

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**OBRAVNAVA OSEB Z MOTNJO HRANJENJA BULIMIJO
NERVOZO**

**TREATMENT OF INDIVIDUALS WITH EATING DISORDER
BULIMIA NERVOZA**

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**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI
PROGRAM ZDRAVSTVENA NEGA**

CELJE, 2016

POVZETEK

Uvod: Motnje hranjenja so čustvene motnje in izražajo globoko duševno stisko osebe. Pri osebah z bulimijo nervozo so prisotni močna želja po prenejanju, kompenzacijsko vedenje in stalen strah pred debelostjo. Nizka samopodoba in samospoštovanje sta jedro bulimije nervoze. Vzrokov za pojav motnje hranjenja je več. Pri zdravljenju je ključna motivacija osebe za zdravljenje. Najučinkovitejše je psihoterapevtsko zdravljenje. Namen diplomskega dela je predstaviti obravnavo oseb z motnjo hranjenja bulimijo nervozo.

Metoda: Raziskava je temeljila na kvalitativni metodi raziskovanja, študiji primera. Za instrument smo uporabili polstrukturiran intervju, ki smo ga oblikovali na osnovi pregleda literature. V teoretičnem delu smo uporabili metodo deskripcije, s študijo domače in tuje literature ter internetnih virov, in kavzalno neeksperimentalno metodo. Voden intervju smo izvedli s tremi osebami, ki že več let boleajo za bulimijo nervozo in imajo veliko znanja o sami bolezni.

Rezultati: Intervjuvane osebe kot vzrok bolezni navajajo smrt sestre, fizično zlorabo s strani očeta, ločitev staršev, potrebo po ugajanju, nezadovoljujoče odnose s starši in pomanjkanje njihove pozornosti. Samopodoba se je znižala v obdobju adolescence (povišana telesna teža). Le pri eni osebi je bila samopodoba pred tem obdobjem zadovoljiva. Po pojavu bolezni le ena oseba ni uživala diuretikov ali odvajal, vse osebe pa so bruhalo večkrat dnevno. Vse osebe so bile telesno aktivne. Ena oseba ni bila na nobeni dieti v času bolezni. Druga oseba je jedla vse in nato bruhalo ali ni jedla nič. Tretja oseba je poročala o dieti, pri čemer je jedla le enkrat dnevno. Še danes se izogibajo določeni vrsti hrani in nadzirajo količino hrane, ki jo zaužijejo.

Razprava in sklep: Kot vzrok bolezni osebe navajajo stresen življenjski dogodek in nezadovoljujoč odnos med otrokom in enim od staršev ali med starši. Bolezen se je pri vseh osebah začela v adolescenci, ko se je znižala njihova telesna samopodoba, pri čemer se je razvijala postopoma in je vplivala na njihovo kakovost življenja. Samopodoba in kakovost življenja sta danes pri osebah različni. Bolezen dolgotrajno vpliva na prehranjevalne navade oseb. Bulimija nervosa je bolezen, ki vpliva na več življenjskih področij in lahko povzroči dolgotrajne posledice.

Ključne besede: motnje hranjenja, zdravljenje, vzroki bolezni, kakovost življenja.

SUMMARY

Introduction: Eating disorder is emotional disturbance which reflects deep mental distress of a person. People who suffer from bulimia nervosa have a strong desire for overeating, compensatory behavior and always present fear of getting fat. Low self-esteem and self-respect are the core of bulimia nervosa. There are many reasons for eating disorder. When being treated one must be highly motivated. Psychotherapeutic treatment is the most efficient. The aim of this diploma thesis is to present the treatment of people who suffer from bulimia nervosa.

The method: The research was based on qualitative research method, case study. Semi-structured interview was used as an instrument and it was formed on the bases of literature study. In theoretical part we used the descriptive method with the studies of national and foreign literature and internet sources as well as the causal non-experimental method. Guided interview was carried out with three people who have been suffering from bulimia nervosa for many years and possess a lot of knowledge about the disease.

The results: The interviewees state different reasons for their disease: the death of a sister, physical abuse of a father, the divorce of parents, the need to please, unsatisfactory relationship with parents and the lack of their attention. Self-image was lowered in the period of adolescence (high body mass). There was just one person with the satisfactory self-image prior to that period. When the disease occurred there was just one person who never used diuretics and laxatives, however all of them were vomiting several times a day. All of them were physically active. One person was never on a diet during the disease. Another one ate everything and then vomited or did not eat at all. The third person was on a diet eating just once a day. Even today they avoid certain kind of food and keep the record of what they eat.

Discussion and conclusion: All three people state a very highly stressful experience being a cause of their disease as well as unsatisfactory relationship between the child and the parents or between the parents themselves. The disease started in adolescence when their physical self-image was lowered. It was developing gradually and it influenced their quality of life. Those people's quality of life and their self-image differ nowadays. The disease influences people's eating habits on long-term bases. Bulimia nervosa is a disease which effect many life spheres and can cause lasting consequences.

Key words: eating disorder, treatment, causes of disease, the quality of life