

EATING DISORDERS PATHOCHART

PATHOPHYSIOLOGY

Eating disorders are a serious, sometimes fatal illness that cause a significant change in a client's eating behaviors. Types of eating disorders include anorexia nervosa (voluntary starvation), bulimia nervosa (binge-eating followed by purging) and binge-eating disorder (binge-eating without purging). Inadequate nutrition can lead to serious medical complications and even death. These conditions frequently coexist with other mood or personality disorders and/or substance abuse.

ASSESSMENT FINDINGS

- Obsession with calories or fat content of foods
- Denial of low body weight, fear of gaining weight
- Fatigue and signs of anemia
- Eating alone or in secret
- Frequent dieting or restricted eating
- Brittle hair and nails
- Muscle wasting and/or emaciation
- Excessive weight loss or gain

DIAGNOSTICS

- Anorexia Nervosa
 - Restriction of nutritional intake
- Bulimia Nervosa
 - Recurrent episodes of bingeing and purging
- Binge-Eating
 - Eating a larger amount of food than normal
 - Lack of control over eating

NURSING PRIORITIES

- Ensure adequate nutrition
- Assess and monitor emotional status
- Maintain fluid & electrolyte balance

THERAPEUTIC MANAGEMENT

- Assess nutritional status and set a weight goal
- Provide small meals and snacks
- Monitor for food hoarding
- Administer TPN or Nutritional supplements as appropriate
- Document routine weights
- Provide resources for support for client and family

MEDICATION THERAPY

- SSRI antidepressants
- Anxiolytics
- Psychostimulants for Binge-eating