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Supporting Paper for Anorexia Nervosa Presentation



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Introduction

This supporting paper will be focusing on anorexia nervosa which is a mental health disorder listed in the Index Classification Disease – 10 (2010) which was created by the world health organisation, it is in chapter 5 under the number F40.0. A brief historical background of anorexia nervosa and will be discussed as well as the treatments that were used to treat this kind of mental disorder. The causes of Anorexia nervosa in patient will also be highlighted and the current treatments offered to patients who suffer from this kind of mental health issue will be examined. The symptoms and signs of anorexia nervosa will be addressed in this supporting paper.

A critical evaluation and overview of the treatments used in treating anorexia nervosa in historical times and the current treatment will be reviewed and the differences between both treatments will be discussed. The principle of treating anorexia patients professionally will be addressed and the rationale for such treatments will be expressed. Finally, recommendations on how to treat patients suffering from anorexia nervosa will be explored.

Historical Overview of Anorexia Nervosa

The word anorexia nervosa comes from the Greek language which means food aversion (Dash, 2021). It is a disease that has been in existence for a long time, but it was not understood. Many of the Individuals who suffered from this eating disorder died in asylums as they would go on fasts without food and water for a long period of time and were seen as saints after their death. Pearce (2004) explains that Sir William Gull created the name 'anorexia nervosa', holy anorexics maltreated their bodies, refused to get married, and stayed in religious asylums where many passed away and became saints. Richard Morton recorded the first case of anorexia nervosa in 1689.

What is Anorexia Nervosa

Hubel (2021) explains that anorexia nervosa is known by an individual been unsafely underweight and having obesophobia. Anorexia nervosa is not only an eating disorder but it one of the mental health disorders that are classified in the ICD – 10 manuals (Index Classification Disease - 10 - 2010). It is a condition in which an individual limits the amount of food and drink that they consume for fear of putting on weight. NHS, (2021) highlight that anorexia nervosa is both a mental condition and an eating disorder.

Who is affected by Anorexia Nervosa?

The following data below show who are affected by anorexia nervosa:

- 20% of mortalities in people with anorexia nervosa are due to suicide (Crisp et al, 2018).
- 10% of people in the United Kingdom suffer from anorexia, and other eating disorders at some stage in their lives. NHS associated with eating disorders cost £1.26 billion annually. (<https://www.rehab4addiction.co.uk>)
- According to NICE there are 266,300 people aged 16 and over with anorexia nervosa 0.6% of the population. (Mackey, 2021)
- Anorexia nervosa is known to have the highest death rates than any other mental health condition. (NICE, 2022)
- 1 – 5 deaths of people with anorexia nervosa are due to suicide (Mackey, 2021)

The Historical Treatment of Anorexia Nervosa

Wade et al (2021) states that the historical precedence for the therapy of adult anorexia nervosa was admission for refeeding in an internal medical setting. In 1689 Richard Morton highlighted two individuals of 'nervous consumption' who were a young male and a young female (Mulheim, 2020). Due to the limited knowledge and understanding of anorexia nervosa in the olden days when patients suffered from this disease they were isolated from their families. It was believed such patients were seeking attention that was not warranted hence there was a form of judgment against them. Patients were made to eat well to put on weight.

The male patients were especially judged as it was believed that anorexia nervosa was a female disorder and not meant for males, this, therefore, made it even more difficult for such patients to receive treatment. Marks (2019) explains that Dr Bruch in 1978 wrote a book titled 'The Golden Cage' 'The Enigma of Anorexia Nervosa', it was explained that patients suffering from this disease need empathy and wisdom as it is difficult to treat and cure.

Current treatment for Anorexia Nervosa

Broomfield et al (2021) explain that one obstacle in developing successful treatment treating anorexia nervosa involves limited knowledge as regards how and why the disease develops. Even though there are various treatments that are used to treat anorexia nervosa, various research has been undertaken to improve this condition. Getting early treatment helps patients suffering from Anorexia nervosa to have a better prognosis, NIHR (20022) explains that the new program started called FREED (First Episode Rapid Early Intervention For Eating Disorder) was highly successful among the age 16 – 25 years.

Muratore and Attia (2021) highlight that among the various treatments for anorexia nervosa are behavioural treatments for adults which include cognitive behavioural therapy, exposure and response prevention that help to promote modest weight gain and improve their symptoms. It is very important when treating patients suffering from anorexia nervosa to work in partnership with them, which is known as patient-centred care.

Ayton (2019) explains that the first psychoeducation at the beginning of a patient suffering from anorexia nervosa treatment is imperative to not only address body image distortion but also optimal health such as the return of their menstrual flow also to have a different relationship for food, in general, this is where therapy is important as knowing the source of the problem assists greatly in their treatment.

