

Psychiatric Nursing  
2024  
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 7/1/24 at 0800. ***This assignment has a minimum word count of 750 words.***

1. Provide a brief summary of your perceptions, biases and or understanding of eating disorders?

**My perception of eating disorders is that the person is who has them is struggling mentally. They see themselves as not good enough and think they need to change. They will never see themselves as perfect no matter how much weight they lose. I don't really have any biases towards those with an eating disorder. I just know that they are struggling mentally with their body image, and it makes me feel sad that they would go to these extremes to feel good enough for others. My understanding of eating disorders is that individuals are trying to make themselves smaller by either not eating at all or making themselves lose the weight of the food they ate either by vomiting or consuming laxatives.**

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

**Anorexia in my own words is when a person does not consume enough calories to keep up with what is a healthy weight for them in order to not be "fat". People with anorexia have a distorted body image and will never feel good about themselves no matter how small they are. Bulimia in my own words is when a person binge eats a lot of food and then does something to lose the weight they are gaining. This can be by vomiting, overusing laxatives, or exercising excessively. People with bulimia also see themselves as "too fat" and will do anything to lose the weight.**

3. List the clinical signs of anorexia nervosa, bulimia nervosa, and binge-eating disorder. Provide a summary of the differences between the three disorders.

**Some clinical signs of anorexia are dramatic weight loss, constipation, dizziness, denial of hunger, being underweight, or lanugo body hair. Some clinical signs of bulimia are excessive exercise, fear of gaining weight, hiding food, social isolation, or use of laxatives. Some clinical signs of binge eating disorder are eating past the point of satisfaction, eating fast, eating large amounts of food, eating in secret, or hiding/ hoarding food. Although these disorders are similar, there are clear differences between them. The difference between anorexia and bulimia is that anorexia you don't eat at all or not enough to keep up with body requirements. Bulimia you are still eating, just causing yourself to expel the food somehow. The difference between bulimia and binge eating is that binge eating you are continuously eating. With bulimia you are continuously eating and then expelling the food somehow.**

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 treatment for anorexia listed in the article is family- based therapy, CBT, focal psychodynamic psychotherapy, and specialist supportive clinical management. The treatment for anorexia in the book is CBT, DBT, family treatment, and individual therapy. The treatment for bulimia listed in the article is family- based therapy and CBT. Treatment for bulimia listed in the book is CBT, DBT, individual therapy, psychopharmacology. The treatment for binge eating listed in the book is CBT. The treatment for binge eating in the book is CBT, DBT, individual therapy, and psychopharmacology.**

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

**My perceptions regarding eating disorders have not really changed since reading the article and textbook. I still believe that eating disorders occur in people who are struggling mentally with their body image. They are going through a hard time mentally and see the only way to fulfill their preferred body image is to harm their bodies. Although they may look emaciated and severely sick, they still believe that they are too "fat". These people would benefit from therapy with and without their families. They should be allowed to talk about why they feel they are fat and not perfect and be told the harm they are doing to their bodies. I believe getting to the root source of their problem and where it began is the only way to treat their eating disorders. These people need a strong support system and need to be closely observed when it comes to eating as to be sure that they are taking in enough nutrition and not doing things to expel the nutrition from their bodies.**

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 the article has helped me better understand on how to treat patients with eating disorders. Most importantly you never want to make them feel bad about their problems and provide them with support and help during this difficult time. As a nurse you want to be sure to look closely for signs and symptoms, especially in patients with bulimia because they may not look malnourished like other eating disorder patients. Be sure to ask thorough questions and get a good background assessment on the patient. As far as treatment, it takes a lot of family effort as well as patient effort. Families have to be willing to attend therapy with the patient and they have to be educated on how to look for signs and symptoms in the patient to keep them from relapsing into their preexisting eating disorder behaviors.**