

Psychiatric Nursing 2025
Unit 6 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 6 Online Assignment Drop Box by 6/30/25 at 0800. ***This assignment has a minimum word count of 750 words.***

This assignment is worth 0.75 hour of online content. In order to receive full credit for this assignment, it must be completed in its entirety by the due date/time assigned. Any assignment not completed in its entirety will result in missed theory time and must be made up

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

Eating disorders are caused by having a disturbed body image. There are multiple different types of eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder, and pica. Patients who have an eating disorder do not like how they appear physically and use a purging mechanism to cope. Anorexia nervosa is characterized by refusing to eat so that they lose weight, and they may also purge after eating. Purging is when a patient makes themselves throw up after eating or they may take excessive amounts of laxatives to lose weight by using the restroom multiple times a day. Bulimia nervosa is characterized by patients eating but repeatedly make themselves throw up their food after for fear of gaining weight if they do not throw up. They may also exercise excessively or take laxative and diuretics to make sure they do not gain any weight. Binge eating disorder is characterized by eating an excessive amount of food in a short period of time. They eat faster than most people and will continue to eat even after they are not hungry anymore. These patients do not have any behaviors associated with preventing weight gain. Patients who experience eating disorders can be treated and can be cured by using therapy and pharmacological intervention.

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

Anorexia nervosa is defined as restricted eating to the point where the patient will become malnourished. These patients eat less calories than their body needs to function. They have a fear of gaining weight or being overweight. These patients have ineffective coping skills and will purge after they eat to make sure they do not gain any weight. Purging is when the patient makes themselves vomit, abuse laxatives, or work out excessively. Bulimia nervosa is similar to anorexia nervosa except people with bulimia nervosa binge eat in a short amount of time because they can not control themselves. They are very hyper fixated on how they look and how much they weigh. After they binge eat they also purge to make sure they do not gain any weight from all of the food they consumed during their binge.

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 of anorexia nervosa include amenorrhea, thin hair, extremely rapid weight loss, purging, they may also have dizziness, cold intolerance, and poor memory. Clinical signs of bulimia nervosa include vomiting, excessively working out, consuming a large amount of food in a short period of time, weight fluctuations, erosion of tooth enamel, and calluses on their knuckles. Clinical signs of binge eating disorder include eating a large amount of food over a short period of time, eating until they feel extremely bloated, depression after eating, they take no action towards losing weight. Anorexia nervosa is different from bulimia nervosa because with anorexia the patient does not eat more than 200 calories a day whereas with bulimia a they eat a lot of food in a small amount of time. Bulimia is different from binge eating because people with bulimia purge after they eat and people who have binge eating disorder do not purge at all.

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 the first line of treatment for anorexia nervosa is family-based therapy as well as CBT therapy. They may also be given SSRI's. The book also notes CBT therapy for all types of eating disorders. They also include speaking with a dietician and making a plan for the patient to gain weight. The article states the best treatment for bulimia nervosa is CBT and family therapy as well. The book notes the best treatment as CBT and using antidepressants to decrease depressive symptoms. The article states the best treatment for binge eating disorder is CBT and self-guided therapy. The article also recommends fluoxetine an antidepressant for the treatment if depression symptoms. The book states the best treatment for binge eating disorder is high doses of SSRI to help the patient lose weight in combination with CBT therapy. Most of these treatment modalities are the same and they both use CBT therapy a lot for all of the binge eating disorders.

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 views regarding eating disorders have changed and I feel a lot of empathy for these patients. I never really knew why people would starve themselves to lose weight until I read through the article and the book. After reading in the book that the patients with anorexia nervosa only eat less than 200 calories a day, I realized how severe these eating disorders really are. It makes me very sad to think that some people starve themselves to feel slightly better about themselves. I also never knew before that people who have bulimia nervosa eat a lot of food in a short period of time and then make themselves vomit after until I read it in the article and the textbook. These eating disorders are very scary, and I now have a lot of compassion and empathy for patients who feel the need to starve themselves or purge after they eat because they are afraid of gaining weight.

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 the book and the article I feel that I understand these eating disorders a lot more than I did before reading them. For example, I did not know that patients with eating disorders could be prescribed SSRI and other antidepressants to help with their eating disorder. I also did not know that people with binge eating disorder could be prescribed high doses of SSRI to help them lose weight. The book and the article also helped me understand the signs and symptoms of each of the eating disorders specifically table 1 from the article. The table did a nice job of breaking down the characteristics of each disorder and it helped me a lot. One thing I learned from the article is to never weigh the patients toward the scale. You should weigh them turned around so they can't see the number. This information will help me when I take care of a patient with an eating disorder in the future. Overall, the book and article have helped me understand each of these eating disorders and their treatment.