Royal College of Physicians (2019) emphasize patients who suffer from anorexia nervosa are classified as having severe anorexia nervosa when their body mass index is less than 15. It is advised that they are admitted as inpatients and are high risk patients. A doctor and dietician with specialist knowledge in eating disorders would need to see the patient. Such patients should be admitted in a specialist eating disorder unit, where relevant blood tests, and electrography, would be carried out to assess the patient.

NICE (2020) suggest that one of the very effective treatments for young people and children that suffer from anorexia nervosa is family therapy this is because the therapist is able to support both the patient and their family in how best to support the family as a whole, this also makes the patient not feel a victim or guilty and know that they have the support and assistance they need to get better.

According to Muratore, F. and Attia, E. (2021) the medications used for patients suffering with anorexia nervosa are citalopram and fluoxetine as this assist in help with the symptoms of feeling depressed.

Symptoms and Identification of Anorexia Nervosa

There are various symptoms to identify a patient suffering from anorexia such as:

Anxiety of putting on weight

Patients who suffer from anorexia nervosa see themselves in a different way than others see them when they look in the mirror, for example, they see themselves as overweight and have the urge to lose even more weight, which makes them feel very anxious. appendix 2 shows a picture of this. According to the Mental health foundation (2020) patients suffering from anorexia may feel afraid of putting on weight or being fat.

Low Self Esteem

It is not uncommon to for patients who suffer from anorexia nervosa to have low self-esteem as they feel that they are not good enough and therefore have a sense of unworthiness.

Elevated Heart Rate

Elevated heart rate is one of the early signs that an individual has anorexia nervosa. Peysar et al (2020) agree with this line of thought as a study carried out that an elevated heart rate could be one of the signs that an individual has anorexia nervosa apart from other indicators such as weight loss

Physical Symptoms

The following symptoms is not uncommon to notice in an anorexic patient:

Low body weight

Brittle hair

Lack of menstrual flow

Wrong body image

Dry skin

Anaemia (NHS, 2022)

Rehab4addiction (2020) patient who suffer from anorexia nervosa have problems with infertility, brittle bones also their kidneys and heart could be affected adversely.

How to treat Patients suffering with Anorexia Nervosa professionally

The privacy and dignity of the patient are of utmost importance, when working with patients who have anorexia nervosa, they are individuals who have the right to be treated with respect according to the Equality Act (2010). Due to the nature of the mental health disorder that anorexia nervosa is it important that health care professionals are empathetic when dealing with them. Patients are normally very fragile and vulnerable when they come to see health care professionals as regards to their situation. It is important therefore that healthcare professionals communicate efficiently and effectively. The Data Protection Act (2018) highlights that patient information must be used for only what it has been collected for and always treated confidentially.

A meaningful relationship must be established to build trust as this is highly essential for the patient to be opened to express themselves and believe that they will not be judged. It has been found to be useful to not only support the patient but also to involve the family in the decision making and to educate them as regards their mental health condition. This is known as patient-centered care. The family of the patient suffering from anorexia nervosa must be signed and posted to that they can get immediate help if needed or when a crisis occurs. NICE (2022) explains that working with the family of a patient who has anorexia nervosa can be very helpful and makes the family feel less guilty if for any reason they believe they caused the problem of their family member becoming anorexic.

Aetiology and Diagnosis of Anorexia Nervosa

There are various tools utilized in diagnosing Anorexia Nervosa at different stages, such as their medical assessment. The end-stage of anorexia nervosa is when a patient BMI is less than 15, such patients need immediate life-saving treatment. If it is discovered in time, it is easier to treat. It is a known fact that anorexia nervosa affects more female patients than

males. One of the reasons people become anorexic is due to bullying it is not uncommon when girls in their adolescence to get picked on due to their weight and therefore decide to stop eating, even when they do lose weight, they continue to lose the weight until a dangerous level and this is where it becomes very dangerous and if not treated in time could lead to death as per the case study of Nikki Graham who died at the age of 38yrs due to anorexia nervosa. (Kent, 2021).

Individuals who have being sexually abused often end up developing anorexia nervosa also individuals that have a family history of mental health problems such as depression, or an eating disorder, professionals that need to be thin due to the occupation they are in such as baller dancers could develop anorexia nervosa. (NHS 2022).

Evaluation of the historical and modern-day treatment

Due to continued research and technology on how best to treat patients suffering from anorexia nervosa, treatment has greatly improved unlike during the historical times when it was the physical health of the patient that was considered, a holistic approach is now considered, the mental, physical, emotional aspect of the patient's life is assessed.

