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Assessment 1

Supporting Paper

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Table of Contents

Introduction
What is mental health disorder
Anorexia within the ICD-10 Manual
Definition of Anorexia
Data about Anorexia Nervosa
Causes
Symptoms/signs
Diagnosis
Historical view and treatments
Current treatments (NHS)
Principles when working with people with Anorexia
Conclusion

Introduction

At this support paper I will introduce you to the world of Mental Health disorders. Being interested to one specific topic. I will go into details of what is to carry with your self Eating disorder and more specific Anorexia Nervosa. Next step at this paper will be to face what is to have anorexia how UK is challenging them self with the cases that they are having with such as not real problem too many to deal to the humans that they are having. What are the treatments that are provided from NHS. At the end I will face you with the principles when working with people with Anorexia Nervosa. Recommendation will be given based on research that have been done from me.

What is mental health disorder? General Definition of mental health disorder and brief overview of UK context

"In many ways, mental health is just like physical health: everybody has it and we need to take care of it.

Stable mental health means to be able to think, feel and react in the ways that you want to live your life. Can have poor mental health you might find your self over thinking, feeling or reacting become difficult, or even impossible, to cope with at your day routine life. The mental health can be worse illness compare to physical one. (Mind, 2022)

According to (Mind, 2022) one to four people can have it at any stage of life. Can be common such as: depression and anxiety to very rarer one such as: bipolar disorder and schizophrenia.

According, to NHS Mental health are connected to our emotional, psychological, and social well-being. We all have mental health. The mental health is responsible on how we think, feel, how we cope, and daily bases routine.

Mental health is different that Mental illness. A mental illness or mental health disorder is an illness that affects that way people think, feel, and even the interact with other people. The world known many types of mental illnesses/ health disorders with different signs and symptoms to different individuals. (Hampshire Child and Adolescent Mental Health Services, 2022)

Anorexia within the ICD-10 Manual

In the introduction I have mention that I will introduce you to the world of eating disorder more specific time I will spend on Anorexia Nervosa.

All Mental Disorders can be found in ICD - 10 manual version:2010. Under chapter V roman numbers. When we go from there we can find. Behavioural syndromes associated with physiological disturbances and physical factors. With family numbers (F50-F59).

