

1Psychiatric 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 are conditions that involve disrupted eating patterns and obsessive weight control measures. These could include starvation, overeating, and/or purging after ingesting food. Individuals may also obsess over their calorie intake. Eating disorders occur most often in adolescents and young adults and women tend to be diagnosed with an eating disorder more often than men. These disorders can often be life-threatening if treatment is avoided. The presence of an eating disorder seems to stem from a distortion in self body image and treatment is often avoided out of fear of regaining weight.

2. Define anorexia nervosa and bulimia nervosa in your own words.  
Anorexia nervosa is an eating disorder that stems from a disturbed self-body image. Anorexia is characterized by a fear of being overweight to the point that the individual feels the need to partake in refusing to eat to lose weight and/or maintain a low weight. Bulimia nervosa is an eating disorder that stems from a disturbed body image and the individual tends to base their self-worth off their weight and how their body looks. Bulimia is characterized by eating excessive amounts of food followed by participating in purging measures such as forced vomiting and misuse of laxatives, diuretics, refusing to eat, and rigorous exercise.

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: restrictive eating; extremely low body weight

Bulimia: eating more than peers in a two-hour period; repeated use of unhealthy behaviors to prevent weight gain such as vomiting, misuse of laxatives or diuretics, food restriction, or excessive exercise; behaviors occur at least weekly for at least three months

Binge-eating: Recurrent episodes of eating more food than peers in a two-hour period; eating faster than normal, eating until feeling uncomfortable, eating large quantities of food when not hungry, feeling bad because of embarrassment about eating behaviors, eating followed by negative emotions

Anorexia is extremely restrictive eating to maintain a low body weight, binge eating is eating excessive amounts of food followed by purging activities, and binge-eating is eating excessive amounts of food that is not followed with purging activities, but feelings of embarrassment, guilt, and other negative emotions due to eating behaviors.

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 include cognitive behavior therapy, family-based therapy, self-guided therapy, pharmacotherapy (as a treatment adjunct), sports participation, and hormonal contraceptives (to help improve bone density and resume the presence of menses). The treatments modalities listed in this article are quite similar to the treatment modalities listed in our textbook, however, our textbook does not mention sports participation or taking hormonal contraceptives. Both the article and the textbook mention family-based therapy as being the most beneficial for individuals with anorexia. Both the article and the textbook list fluoxetine as a beneficial antidepressant used as a treatment adjunct for bulimia.

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

I have always thought that eating disorders mainly stemmed from poor self-esteem and a distorted self-body image. However, genetics play a role in the development of an eating disorder, fluctuations in the neurotransmitters serotonin, dopamine, and norepinephrine play a role, feeling of separation-individuation and overcontrolling/perfectionistic family members all contribute to the development of an eating disorder. Also, I did not know that an eating disorder could be treated with psychopharmacological methods; I always just thought that eating disorders were treated with cognitive behavior therapy where they therapists try to change a person's negative thought pattern regarding their body image and poor nutrition habits.

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.

Before reading this article, I was quite unsure of the process of evaluation, diagnosis, and treatment of eating disorders. The article explains that upon initial diagnosis of an eating disorder, a complete blood count and basic metabolic panel are drawn to rule out any underlying medical conditions. They also keep an eye on sudden changes in the amount and speed of weight gain or weight loss as a sign of an eating disorder. All adolescents and young adults are routinely asked questions about their eating patterns and behaviors, body image, and mood as well as height, weight, and body mass index. These initial screenings can help detect early signs of an eating disorder.