

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? *Before reading this article, I believed that eating disorders were not that common and could easily be fixed and was just controlled by that person's mind but there are many more factors that are involved with eating disorders. I never knew that bulimia nervosa caused erosion of tooth enamel or that their weight is close to normal.*
2. Define anorexia nervosa and bulimia nervosa in your own words.
Anorexia nervosa to me is when someone is super underweight and are always worried about what they eat. Bulimia nervosa to me is when someone enjoys food and is always bingeing but is worried about gaining weight, so they will use methods to not gain weight such as laxatives or making themselves throw-up.
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: gross distortion of body image, preoccupation of food, refusal to eat, low body weight, amenorrhea, bradycardia, orthostatic hypotension, peripheral edema.
Bulimia nervosa: rapid ingestion of food, abdominal discomfort, sleep, and social interruption, self-degradation, depressed mood, purging behaviors, dehydration, electrolyte imbalances, Russell's sign, tooth enamel decay, tears in esophageal/gastric mucosa

Binge-eating disorder: eating is out of control, feelings of guilt and depression, NO PURGING

The difference between the three of these eating disorders are that anorexia nervosa is a fear of obesity and they are normally extremely underweight, bulimia nervosa is where they are constantly binge eating but are afraid of gaining weight, and binge eating disorder there is no presence of purging and weight gain is present.

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).

The different treatment modalities for three listed above are all pretty similar in the article and textbook. They are similar in the ways non pharmacological ways with the different therapies. When treating Anorexia Nervosa the first line treatment is family based therapy, CBT, and there are currently no meds approved by the FDA at this time. Bulimia nervosa is treated with family based therapy, CBT, therapist guided groups, and the medication Fluoxetine is approved by the FDA. When treating binge-eating disorder CBT, self-guided therapy, and the medication Lisdexamfetamine is used. In the article it says that when treating AN SSRIs are prescribed by very little evidence but in the book it says they are prescribed to treat comorbid depression.

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

My perceptions have changed regarding these eating disorders since reading the article and the textbook because I realized that they are not in control of the disorder and that it takes a lot of help and support to treat the eating disorder. When I was in school people looked down on eating disorders because a lot of people thought they did it for attention when in reality it was something they could not help.

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 helped me to better understand the process of eating disorders by specifically stating what nurses and clinicians need to look out for when assessing patients. We need to look out for changes sudden changes in height, weight, and BMI. We also need to look out for the patients behaviors and families behaviors of this eating disorder to see if the family may be making matters worse and if they are we need to educate them that family support is truly needed during this hard time that the patient is going through.