

Psychiatric Nursing
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Unit 4 Online Assignment
Eating Disorders

Please read the assigned article along with the Davis Textbook Chapter 22. Answer the following questions.

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

Eating disorders are considered a mental illness and I feel bad for people that are struggling with any kind of eating disorder. I have grown up with 2 of my very close friends that have both struggled with eating disorders. They are no longer struggling which is wonderful news. Both of them did tell me that an eating disorder to them was having complete control over something/body. They both struggled with situations in their lives that they could not control at home, one example was their parents were going through a horrible divorce. The divorce was out of my friends control, so she turned that into wanting to lose weight and be in control of her body. So, watching the two of them struggle I got to learn more about the diseases. I have never passed judgement on them or anyone else that struggle with an eating disorder.

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

Anorexia nervosa is an eating disorder in which a person perceives themselves as “fat”, even if they are not overweight at all. So, to them their only option to lose weight is to starve themselves. People with anorexia nervosa will eat only one small snack a day or not eat at all. Some of them use laxatives to get rid of anything else that may be left in their stomach.

Bulimia nervosa is an eating disorder in which someone is concerned with how others may perceive them. So, this is slightly different from anorexia. People struggling with bulimia are usually average weight. People will binge eat which usually consist of large amounts of foods than shortly after eating make themselves throw up. By vomiting they are getting rid of all the fat and calories they just consumed. They also over exercise to burn off all the calories they consumed during their binge eating.

3. List the clinical signs of anorexia nervosa and bulimia nervosa. Provide a summary of the differences between the two disorders.

Anorexia nervosa

- Intense fear of gaining weight
- Persistent behavior that prevents weight gain
- Restriction of nutritional intake, leading to significantly low body weight
- Amenorrhea
- Arrhythmia
- Bradycardia
- Brittle hair and nails
- Edema
- Hypotension

- Lanugo
- Osteoporosis

Bulimia nervosa

- Recurrence of binge eating episodes characterized by: Eating an unusual amount of food in a small amount of time. Lack of control to stop eating the large amount of food, they feel as if they cannot stop eating.
- Persistent behaviors to prevent weight gain such as, excessive exercise, misuse of laxatives, self-induced vomiting and fasting for long periods of time after a binge.
- The binge episodes occur at least once a week over a 3month period
- Their body weight and shape determines how they feel about themselves
- Dental erosion and gum disease
- Scars/calluses on fingers (Russell sign)
- Weight fluctuations

The main difference between the two are that individuals that suffer from anorexia nervosa will not eat large amounts of food, people with bulimia nervosa will eat a large amount of food and then use vomiting or overly exercising to get rid of the food they ate. Another difference is that a person with anorexia is a self-perceived image about their bodies whereas bulimia is how others perceive them.

4. According to the article, what are the different treatment modalities for each disorder? Compare this to the treatment modalities identified in the textbook (summarize the differences and similarities).

Treatments for anorexia

- Possible feeding tube if malnutrition is severe
- Treatment to control heart rate, BP and temperature if needed
- Encouragement to eat
- Psychotherapy

Treatment for bulimia nervosa

- Electrolyte imbalance treatment
- Monitor and treatment of any esophageal tears
- Monitor and treat hypothermia
- Suicide precautions

The similarities of both treatments are that they treat the patient for any malnutrition. The difference between them are is someone with anorexia will need to monitor vital signs and someone with bulimia most likely will not have to.

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

After reading the article and textbook my perceptions have changed regarding the differences between the two. I thought they were both driven by what others thought of them but that is only

with bulimia. I also learned that people with bulimia also workout a lot to burn off any extra calories they ate.

6. How has reading this article helped you better understand the initial evaluation, treatment, and diagnosis of anorexia nervosa and bulimia nervosa from the nurse's perspective? Provide specific examples.

Reading this article has helped me better understand that as a nurse you must form a good therapeutic relationship to better treat the patient. The article also helped me to understand the differences in treatment for each disorder. I honestly thought before reading this article that both of them you would have to monitor the VS but I found out that is mainly just with anorexia patients.