

Eating Disorders in the Adult

Physical assessment

Anorexia Nervosa

- Malnourished appearance
- Dulled reflexes
- Hypotension
- Decreased body temperature
- Hair loss
- Loss of muscle mass

Bulimia

- Loss of skin turgor
- Dehydration
- Persistent vomiting
- Bloody vomitus
- Tooth decay

Nursing Tips

- Develop safe and trusting relationship to promote security
- Watch for signs of gastric bloating, edema, *heart failure*
- Some discomfort is to be expected with increased feeding
- Educate patient to eat slowly and learn to taste and enjoy food
- Bathroom use must be supervised to prevent vomiting
- Explain NG as a tool rather than a punishment encourage adequate PO as an alternative
- Explain nasogastric feedings in matter-of-fact, supportive manner to decrease loss-of-control feelings
- Use mealtime for social interaction do not confront patient about eating
- Emphasize that the restrictions are to protect the patient not control behavior
- Anticipate anxiety with weight gain

Nursing Diagnoses

- Risk for deficient fluid volume related to imbalanced nutrition and purging behaviors
- Risk for impaired skin integrity related to malnutrition.
- Constipation related to laxative abuse and inadequate fiber intake.
- Anxiety related to self-concept.
- Disturbed sleep pattern related to malnourishment.
- Social isolation related to discomfort with others.



EKG & Cardiac Changes	Lab and Endocrine Changes
<ul style="list-style-type: none"> • Bradycardia is very common, a normal heart rate might be a sign of problem • Prolonged QT interval • Decreased cardiac mass • Reduced cardiac chamber volumes • Mitral valve prolapse • Hypotension • Atrioventricular block • Ventricular arrhythmia • Cardiac symptoms usually are worse when pt is <80% of normal weight • Cardiac changes usually resolve with electrolyte balancing and weight gain 	<p>↓ FSH, luteinizing hormone, T3, T4, estrogens ↑ cortisol, growth hormone, rT3, T3RU</p> <ul style="list-style-type: none"> • Normal free T4, TSH • Metabolic alkalosis • Hypocalcemia • Hypokalemia • Hypomagnesemia • Hypercholesterolemia • hypophosphatemia • Leukopenia, thrombocytopenia, anemia, reduced erythrocyte sedimentation rate, reduced CD4 and CD8 cells may be present • Increased plasma β-carotene levels

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