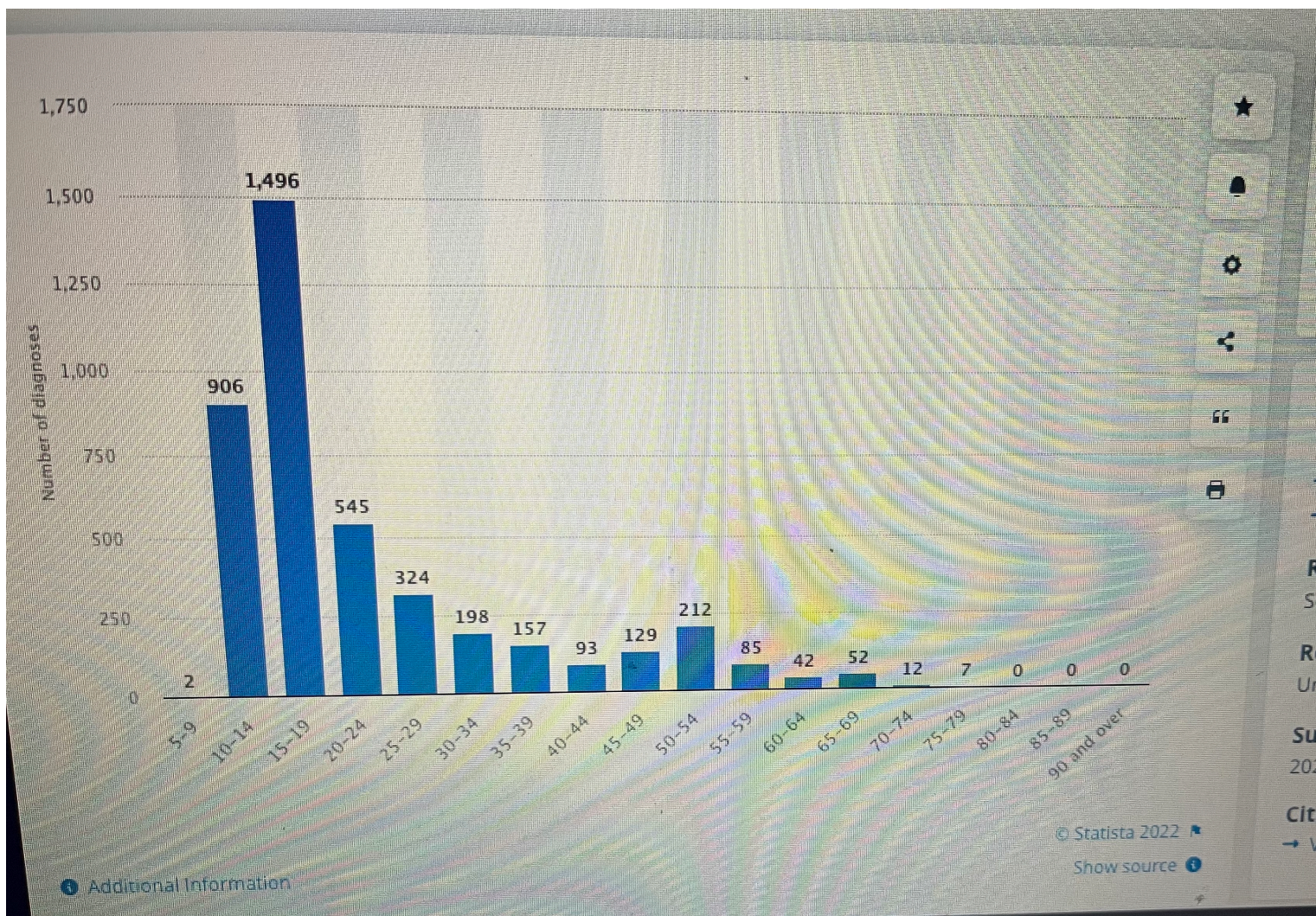
Anorexia Nervosa is located under F50.0. (WHO, 2010)

Definition of Anorexia

Disorder characterised by calculation of the weight loss of human body. It effect most adolescent girls and young women. However, adolescent boys and young men can also be affected by this disorder. The disorder is associated with a specific psychopathology whereby a dread of fatness and flabbiness of body contour persists as an intrusive overvalued idea, and the patients impose a low weight threshold on themselves. Everything from metabolic to body functioning have change. (WHO, 2010)

Anorexia is an eating disorder where you feel a need to keep your weight as low as possible. (NHS,2022)

Data about Anorexia Nervosa



(Statista, 2022)

“This statistic displays the number of hospital admissions with anorexia nervosa as a diagnosis in England in 2020/21, by age. The most affected age group was 15 to 19 years with almost 1.5 thousand admissions for anorexia, followed by 906 diagnoses in the age group 10 to 14 years.” (Statista, 2022)

- 1.25 and 3.4 million people in the UK are affected by an eating disorder.
- Around 25% is male.
- Eating disorder are most common between the ages of 16 and 40 year old.
- Around 10% of people affected by an eating disorder suffer from anorexia nervosa.
- The average age of onset for anorexia nervosa is 16-17 years old. (Priory, 2022)

Causes

According to NHS. The exact causes of anorexia and other eating disorders does not exist.

To get to this stage of having such a disorder definitely the problem is coming from somewhere.

Problems such as:

- member of your family has a history of eating disorders, depression, alcohol or drug addiction,
- you have been bullied for your body shape or weight,
- you're overly concerned with being slim,
- your job – for example, ballet dancers and models, anxiety, low self-esteem, not at last if the person has sexual abuse. (NHS, 2022)

“Online research says that 50% to 80% of the risk for developing an eating disorder is genetic.

