

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?

I understand that eating disorders can affect people of all genders, ages, and backgrounds. I'm familiar with eating disorders such as anorexia nervosa, bulimia nervosa, and binge eating disorder and how they can have a drastic effect of physical and emotional aspects of a person's life. I previously linked eating disorders mostly to wanting to change one's appearance, weight, or an unhealthy relationship with food. I now understand that eating disorders can also be coping mechanisms for a lot of stress, trauma, or lack of control in one's life. Often only linked to appearance or body image, I now see that some of the other potential reasons are often overlooked.

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

Anorexia nervosa in my own words is when someone has a distorted body image and has a very strong fear of gaining weight. This leads to them eating a lot less calories than they need to maintain normal body function. Eating less than the body needs for maintenance causes them to lose quite a bit of muscle, become very tired, and causes a lot of other issues. Excessive exercise and doing other things to avoid gaining weight can also be classified as

anorexia nervosa. Wanting to be thinner because of a disoriented body image can be one reason why this disorder happens. It can also be due to a person struggling with other emotional issues or traumas. It is a way to feel in control. Bulimia nervosa is an eating disorder where a person undergoes a series of binges, which is eating large amounts of food in a very short period of time. After this binge eating, they try to undo what they just done by excessively exercising, vomiting, or over using laxatives. This disorder also has effects on one's body. For example, purposely vomiting food back up repeatedly on purpose can cause incredible tooth damage. It can also be caused due to a feeling of lack of control of how they are eating.

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 significant weight loss and being underweight. They also typically have a large fear of gaining weight. They are also very restrictive in their eating, which means they could eat very little or avoid eating at all at times. They also have a very disturbed body image and see themselves being overweight even if they are significantly underweight. It is also possible that women can lose their periods in this disorder. Also because of people typically being underweight in this disorder and having a low body fat, they feel cold most of the time. Hair loss is also common, so is the growth of hair called lanugo. Dizziness, exercise intolerance, palpitations, and chest pain can also occur. For Bulimia nervosa people show clinical signs of eroded tooth enamel from throwing up. They also may be constipated and have acid reflux. Due to the constant cycle of binge eating and vomiting they usually present with extreme electrolyte imbalances that can affect their heart. Binge eating disorder clinical signs are episodes of eating large amounts of food in a short time. Typically, people with this disorder experience a lot of shame when bingeing and will choose to eat alone out of embarrassment or guilt. They usually also experience negative emotions following a bingeing episode, such as being ashamed. People with this disorder can be overweight. The differences between these disorders can be seen through eating behavior. Anorexia nervosa restricts food or avoids it, sees self as overweight, and usually has no purging methods. Bulimia nervosa binges and then purges, is concerned about body image, and purging methods are regularly done. Binge-eating disorder binges without purging, concerned with weight or body, and purging methods are absent.

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).

An outpatient setting, professional supervision and structure, can be very beneficial for those suffering from an eating disorder. Cognitive behavior therapy is also often used to help with the overevaluation of one's body and the cycles of disordered eating. For anorexia nervosa, family-based therapy is considered one of the most helpful treatment options. For bulimia nervosa, family-based therapy and CBT is recommended. For binge eating disorder, meta-analytic data support treatment with CBT is appropriate.

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

Before reading the article and textbook, I was unaware of what type of medications were used to treat anorexia. In the article it talked about how olanzapine and Selective serotonin reuptake inhibitors has some effect in weight gain and appetite. However, there is no medication actually approved by FDA. Previously I was unaware that there were any medications at all that could help anorexia nervosa.

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 this article showed mean that nurses, during initial evaluation, often are the first to noticed physical and behavioral signs of these disorders. This early identification is very important as stated in the article how vital it is to avoid missing critical windows for intervention. For treatment it is important for the nurse to monitor vitals, nutritional intake, support medical adherence, and involving and educating the patient and their family. The article also gave me a greater understanding of the differences between the disorders and how they are separate. For example, of bulimia nervosa and binge eating disorder both involving bingeing episodes, but only bulimia nervosa involves purging.