

## Psychiatric Nursing

### 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?

I was aware of what eating disorders were ever since my high school health teacher showed us the video of the girl that puked in jars and kept them in her closet. Ever time I see the word bullemlia, I picture her driving to the middle of woods with a car full of food and eating until she physically got sick. I knew anorexia were those that always thought they were fat so they fear food and damage the body due to severe malnutrition. Binge eating sounds like something everyone easily can do, and is one factor that contributes to the belief that food is a drug and can become an addictive substance. I always had a fascination for this because I personally can relate to the obesity and overeating epidemic. I love food.

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

Anorexia nervosa- fear of food and always has a mindset that you are fat therefore you refuse food, and starve yourself to the point of severe malnutrition and underweight.

Bulimia Nervosa- This is where you binge eat and then the fear of gaining weight from the food causes you to force emesis episodes multiple times so the food does not get digested. This is also very malnourished and unhealthy.

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

S/S of Anorexia: Obsession with weight control, Obsession with food, calories, and weight loss, Refusal of hunger or eating, distorted body image

S/S of Bulimia: weight crease of increments within a week, dehydration, mouth sensitivity, sores on mouth

Differences: Bulimia you eat but purge the food shortly after as anorexia, you may not have any intake at all. You have a better chance of getting some nutrients through bulimia, but neither are recommended as a healthy lifestyle.

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).

Develop a thereputic alliance with the patient with the help of the psychiatrist, physician, dietician and therapists. They may be served as an inpatient or outpatient unit and be given stric nutritional guidelines to follow. Medications such as SSRIs and psychotic drugs may help the symptoms but will not cure the illness.

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

I have a clearer understanding of the diseases and now know that it affects many people in our country. I want to build a support knowledge when taking care of patients with such diseases and was very interested in learning more about this.

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.

This helped me because the article gave me a better understanding of what is done in an inpatient anorexia unit. I only knew that the dietary and physician was involved, but it makes sense knowing that the psychiatrist is also involved. I would love to observe in an inpatient unit and see the way the treatment is done.