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## FACULTY OF NURSING

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# BULIMIA NERVOSA

# Definition

Bulimia nervosa is a disorder of binge eating , where the individual consume large amount of food with the lack of control followed by various compensatory behavior (like self induce vomiting) to control weight

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# Etiology

- Society's emphasis on appearance and thinness
- Family disturbance or conflict
- Sexual abuse

# Incidence

- Incidence of bulimia nervosa is higher than anorexia nervosa
- the disorder is seen in age group of 15 to 30 year ,with peak incidence at about 18 to 19 year of age.

# Clinical features

- Increase dental caries
- Amenorrhea
- Abdominal and epigastric pain
- Fluid and electrolyte imbalance
- Feeling of Alienation
- Low tolerance for frustration

# Diagnosis

- Medical
- Physical examination
- Complete blood count
- ECG

# Management

- **Medical management**
- Behaviour modification is used to control binge eating and then inducing vomiting
- Cognitive therapy
- TCAs and SSRIs drugs
- Dietary counselling is helpful



# Nursing intervention

- Engage patient in therapeutic alliance to obtain commitment to treatment
- Set a time limit for each meal
- Identify patient's elimination pattern
- Encourage patient to recognize and verbalize her feelings about her eating behaviour
- Explain risk of laxative, emetic and diuretic abuse

**THANK**

**YOU**