

## Symptoms of Eating Disorders

Check the eating disorder to which the symptoms in the left-hand column most commonly apply. Some may apply to more than one disorder. Number 1 has been completed as an example.

Symptoms	Anorexia Nervosa	Bulimia Nervosa	Obesity
1. Depression	X	X	
2. Amenorrhea	X		
3. Risk of diabetes mellitus			X
4. Erosion of tooth enamel		X	
5. Preoccupation with food	X		
6. Self-induced vomiting	X	X	
7. Fixed in oral stage of development			X
8. Is markedly underweight	X		
9. Weight is close to normal		X	
10. Is markedly overweight			X
11. Abuse of substances is not uncommon		X	
12. May be related to hypothyroidism			X
13. May be related to issues of control	X	X	
14. Genetics may play a role in the cause	X	X	X

15. Takes in enormous amounts of food without gaining weight		X	
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### Homework Assignment Questions and Answers

*Please read the chapter and answer the following questions:*

1. There is speculation that anorexia nervosa may be associated with a primary dysfunction of which brain structure?

**The Hypothalamus**

2. What is the level of body mass index (BMI) that is associated with the definition of obesity?

**30 BMI and higher**

3. Individuals with anorexia nervosa have a “distorted body image.” What does this mean?

**The person thinks that he or she is fat when they are underweight or normal weight**

4. What physiological signs may be associated with the excessive vomiting of the purging syndrome?

**Electrolyte imbalance, dehydration, erosion of tooth, and tears in the gastric or esophageal mucosa.**

5. What are TWO priority problems for this patient? What are THREE nursing interventions for each of those priority problems?

<b>Priority Problem 1: imbalanced nutrition</b> <b>Nursing intervention:</b> <ul style="list-style-type: none"> <li>• Monitor daily weight (same time, same scale, and similar clothes)</li> <li>• Monitor VS and lab results (electrolytes, glucose, albumin)</li> <li>• Encourage small frequent meals as tolerated</li> </ul>	<b>Priority Problem 2: Disturbed body image</b> <b>Nursing intervention:</b> <ul style="list-style-type: none"> <li>• Use therapeutic communication and listen to patients’ concerns</li> <li>• Educating on physical effects of malnutrition on appearance</li> <li>• Encourage expression of feelings about body image in a group therapy</li> </ul>
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