In historical times individuals that had anorexia nervosa were seen as victims and were treated with very little dignity, they were isolated from their loved ones and their emotional and mental health were not looked after, it was even a worse issue if the patient was a male patient as he was seen to be acting in a feminine way and was treated with little or no respect. Now the treatment for anorexia nervosa patients is holistic, as all areas of the patient's life are looked at and it is more of a patient-centered approach, the patient is educated as to what options they have and a trusting relationship is formed, this makes it more comfortable for the patient as the family are encouraged to get involved with their loved one's care. It is safe to conclude that current treatment for anorexia nervosa patients has greatly improved.

The family's concerns and worries are considered, and it is the duty of the professionals to help and facilitate and healthy environment for the patient to recover in a friendly and

comfortable environment. The human rights of the patient suffering from anorexia are taken into consideration. Human right Act (1998).

Recommendations

Patients who suffer from anorexia nervosa, should be given the choice of been able to seek alternative treatments apart from the conventional treatment. Ear acupuncture has been recommended to have good effects in helping patients suffering from anorexia nervosa elevate their symptoms such as agitation. (Olsson and Landgreen 2020). Yoga has been reported to have good effects in helping patients with their symptoms. (Rizzuto et al, 2021).

Conclusion

Patients who suffer from anorexia nervosa need to be given the assurance that there is light at the end of the treatment and that it is 'okay not to be okay'. (NHS, 2021) It is a journey that takes time but with the right help and assistance they will get to their desired goal.

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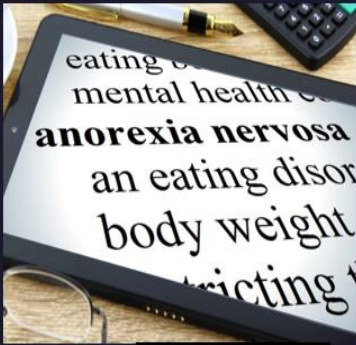
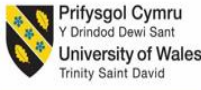
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Appendix 1

Anorexia Nervosa Presentation

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Course Code: BMH6006
Date of Presentation: April 5th 2022



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eating disorder
mental health
anorexia nervosa
an eating disorder
body weight
restricting

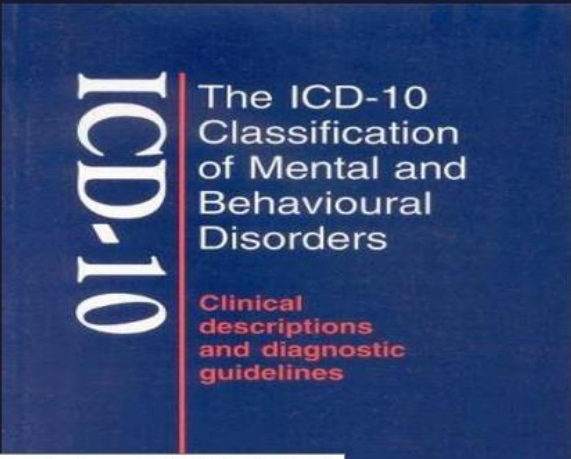
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Tuesday, February 2, 20XX

Sample Footer Text

**Behavioural syndromes
associated with
physiological disturbances
and physical factors
(F50-F59) Classification of
Anorexia Nervosa within
ICD – 10 Chapter 5 : F50.0
(International statistical
classification of diseases,
manual, 2010)**

(WHO, 2010)



ICD-10

The ICD-10
Classification
of Mental and
Behavioural
Disorders

Clinical
descriptions
and diagnostic
guidelines

Appendix 1

- **Definition** : A Serious mental illness where people are of low weight due to limiting how much they eat and drink. (Beat Eating Disorders, 2022)



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Sample Footer Text

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Introduction



Anorexia Nervosa:

originates from the Greek language and means 'without appetite' (Dash, 2021)

Levels: Mild, Moderate, Severe

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Appendix 1

Who is affected by Anorexia Nervosa?

- 20% of deaths in people with anorexia nervosa are due to suicide (Crisp et al, 2018).
- 10% of people in the United Kingdom experience anorexia, and other eating disorders at some point of their lives. NHS associated with eating disorders cost £1.26 billion annually. (Mackey, 2021)
- According to NICE there are 266,300 people aged 16 and over with anorexia nervosa 0.6% of the population. (Mackey, 2021)
- Male patient account for 1- 5% (Beat Eating Disorders, 2022)



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Tuesday, February 2, 20XX Sample Footer Text 5

The History of Anorexia Nervosa and Treatment

Holy Anorexics abused their bodies
Rejected marriage
Sought religious asylum and perished
Became saints (Pearce, 2004)

