

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**CELOSTNA OBRAVNAVA MLADOSTNICE Z BULIMIJO NERVOZO**

**COMPREHENSIVE TREATMENT OF ADOLESCENT WITH BULIMIA  
NERVOSA**

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## POVZETEK

**Uvod:** Bulimija nervoza je motnja hranjenja oziroma vedenjska oblika zasvojenosti s hrano, pri kateri se izmenjujejo epizode prenajedanja in poizkusi, s katerimi bi se zaužite hrane znebili, da se to ne bi poznalo pri telesni teži. Pri obravnavi mladostnice z bulimijo nervozo se je treba zavedati individualnega pristopa.

**Metoda:** Raziskava je v empiričnem delu temeljila na kvalitativni metodi raziskovanja. Izdelana je bila študija posameznega primera (mladostnica z bulimijo nervozo). Instrument raziskave je bil strukturiran intervju z vnaprej pripravljenimi vprašanji, in sicer z mladostnico, ki je prebolela bulimijo nervozo. V teoretičnem delu diplomskega dela smo zbrali podatke s pomočjo domače in tuje strokovne in znanstvene literature. Primarni viri podatkov so bili pridobljeni s pomočjo strokovnih in znanstvenih člankov, zbornikov in knjig. Za izdelavo študije primera smo uporabili in analizirali odgovore na postavljena vprašanja.

**Rezultati:** Raziskava je pokazala, da je pri mladostnici z bulimijo nervozo izrednega pomena prepoznavanje bolezni, soočanje z bulimijo nervozo in podpora bližnjih in okolice na poti do ozdravitve. Domnevamo lahko, da bi bilo pri mladostnici zdravljenje še bolj učinkovito, če bi se v obravnavo vključilo še več strokovne pomoči in če bi znake bulimije nervoze prepoznala že v začetku težav. Ugotovili smo, da je bila mladostnica z veliko mero motivacije pripravljena ukrepati in sodelovati v procesu zdravljenja, kar pa se je manj pokazalo v podpori njenih bližnjih.

**Razprava in sklep:** Z raziskavo, v katero je bila vključena mladostnica z bulimijo nervozo in jo prebolela, smo prikazali, da je pomembno zgodaj prepoznavati znake in vedenje mladostnice z bulimijo nervozo zaradi boljše prognoze bolezni. Zdravstveno osebje in širša okolica imata velik pomen in vpliv na preprečevanje ter prepoznavanje bulimije nervoze in sorodnih motenj hranjenja. V kolikor so motnje hranjenja prepoznane, je potrebna celostna, strokovna in individualna obravnavna ter podpora ožjega okolja obolelega.

**Ključne besede:** motnje hranjenja, mladostnica, hrana, bulimija, bulimija nervoza

## SUMMARY

**Introduction:** Bulimia nervosa is an eating disorder or a behavioural type of food addiction that is characterised by episodes of binge eating and attempts to rid the body of the food in order to avoid gaining weight. When treating an adolescent girl suffering from bulimia nervosa, it is vital to take an individual approach.

**Method:** The empirical part of the research was based on a qualitative research method. A study was conducted on an individual case (an adolescent girl with bulimia nervosa). As for the research instrument, a structured interview with questions prepared in advance was carried out with a girl who had bulimia nervosa. The theoretical part of the thesis summarizes relevant information from domestic and foreign scholarly and scientific literature. Scholarly and scientific articles, publications and books were used as primary sources. The case study was based on the analysis of the answers.

**Results:** The research findings indicate that the most important elements on the path to recovery of an adolescent girl with bulimia nervosa are the recognition of the disease, the process of fighting it, and the support of the family and the surrounding environment. It can be assumed that the treatment would be even more successful if more professional help was provided and if the symptoms of bulimia nervosa were recognised in its early stages. Moreover, it transpired that the adolescent girl was extremely motivated to take action and be involved in the treatment, but her family failed to provide sufficient support.

**Discussion and conclusion:** The research involving the adolescent girl who had bulimia nervosa shows that early detection of symptoms and observation of the behaviour of the adolescent girl with bulimia nervosa is crucial for a better prognosis. Healthcare workers and the people surrounding the person with bulimia nervosa have an important influence on the prevention and recognition of bulimia nervosa and other eating disorders. If an eating disorder is detected, comprehensive, professional and individual treatment is required along with the support of the immediate family.

**Keywords:** eating disorders, adolescent girl, food, bulimia, bulimia nervosa