



RAMA
UNIVERSITY

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FACULTY OF NURSING

ANOREXIA NERVOSA

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DEFINITION

Anorexia nervosa is characterized by involuntary refusal to eat, significant weight loss, an intense fear of becoming over weight and pronounced disturbance of body image.

INCIDANCE

- Female- 5%
- Male- 5-10%
- Disorder starts by the age of 10-19 years.

ETIOLOGY

- ❖ Biological factors such as disturbance in neurotransmitters in brain.
- ❖ Psychological factory such as ego development in young children.
- ❖ Family factors such as dysfunctional family.

CLINICAL FEATURE

- Extreme weight loss
- Intense fear of weight gain
- Distorted body image, weight or shape
- Other physical features like amenorrhea for 3 months, hypothermia, muscles wasting, hypotension, dry skin, cold intolerance

MANAGEMENT

- Nutritional counseling by a dietician regarding healthy eating habits and balanced diet.
- Individual therapy to correct distortions and deficits in psychological thinking.
- Family therapy to correct disturbed patterns of interaction in family.
- The antipsychotic olanzapine may be helpful for weight gain.

THANK



YOU!!!