

# Eating and Sleeping Disorders

## Chapter 23

# Learning Objectives

## Lesson 23.1: Eating and Sleeping Disorders

(Slide 1 of 2)

1. List three features of an eating disorder.
2. Describe three characteristics of a person with anorexia nervosa.
3. Define the complication of anorexia called refeeding syndrome.
4. Identify the criteria for the diagnosis of bulimia.
5. Forecast the prognosis (outcome) for a client with an untreated eating disorder.
6. Explain why obesity could be considered an eating disorder.

# Learning Objectives

## Lesson 23.1: Eating and Sleeping Disorders

(Slide 2 of 2)

- 7. Examine the main therapeutic goal for treating clients with eating disorders.
- 8. Develop four therapeutic interventions for clients with eating disorders.
- 9. Describe three functions of sleep.
- 10. Discuss the signs and symptoms of a client experiencing insomnia.
- 11. Plan four therapeutic (nursing) interventions to assist clients with sleeping problems.

# Eating Disorders

(Slide 1 of 4)

- Eating disorder

- An ongoing disturbance in behaviors associated with the ingestion of food
- 30% of all adults believe that their actual weight is greater than their desirable weight
- Result of the quest for the perfect body

# Eating Disorders

(Slide 2 of 4)

- Anorexia nervosa

- Individual does not maintain a normal body weight because of an intense fear of becoming fat

- Approximately 90% to 95% of people with anorexia nervosa are female

- Classic description of person with anorexia nervosa

- Tense

- Alert

- Hyperactive

- Rigid

- Young woman

# Eating Disorders

(Slide 3 of 4)

## ● Clinical presentation

### ➤ Anorexia nervosa is a life-threatening disorder

- For the client with anorexia, the smallest gain in weight is seen as a threat and a failure in self-control

### ➤ Criteria

- Refusal to maintain a body weight greater than 15% below normal
- Even though the individual is underweight, he or she has an intense fear of becoming fat
- A distorted significance is placed on body weight and shape
- Absence of at least three menstrual cycles in a female who has previously menstruated

# Eating Disorders

(Slide 4 of 4)

- Clinical presentation

- Mortality rate for anorexia is due to:
  - Complications of starvation
  - Cardiac arrest
  - Suicide
- The death rate associated with anorexia disorders is far higher than for any other mental illness

# Refeeding Syndrome

- Refeeding syndrome—occurs when severely anorexic individuals resume eating
- Imbalance of fluids and electrolytes that can lead to cellular dysfunctions and life-threatening complications
  - Careful and frequent monitoring for physical and mental changes

# Bulimia

- A disorder of binge eating and the use of inappropriate methods to prevent weight gain
  - Binge and purge
- Often found in young, white, middle-class, and upper-class women
- Perfectionism is important with bulimia and contributes to maintenance of bulimic behaviors

# Untreated Eating Disorders

- Many individuals with bulimia go untreated
- Untreated eating disorders have a high mortality rate

# Obesity

- Excess of body weight
- Result of too many calories consumed or not enough calories burned
- It has not been established that obesity is consistently associated with mental health or behavioral problems

# Other Eating Disorders

- Pica

- Persistent eating of nonfood items that lasts for longer than 1 month
- Cravings for substances such as:
  - Clay
  - Laundry starch
  - Insects
  - Leaves
  - Pebbles

- Rumination disorder

- The regurgitation and rechewing of food

# Guidelines, Treatment, and Therapies

(Slide 1 of 2)

- Guidelines for intervention

- Main therapeutic goal for all eating disorders is to establish behaviors that promote health for the client

- Treatment and therapies

- Stabilize existing medical problems

- Reestablish normal nutrition and eating patterns

- Resolve the psychological/emotional issues that underlie disordered eating behaviors

# Guidelines, Treatment, and Therapies

(Slide 2 of 2)

- Treatment and therapies

- Clients are assisted in identifying how food is used to provide comfort and reduce anxiety
- Clients are helped to replace a distorted body image
- Clients are taught problem-solving skills

# Sleep-Wake Disorders

(Slide 1 of 2)

- Normal sleep

- Bodily functions and metabolic rate slow
- Muscles relax and body conserves energy
- Renewal and repair of cells and tissues occurs
- Dreaming allows humans to gain insights, solve problems, work through emotional reactions, and prepare for the future
- Two phases of sleep
  - Non-rapid eye movement (NREM) sleep
  - Rapid eye movement (REM) sleep

# Sleep-Wake Disorders

(Slide 2 of 2)

- Sleep disorder
  - Condition or problem that repeatedly disrupts an individual's pattern of sleep
- Diagnosis of a sleep disorder is based on:
  - Thorough history
  - Physical examination findings
  - Results of several tests
    - Polysomnogram
    - Electroencephalogram
    - Electromyogram
    - Electrooculogram

# Needs for Sleep

- Adults: 7-9 hours a night
- Ages 10-17: 8.5 to 9.25 hours a night
- Ages 5-10: 10-11 hours a night
- Ages 3-5: 10-13 hours a night
- Age 2: 11-12 hours a night; plus 1-2 hour afternoon nap
- Age 12 months: 10-12 hours a night, plus 4 hours of nap
- Newborns: 14-17 hours in a 24-hour period

# Dyssomnias

(Slide 1 of 2)

- Insomnia

- Disorder of falling asleep or maintaining a sound sleep

- Primary hypersomnia

- Excessive sleepiness that usually begins at between 15 and 30 years of age

- Narcolepsy

- A condition in which an individual has repeated attacks of sleep
- Individual may experience cataplexy and inappropriate rapid eye movement

# Dyssomnias

(Slide 2 of 2)

- Obstructive sleep apnea syndrome
  - Periods of apnea that repeatedly awaken the individual
- Circadian rhythm sleep disorder
  - Persistent pattern of sleep disruption that results from a mismatch between personal body rhythms and environmental demands
- Restless legs syndrome
  - Disagreeable sensations (tingling, itching) that occur while an individual is falling asleep or is asleep

# Parasomnias

- Nightmare disorder

- Repeated frightening dreams that lead to abrupt awakenings

- Sleep terror disorder

- Repeated nightmares and abrupt awakenings accompanied by a panicky cry or scream and intense fear

- Sleepwalking disorder

- Episodes of complex motor movement during sleep

# Other Sleep Disorders

- Nocturnal sleep-related eating disorder (NSRED): Binging during sleep
- Sleep disorders can result from many physical problems
- Many mental health disorders are associated with sleep-related problems
- Sleeping problems frequently occur during substance use or periods of withdrawal

# Guidelines for Intervention

- Maintain a regular sleeping routine
- Promote comfort
- Control physical disturbances
- Maintain a quiet, restful environment

# Questions?