However, genes by themselves do not predict who will get to develop an eating disorder. It is often said that “genes load the gun, but environment pulls the trigger.” (Verywell Mind, 2022)

Symptoms/signs

Some people with Anorexia Nervosa can make themselves sick. Extreme amounts of laxative medication are used from these people. All of this is to try to stop the food from being absorbed, and put body mass on their bodies.

Symptoms and signs can be:

- Weight and height to be lower than expected for your age;
- having an unusually low body mass;
- small amount of food; to believe that you are over weight when that's not true;
- taking medicine to reduce your appetite suppressants;
- periods stopping not the age of when woman body is getting ready for menopause; more symptoms such hair loss, feeling dizzy and dry skin. (NHS,2022)

Diagnosis

To be diagnosed with Anorexia Nervosa and DSM - 5 you should meet the following criteria.

Restriction of energy extremely low body weight in the context of age, sex, and physical health. Fear of putting weight on or the worse becoming fat, even though underweight. The disturbance in one's body weight or shape is experienced. Even if all the DSM-5 criteria for anorexia are not met, a serious eating disorder can still be present.

Even if all of the following symptoms, signs, and diagnosis are not showing Anorexia Nervosa can be serious health condition. (DSM - 5 n.d.)

Historical view and treatments

Anorexia Nervosa is new disorder. Become popular 19 century. Long before that is was considered as fasting that some religion are practicing.

‘The name anorexia has been used for over 140 years, the name come from the Greek language and the meaning is “without appetite.” Anorexia hysteria” was used in publications about this type of eating disorder. All changed during a medical presentation in 1874 when the condition was called “anorexia nervosa.” And is separate from medical hysteria. Still, there has been some criticism over the etymology of anorexia because those with the condition do still experience hunger and have an appetite.” (Eating Recovery Center, 2022)

Current treatments (NHS)

Getting fats help and support gives you the best chance of recovering from anorexia nervosa. If may have such as disorder best is to speak immediately with your GP. There will be several questions that you will be ask by profession good text will be done so they will be sure that your body loose is not from something else.

if anything lead you to diagnose you self with anorexia, even if you're not sure, see a GP as soon as you can. To protect your life for the future.

If the Gp considered that the patient have any type of eating disorder not only anorexia can be refer to specialist who will look after you health and help you wilt everything they can.

The hardest for every one of as is to admit that there is a problem. (NHS, 2022) considered that if a loved one or bring can be very supportive during the assessment that the specialist will done.

Principles when working with people with Anorexia

There is many principles-when you work with vurnuble people specially people with anorexia.

I will stop and look into few of the principle that are provided for anorexia.

Improving access to services

All people with an eating disorder and their parents or carers, have access to all treatments that they need.

Communication

One of the most important key to this disorder is exactly those communication, by assessing the portion many questions will be asked and most of them will ask the question from where everything have started.

Consent and confidentiality

When the members of the family or any one that comes with person with eating disorder . The hold discussions in places where confidentiality, privacy and dignity can be respected. (NICE, 2020)

Recommendations for the improvement of the symptoms

The research that I have done lead me to choose this recommendation and the statistics are showing that the cognitive therapy is one of the most effective therapy when comes time for Anorexia nervosa.

- Stage 1: is to work on establishing regular healthy eating patterns.
- Stage 2: you will review your progress and a plan for the rest of your therapy
- Stage 3: will focus on the processes that might maintain your difficulties with food and eating.
- Stage 4; you will think about the changes you have made and how to keep well in the future. (NICE,2022)

Conclusion

To conclude the relevant information that have been that fro level web site in uk . Showing that the eating disorder more specific the anorexia nervosa. Are serious mental disorders. Disorder that can be end with serious harm and even dead.

Now at the end I am conceding that UK is taking serious attention to every one who have or still do not know what disorder are having.

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Appendix: Power Point Presentation