

## 1. Application of Course Knowledge: **anorexia nervosa**

A. ES is a 13-year-old female was brought to the clinic by her parents for concerns of weight loss and loss of interest in social activities. For the last 2 months her parents report she has been missing meals, eating very little or avoiding eating any foods that are “fattening”. She has been lying about what and when she’s eaten and seems sad, she has not been asking to play with friends or do any leisure activities. Her parents have not weighed her, and say she wears baggy clothing often but feel she looks thinner. She has no fevers, chills, cough or congestion. No abdominal pain, nausea, vomiting or diarrhea. ES has no significant past medical history, surgical history or psychiatric history but mom is treated for anxiety and depression and ES has a cousin who’s been diagnosed with an eating disorder in the past. Teen girls between 13 and 19 and young women in their early 20s are most at risk for developing an eating disorder, which puts ES at risk, in addition to her family history of anxiety and depression (Hoek, Van Eeden & Van Hoeken, 2021).

B. ES’s weight is down 15 pounds from her last physical that was 6 months ago. HR 55, BP 102/65, O2 100%, temperature 97.0 orally. She is bradycardic, hypotensive and hypothermic. On physical exam, her hair and nails are thin and break easily, and her skin is dry and flaky. ENT is normal, thyroid is not palpable and no swollen lymph nodes. Heart and lung sounds are normal on auscultation. Bowel sounds are diminished but there is no tenderness with palpation and percussion is tympanic throughout the intestines. She has no swelling in the extremities. Strength is normal. She is alert and oriented but appears anxious and shy.

C. Diagnostic tests: CMP to assess electrolytes, kidney and liver function; CBC to assess for any anemia or infection; TSH and T4 to assess for hypothyroid (Buttaro, et. al., 2021). Vitamin D to assess for deficiency given depressed mood. Also check a UA for color, kidney damage and infection.

## References

Buttaro, T. M., PolgarBailey, P., SandbergCook, J., & Trybulski, J. (2021). Primary care: A collaborative practice (6th ed.). Elsevier Health Sciences (US).  
Hoek, H., Van Eeden, A., & Van Hoeken, D. (2021). Incidence, prevalence and mortality of anorexia nervosa and bulimia