. Fluoxetine and other SSRIs at higher doses are effective in treating bulimia nervosa but the SSRIs include more high risk side effects. Lisdexamfetamine, SSRIs, tricyclic antidepressants, anticonvulsants, and appetite suppressants are effective for BED. The article also contains information about bone health, sports participation, and 504 plans that the book does not include.

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

I wasn't aware of how big of an issue this topic was. I was unaware of all the stress it puts on your body and nutrition. I know a person with bulimia nervosa and never really understood what was going on and why she did it. I now have a clearer understanding of why conditions like this exist and why it is so difficult to get out of the habit. Knowing this information, I feel better about talking about the disorders and the impact it can have on the patient and their family.

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.

I now know what signs to look for when it comes to identifying an eating disorder. Some disorders such as bulimia nervosa may not be as easy to identify by looking at them physically, but I have a better idea of what characteristics to look at. By reading through the nursing diagnosis, I can identify specific interventions that may be crucial to helping them come up with a plan to adopt healthier eating habits.