

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?

I don't have too much of an understanding of eating disorders as I have never really known someone close to me that has one. However, I know that often times eating disorders can get overlooked and just thrown to the side, because some people think they do not exist. In high school, I remember a class mate of mine who had an eating disorder, and people would say that it wasn't real, and she was only doing this for attention. I never agreed with those who said that because you should never assume something of someone. You really never know what anyone is currently dealing with behind closed doors. I am aware that there are different types of eating disorders, but I am not familiar with them, or what they mean, so I am excited to learn more about them in class.

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

Anorexia nervosa is when someone has a fear of gaining weight and having a disturbed body image. Therefore, these individuals tend to have food restrictions on what they eat, so they do not gain weight and change their body image. Bulimia nervosa can be defined as binge-eating, but then the individual goes through a period of time where they do not eat. This is also due to the fear of gaining weight and having a disturbed body image.

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	Bulimia Nervosa	Binge-eating disorder
- Underweight	- forceful vomiting	- eating large amounts of food
- Insomnia	- stained teeth	- poor self-image
- Hair loss	- binge eating	- Obesity
- Low self esteem		- Fast eating

Anorexia nervosa is when someone restricts the amount of food they eat due to feeling as though they might gain weight. Although some think that these individuals may just not feel hunger, they still do, but they ignore it due to their fear of gaining weight. Bulimia nervosa is similar to anorexia in the fact that they both are caused by the fear of gaining weight and having a disturbed body image, however, individuals with bulimia nervosa tend to eat a large meal in a very short time frame, but then will not eat for awhile after that. Finally, binge eating disorder is when someone tends to eat non-stop, and cannot control themselves. They can tend to be obese, and when they are eating, they eat fast so they do not feel as full as quickly.

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).

Some of the treatment modalities that the article talks about regarding binge eating disorder is the use of CBT therapy and self-guided imagery. Also, medications such as Vyvanse and Topiramate both work to help decrease binge eating disorder. Anorexia nervosa does not have any medications available to help treat this, however, family-based therapy is considered the first line of treatment for these individuals. In bulimia nervosa, therapy and self-guided forms of CBT are the recommended forms of treatment, however medications such as Fluoxetine can be given to help treat this disease as well. One of the biggest treatment modalities according to our textbook would be behavioral changes. This allows the patient to have autonomy towards their plan of care, as well as feel that sense of control over their treatment. The Maudsley approach is another form of treatment from the book that refers to having family involvement, but letting adolescence be in charge of their calorie intake. This allows the family to be involved, but also gives the patient a sense of independence throughout the process. The family centered care and pharmacology are relatively the same between the book and the article, however the behavioral changes are not mentioned in the article. I think this is a huge treatment for those with eating disorders because it gives them the opportunity to go out and create the change themselves, as well as help better their health in the process.

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

I definitely learned a lot after reading through the article and textbook about eating disorders. I learned that often times, people shy away from getting the help they need because they are ashamed of the disorder when they shouldn't be. These disorders are a real thing that people struggle with every day, and everyone should do their best at not judging how these individuals act regarding food intake, because it is not something they can control.

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 showed me a couple different ways that nurses can help identify and understand eating disorders better. One of those was by providing some of the common signs and symptoms to look for in a patient who might have one of these disorders. Due to shame or embarrassment, the patient might not want to talk about their disorder, or even tell the healthcare team that this is something they struggle with. Therefore, the best way to identify this is noticing some of the signs and symptoms that they present with. I also learned that understand lab values is very important in a patient with any type of eating disorder. Some of the important lab values to look at include BMP, Amylase, calcium, cholesterol, and magnesium, as well as a CBC that helps determine bone marrow hypoplasia.