Historical Treatment:

Isolation of patients from their family
Feeding patients
Oestrogen injections for male patients
In the 1980's psychotherapeutic approach (Zhang, 2014)



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Appendix 1

Current treatment for Anorexia Nervosa

- See your GP
- Appointment to see a specialist
- Background of the problem
- Determine the desired weight to be achieved

(Royal college of psychiatrists, 2020)

Family therapy

Medication: Amitriptyline, fluoxetine
(King fund, 2020)

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Symptoms and Identification of Anorexia Nervosa

- Patients wearing loose clothing
- Surrounding themselves with food which they are not eating
- Very low body mass index
- Low self esteem
- Anxiety traits are reported to be displayed prior to food avoidance and weight loss (Khalsa, et al, 2018)
- A distorted body
- No menstruation flow

Tuesday, February 2, 20XX

Sample Footer Text

Appendix 1



How to treat Patients suffering with Anorexia Nervosa professionally

Patient centered approach

Sympathetic

Sensitive

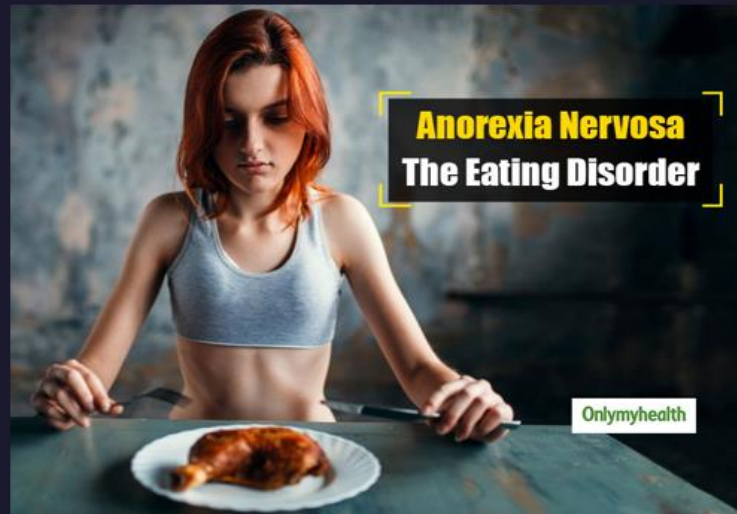
Empathy

Offer assistance to the family

Education to both patient and family

Dignity and respect

(NICE, 2020)



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Appendix 1

Aetiology of Anorexia Nervosa



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- Peer pressure
- Adolescent control
- Body Image
- A family history of depression or an eating disorder
- Professionals like baller dancers who need to be thin for their profession
- Sexual abuse
- (NHS, Overview of anorexia, 2022)

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Sample Footer Text

11

Case Study

- Nikki Graham
 - Died at the age of 38yr
 - Cause of death anorexia nervosa
- (Kent, 2021)



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Sample Footer Text

12

Appendix 1

Evaluation of the historical and modern day treatment

- Limited understanding of the condition
- There was the blame culture
- Isolation
- The male patients limited treatment in the past
- Human rights Act (1998)
- Equality Act (2010)
- Mental health Act (1983)



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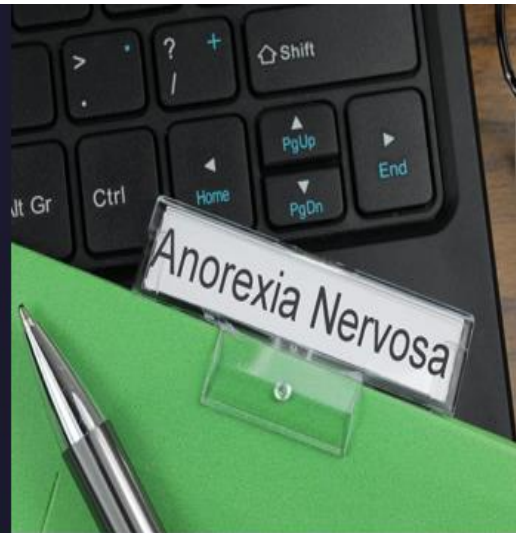
Tuesday, February 2, 20XX

Sample Footer Text

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Recommendations

- **Alternative treatments:**
- Ear Acupuncture known to help relieve symptoms (Olsson and Landgreen, 2020)
- Yoga Possibly helps
- (Rizzuto et al, 2021)



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Conclusion

- There is light at the end of the tunnel
- Help is available
- It can be managed
- Removing the stigma of mental health
- It is okay not to be okay (NHS, 2021)



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Sample Footer Text

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Appendix 2

A Patient suffering from anorexia looking at herself in the mirror and having the wrong idea of her weight



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