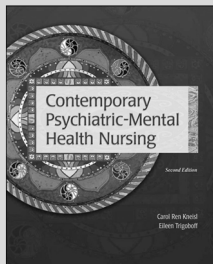


# Contemporary Psychiatric-Mental Health Nursing



## Chapter 21 Eating Disorders

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Carol R. Kneisel and Eileen Triggoboff

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## Effect of Culture

- Cultural stereotypes
- Preoccupation with the body
- Cultural ideal of thinness
- Identity and self-esteem are dependent on physical appearance
- Changing male ideals of the body

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## Biologic Theory

- There may be a genetic predisposition for anorexia.
- Relatives of clients with eating disorders are 5 to 10 times more likely to develop an eating disorder.

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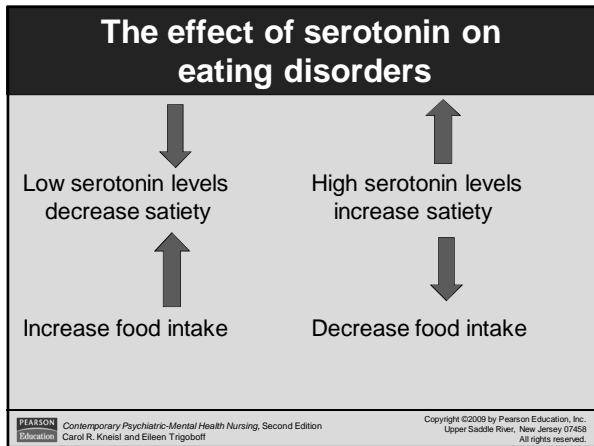
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### Other neurotransmitters affect eating disorders

- Increase eating behavior:
  - Norepinephrine
  - Neuropeptide Y
- Suppresses food intake:
  - Dopamine

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### Eating Disorders

- Anorexia nervosa and bulimia nervosa are not single diseases, but syndromes with multiple predisposing factors and a variety of characteristics.

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## Characteristics of Anorexia Nervosa

- Extreme perfectionism
- Fear of gaining weight
- Significant weight loss
- Body image disturbance
- Strenuous exercising
- Peculiar food handling practices

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## Interview with Jessica



Click [here](#) to view a video interview with Jessica, a woman suffering from eating disorders

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## Physical Manifestation of Anorexia Nervosa

- Reduction in the following:
  - Heart rate
  - Blood pressure
  - Metabolic rate
  - Production of estrogen or testosterone

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## Hallmarks of Anorexia Nervosa

- Rigidity and control
- Rigid rules
- Obsessive rituals

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## Bulimia Nervosa

- Cyclical condition
- Episodes of binge-eating and purging
- Skipping meals sporadically
- Strict dieting or fasting

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## Binge-Eating Disorder

- Eating significantly larger-than-normal amounts in a discrete time period, until uncomfortably full
- Sense of lack of control
- No compensatory purging

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## Obesity

- Most common form of malnourishment in U.S.
- Results from a variety of combinations of psychosocial and physiological factors
- People who are 35 percent or more above ideal body weight are at high risk for developing medical problems

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## Obesity: Contributing Factors

- Eating habits
- Managing negative feelings
- Eating as a reward
- Eating as a stress reducer
- Connection between pleasure and eating
- Increased caloric and fat intake
- Decreased physical activity

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## Contributing Psychosocial Theories

- Psychoanalytic
- Family systems
- Cognitive/behavioral
- Sociocultural
- Biologic

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## Female Attractiveness

- Equated with thinness, physical fitness
- Media glamorizes thinness
- Thinness equated with success and happiness
- Prejudice against overweight
- Self-esteem enhanced for those considered attractive

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## Male Attractiveness

- Ideal body type is lean and muscular
- Emphasis on strength and athleticism
- Less popular if they do not have the ideal body type

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## Psychosocial Pressures

- Frequent exposure to articles about dieting is significantly associated with lower self-esteem, depressed mood, and lower levels of body satisfaction.

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## Psychosocial Considerations

- Use of anabolic steroids
- Increased risk for gay or bisexual males
- Predominately an issue in industrialized, developed countries
- Not solely a problem of specific cultural groups

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## Assessing Clients

- Dramatic weight loss or gain
- Medical history and physical examination
- Client misperceptions
- Denial
- Blurred boundaries
- Physical symptoms

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## Family Dynamics

- Families seriously affected
- Anorexia nervosa
  - Enmeshed
  - Blurred boundaries
- Bulimia nervosa
  - Less enmeshed
  - Isolate from one another

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## Prevention and Treatment

- Anorexia nervosa
- Bulimia nervosa
- Binge-eating disorders

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## Goals - continued

- The overall goal of treatment for the individual with anorexia nervosa is gradual weight restoration/
- A target weight is usually chosen by the treatment team in collaboration with a dietitian.
- Target weight for discharge from treatment is usually 90% of average for age and height.

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## Goals - continued

- The goal of nursing interventions with anxious clients with bulimia is to help them:
  - Recognize events that create anxiety
  - Avoid binge eating and purging in response to anxiety
  - Verbalize acceptance of normal body weight without intense anxiety

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**Goals - continued**

- Providing basic nutritional education is the goal of interventions with clients that have a knowledge deficit in this area.

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**Nursing Interventions: Client with Anorexia Nervosa**

- Ensure that the client survives.
- Help the client to learn more effective ways of coping with the demands of life.

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**Anorexia Nervosa: Specific Interventions**

- Tube feeding
- Intravenous therapy
- Weighing the client daily
- Observing bathroom behavior
- Recording intake and output
- Observing the client during meals

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## Medications

- Antidepressants
  - Reduce binge eating and vomiting
- Symptom control
  - Anxiety
  - Depression
  - Obsessions
  - Impulse control

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## Prevention

- Nurses in community-based settings can play a valuable role in:
  - Education
  - Support
  - Referral

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## Screening and Education

- Nurses can provide screening and education in schools, clinics, homes, health fairs, health clubs
- Individuals at risk: low self-esteem, irrational behavior related to food, excessive exercise, and other factors

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## Prevention and Screening

- Important to understand cultural factors contributing to eating disorders
- Nurses can implement primary prevention and secondary screening measures

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## Resources

- <http://www.aabainc.org>  
The American Anorexia/Bulimia Association site provides links to self-help groups and treatment resources for clients with eating disorders.
- [http://homepage2.nifty.com/s\\_shibata/softwares/bodyimage.html](http://homepage2.nifty.com/s_shibata/softwares/bodyimage.html)  
BodyImage is software for the study of body image. The software uses an image-distorting technique to assess body size changes.

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## Resources - continued

- <http://www.naafa.org>  
The National Association to Advance Fat Acceptance, a nonprofit human rights organization dedicated to improving quality of life for fat people, works to eliminate discrimination based on body size and provides education, advocacy, and support.
- <http://www.nationaleatingdisorders.org>  
The National Eating Disorders Association provides information, referrals, support, prevention, and conferences. The Media, Body Image, and Eating Disorders online publication provides basic facts about the influence of the media on our lives and body image.

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## Resources - continued

- <http://www.nlm.nih.gov/medlineplus/eatingdisorders.html>  
MedlinePlus: Eating Disorders links to a directory of resources about all aspects of eating disorders from the National Library of Medicine at the National Institutes of Health.
- <http://www.oa.org>  
Overeaters Anonymous is a self-help group that offers a twelve-step recovery program for those who suffer from compulsive overeating.

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