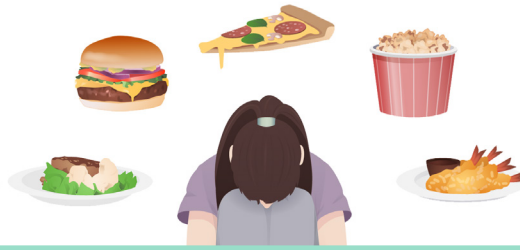


TYPES OF COMMON EATING DISORDERS



Eating disorders are a disruption in eating behavior that jeopardize physical health and psychosocial functioning. Extreme preoccupation with body weight and obsessive relationship to food characterize this range of conditions.



People of every race, cultural background, socio-economic status, age group and gender experience eating disorders, with adolescent females most commonly reported.

Eating Disorder	Anorexia Nervosa	Bulimia Nervosa	Binge Eating Disorder
Characteristics	<ul style="list-style-type: none"> Gross body image distortion Extreme fear of obesity resulting in restriction of food intake May also engage in excessive exercise Effort to lose weight takes over life. 	<ul style="list-style-type: none"> Preoccupation with body image and perceptions of others Impulsive, rapid ingestion of food Binging followed by compensatory behaviors: induced vomiting, misuse of laxatives/diuretics Symptoms of anxiety/depression often present 	<ul style="list-style-type: none"> Compulsive episodes of binge eating Food intake dissociated from hunger/inability to feel satiated Binging not followed by compensatory purging behaviors Men and women equally affected
Physical Signs	<ul style="list-style-type: none"> < 85% expected weight Loss of muscle mass Bone loss Brittle hair and nails Bradycardia Cardiac arrhythmias Orthostatic hypotension Amenorrhea 	<ul style="list-style-type: none"> Normal weight range Sore throat Swollen salivary glands Tooth decay Acid reflux Electrolyte imbalances Cardiac arrhythmias Hormonal imbalances 	<ul style="list-style-type: none"> Obesity Fatigue Joint pain High cholesterol
Complications	<ul style="list-style-type: none"> Anemia Bone fracture Heart failure Brain damage 	<ul style="list-style-type: none"> Esophageal scarring Pancreatitis Peptic ulcers Long-term constipation 	<ul style="list-style-type: none"> Hypertension Heart disease DMII

Treatment

A multidisciplinary treatment plan should be tailored to the individual's needs. May include:

- Individual therapy
- Group therapy
- Family therapy
- Psychopharmacology: antidepressants & anxiolytics
- Nutritional education
- Nutritional counseling & diet plan

Nursing Considerations

- Be aware of signs, screen for eating disorders in all client populations.
- Establish trusting, non-judgemental relationship.
- Explore feelings & underlying psychological concerns.
- Facilitate collaboration among multidisciplinary team.
- Monitor food intake and weight gain, while being conscious of language and client triggers.
- Support development of healthy, realistic body image.

NOTES

