

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?
 - I have always thought that an individual with an eating disorder hates the way there body looks and this is what makes them struggle with eating. I also never thought of how long a person with an eating disorder can experience these symptoms for. After reading this article I realized that there are different types of eating disorders and it's not all related to losing their weight and that some patients can experiences symptoms for 20 years.
2. Define anorexia nervosa and bulimia nervosa in your own words.
 - Anorexia nervosa is when an indivial has a fear of gaining weight so they will put restrictions on their eating causing them to lose weight. Whereas, bulimia nervosa is when an individual when binge eat and then feel guilt after doing so and they will make themselves vomit, and use laxatives to make sure they don't have any weight gain from eating those foods.

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 is the fear of gaining weight or being “fat,” these individuals will restrict their foods and leading to low body weight. Bulimia nervosa is when individuals will use unhealthy ways to not make themselves gain weight after eating. It can last weekly to at least three months. Binge-eating disorder is when individuals will binge eat for a long period of time. These individuals will eat faster than normal, eating until they’re uncomfortable, and eating large amounts of food even if they’re not hungry.

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).
 - According to the article some treatment options that are available cognitive behavior interventions these will address body images and dietary/physical behaviors, family-based therapy and this is the first line treatment for the youth, and pharmacotherapy, antidepressants can be used for bulimia nervosa, and lisdexamfetamine for binge-eating disorder.

5. How have your perceptions regarding eating disorders changed after reading the article and textbook? Provide specific examples.
 - After reading the article and the textbook my perception has changed regarding eating disorders. I always thought that people with eating disorders was only related to their body image problems that causes these individuals to stop eating. After reading the article and the textbook I now know that some of these issues can occur because of mental illnesses. I didn’t really know about the other eating disorders as well but now I know how long they can occur and the difference between them.

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 am now able to have a better understand that anorexia nervosa is the intense fear of gaining weight, and these individuals will restrict their food, leading to low body weight. Bulimia nervosa is when individual will binge eat and feel guilt after doing so causing them to use unhealthy actions to lose weight like making themselves throw up and using laxatives. Lastly, binge-eating disorder is recurrent episodes of binge eating such as eating too fast, eating when not hungry, and eating when uncomfortable.

