

Week 6: Case study

Initial Post: Eating Disorders

Dr. Morgan and Class,

Case study

Chief Complaint:

- Rebecca's mother noticed some concerning symptoms, then ended up reading Rebecca's diary which led to taking Rebecca to the Pediatrician. Rebecca was referred by her Pediatrician to the PMHNP. The symptoms are listed in the symptom section of the case study.

Demographics: 14-year-old Caucasian Female

Diagnosis: Bulimia Nervosa

Symptoms:

- Symptoms have lasted 4 months
- Excessive eating in the evening for at least 2 hours 2-3 times a week, which includes hiding food in the room to eat
- Does not eat breakfast or lunch at school and home
- Excessive use of laxatives 2-3 times a week
- After excessively eating, Rebecca induces vomiting stating that she feels guilty for excessive eating.
- Rebecca has been jogging around the neighborhood twice a day since starting high school and three times a day on the weekend.
- Based on Rebecca's diary, she binges and does inappropriate compensatory behaviors on average 2-3 times a week for the last 4 months.

Medical History:

- Irregular menstrual cycles
- Poor dentition: discolored teeth, bleeding gums, and pain with eating extremely hot and cold food.
- Diarrhea initially, but now complains of constipation
- Complaints of frequent abdominal pain with no known precipitating factors
- The pediatrician obtained lab work showing electrolyte abnormalities and prescribed medications along with education about ways to prevent and correct electrolyte abnormalities.

Educational History: