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? My perception on eating disorders is that there is always a stigma that surrounds them. Clearly, whether you are anorexic, bulimic, or obese there is a driving force that leads the individual to adopt the eating disorder. The struggles and false perceptions that characterize the disorder enhances the stigma. I can attest that one bias that I previously believed was that the parents of a child were involved in the eating disorder. After being educated, I learned that this often is not the case, as most parents attempt to assist their child with the disorder and seek assistance. My understanding regarding eating disorders is that they are very complex, life-threatening disorders that are not a choice. They affect the body in its entirety, often causing anxiety, sleep deprivation, and death.

2. Define anorexia nervosa and bulimia nervosa in your own words. Anorexia nervosa is an eating disorder that causes individuals to obsess about weight and what they ingest. Additionally, the individual has a distorted body image and that drives a fear of being overweight. Bulimia nervosa is an eating disorder where the individual ingests an excessive amount of food in a short period of time (often in secret) and then vomits that food as not to gain weight. However, once this is done, the individual often feels guilt or shame by purging.

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: Underweight, extreme weight loss, dehydration, dizziness, fatigue, low blood pressure, low body temp, delayed puberty, constipation, vomiting, brittle nails, amenorrhea, osteoporosis, etc. Bulimia nervosa: Body weight changes, sore throat, eroding teeth, dehydration, fatigue, hunger, anxiety, bad breath, inflamed esophagus, compulsive behavior, depression. Binge-eating disorder: Obesity, joint problems, heart disease, GERD, sleep disorders, anxiety, depression, substance abuse. One of the differences between anorexia and bulimia vs. binge-eating disorder is vomiting and binge-eating results in obesity. Anorexia nervosa and bulimia nervosa differ in bulimia nervosa individuals consume a large amount of food in a short period of time. Anorexia nervosa individuals have a fear of obesity and will starve themselves.

4. According to the article, what are the different treatment modalities for the three disorders listed above? Psychotherapy and pharmacotherapy. Compare this to the treatment modalities identified in the textbook (summarize the differences and similarities). The article and textbook have similar treatment modalities. In both, stabilization of the patient is the priority. Cognitive therapy and medications are imperative to the treatment of eating disorders, but we must remember that medications do not treat the eating disorders, they treat the anxiety and depression, as well as other predisposing factors. Medications such as Zyprexa have been shown to induce weight gain and increase appetite for individuals with anorexia nervosa. Prozac assists with a decrease in binging and purging. Vyvanse may lead to weight loss for those with binge-eating disorder. Support services, behavioral changes by patient and family are also important to the treatment process. The textbook provides more in a sense of the need for treatment as a whole especially by discussing EBP "The Maudsley Approach".

5. How have your perceptions regarding eating disorders changed after reading the article and textbook? Provide specific examples. Slightly. I was always aware at the struggles that the individual faces with each of these disorders. I knew death was a possibility. However, what I did learn that changed my perception was that there is technically no medication to treat the disorder specifically. Also, genetics is a predisposing factor to eating disorders, I related eating disorders to the individual or family dynamic.

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. This article has helped me to understand eating disorders from the nurses perspective by identifying the premise of recovery. For example, early intervention decreases the risk of the disorders pathology, and that care is based on the individuals health status which requires a focused delicate

review of all treatment modalities. Further that the focus is on body image rather than the scale.