

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 patients 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?

Before reading this article I had a very brief understanding of eating disorders. After I finished the article it was made clear the differences between all three of these disorders. Many times I have heard people talk badly about people who have eating disorders. They say the person is able to stop if they want to. This is not the case though. These disorders are real issues people have that can lead to detrimental health issues if not taken care of. I also was able to find different ways to treat these eating disorders. Not everyone is the same so different techniques may be more effective than others, depending on the person.

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

Anorexia nervosa is the idea of someone thinking they are overweight when they are obviously underweight. They then proceed to binge eat followed by a series of purging. Having this period of purging after binge eating helps them with weight loss. Bulimia nervosa is where the person consumes large amounts of food in a short period of time followed by a way to expunge those calories from the body. Although these people binge eat then purge they usually have a normal body weight. Both of these eating disorders share their similarities. They differ in the way that bulimia nervosa stays around a normal body weight. Whereas anorexia nervosa is at a lower body weight than what is considered normal.

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

Clinical signs for anorexia nervosa include hypothermia, bradycardia, hypotension, peripheral edema, lanugo, amenorrhea, weight loss, cold intolerance, dizziness, and chest pain. These symptoms are all present due to the excessive weight loss in these individuals. Bulimia nervosa has some symptoms similar to anorexia nervosa but differ in ways. These symptoms include abdominal discomfort, sleep and social interruption, tooth erosion, tears in gastric and esophageal mucosa, dehydration, and calluses on knuckles. With the repeated purging the acidity from the vomit will start to erode at the teeth. The constant vomiting also causes dehydration problems. Binge-eating disorder typically goes through a binge eating phase like anorexia or bulimia nervosa but then skips the purging phase. This can be seen from the weight gain that the person will then experience.

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).

For anorexia nervosa family group therapy is one of the best treatment modalities. There have been studies done that show family group therapy has high remission rates. Having the parents there as a guide in therapy can help them play a vital role in the patient's recovery. Not only does this therapy help the patient it also educates the family as well. Bulimia nervosa also benefits from the utilization of family therapy. They use this therapy method as a way to help the parents connect with the patient and contribute to their healing journey. It creates plans as well as implementing appropriate treatment for that person. Binge-eating disorder has been shown to improve with the use of CBT and self guided therapy. With the use of these modalities it can provide that person a way to interact with others while focusing on ways to cope with their problem.

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

When it comes to eating disorders I knew there were a few different types, I just did not know how they differed. After reading I figured out that there are three major eating disorders. Binge-eating, anorexia nervosa, and bulimia nervosa were the three major disorders. Another thing that I learned was that medications are not normally used with patients who have eating disorders. This is because most of the time patients who have an eating disorder will have some type of medical problem that follows. Administering medications while having these health problems can cause even more problems than solving.

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.

After reading this article it really did help me better understand all of these disorders a little more. I was able to learn about the impact that these disorders have on sports and bone health as well. It is important to have a steady diet to help maintain a healthy bone structure as well as body weight. So having a low bone density problem from the recurrent purging can cause many more problems in the long run. Since these disorders can cause bone density problems it can cause issues while participating in sports. It can result in a bone break from the lack of density. Not only can it cause bone problems, but having an eating disorder can result in many different health problems. This article also showed me what to look for in the initial evaluation, and what treatment is best for each disorder.