

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?

Eating disorders are life-threatening conditions that can impair physical and psychological well-being. Suicide completion rates for patients with anorexia or bulimia nervosa are eighteen times higher compared to those without eating disorders. Eating disorders can be monitored using height, weight, and body mass index trends. Weighing in at an office can be stressful for a patient with an eating disorder. To prevent triggers and stress, the patient should face away from the scale and the clinician should use reference data instead of numbers.

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

Anorexia nervosa is when a patient restricts how much food they have eaten to significantly lose weight. They have an intense fear of being fat and have body image distortion. They may also binge eat for satisfaction then purge the food afterwards. Bulimia nervosa is binge eating without having any control over the amount of food eaten. They will use unhealthy ways to prevent gaining weight such as vomiting, laxatives, and excessive exercise. These behaviors must occur weekly for at least three months to be classified as bulimia nervosa.

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: calorie counting, fear of gaining weight, possible depression, anxiety, or suicidality, self-injury, cardiac symptoms, abdominal symptoms, guarded, BMI trending down, rapid weight loss, weight trending down, growth stunting, hypotension, bradycardia, hypothermia, hair loss, muscle wasting, delayed puberty**
- Bulimia: fear of gaining weight, possible depression, anxiety, or suicidality, self-injury, cardiac symptoms, abdominal symptoms, guarded, BMI trending down, rapid weight loss, weight trending down, growth stunting, hypotension, bradycardia, hypothermia, hair loss, muscle wasting, delayed puberty, erosion of dental enamel, poor dentition, hypertrophy of parotid**
- Binge-eating: weight trending up, hypertension, depression, anxiety, dissatisfaction with body image, poor self-esteem, increased food intake**

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).

Article: Most patients receive a treatment plan in an outpatient setting. This includes a therapist, dietician, and a clinician who are experienced with eating disorders. They will have cognitive behavior therapy that targets their overevaluation of their body. For anorexia, family-based therapy is recommended for youth and some young adults. This has shown higher remission rates and helps the patient regain control. For bulimia, CBT and family-based therapy or interpersonal psychotherapy are recommended. For binge-eating, CBT and self-guided therapy effectively decrease binge eating.

Book: For bulimia nervosa and anorexia nervosa: The short-term goals are for patient to gain x pounds per week. The number of pounds is established by interdisciplinary team, including the patient. The patient will also drink x mL of fluid each hour during waking hours. They will verbalize understanding of the correlation between eating behaviors and emotional issues. Long term: By the time of discharge, patient will show no signs or symptoms of malnutrition or dehydration. They will also demonstrate the ability to discontinue prior eating behaviors. Binge: short term- patient will identify desired weight loss plan and accept self. Long term- Patient will demonstrate a change in eating behaviors that result in desired weight loss, patient will pursue loss of weight.

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

I did not realize some eating disorders therapies could be self-guided. For binge-eating, the article stated the treatment options were CBT with self-guided therapy. I would personally think that would be hard if someone had an issue with an eating disorder to follow through with self-guided therapy. I think if the patient had frequent follow-ups it could be effective.

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 thought the article had a more specific background than the book. The book seemed to have a perspective of the patient if they were hospitalized for the eating disorder. This article had ways to identify it as it was happening prior to the diagnosis and then ways to aid the patient while they are receiving therapy. I specifically liked the part about having the patient face the opposite way when weighing them and using relative data as a benchmark. That would definitely be a trigger for them and not something you would think about in the moment.