Eating disorders

1 Eating disorders:
   a) Only occur in Western cultures
   b) Are among the most common psychiatric conditions in young women
   c) Never affect men
   d) Are always caused by a desire for thinness
   e) Include anorexia nervosa and bulimia nervosa

2 Diagnostic criteria for anorexia nervosa include:
   a) Body mass index less than 19
   b) Accidental weight loss
   c) Body image distortion
   d) Endocrine dysfunction (such as amenorrhoea for women)
   e) Delayed development if onset occurs before puberty

3 The following may be associated with the development and maintenance of an eating disorder:
   a) A family history of eating disorders
   b) Stressful life events
   c) Regular praise early in life by family members regarding eating habits, body shape or weight
   d) Perfectionism
   e) High self-esteem

4 Signs of starvation can include:
   a) Bradycardia
   b) Hypertension
   c) Hyperthermia
   d) Constipation
   e) Lanugo

5 The treatment of eating disorders should aim to:
   a) Maintain current eating behaviours
   b) Restore healthy weight
   c) Support patients in returning to work
   d) Discourage returning to social activities
   e) Reduce psychosocial factors that maintain the disorder

6 Regarding electrolyte disturbances and micronutrient deficiencies associated with anorexia nervosa:
   a) Vitamin B1 deficiency can cause Wernicke-Korsakoff syndrome
   b) Zinc supplementation should be given routinely
   c) Hyperphosphataemia is common
   d) Biochemical abnormalities should be corrected rapidly
   e) Multivitamin and multimineral tablets are recommended for patients with anorexia nervosa

7 Relating to pharmacological treatment for patients with eating disorders:
   a) A large number of trials have evaluated pharmacological treatments for anorexia nervosa
   b) Antidepressants promote weight gain for patients with anorexia nervosa, according to a Cochrane review
   c) There is insufficient evidence to support the routine use of antipsychotics to promote weight gain in anorexia nervosa
   d) Fluoxetine 60mg daily has been shown to be better than placebo for the treatment of bulimia nervosa
   e) Selective serotonin reuptake inhibitors are the only pharmacological treatment recommended for the treatment of bulimia nervosa

8 Nutritional management for eating disorders involves:
   a) Re-establishing a structured eating pattern that includes three meals and three snacks per day
   b) Slow reintroduction of food
   c) Reintroducing high-fibre foods first
   d) Ensuring the patient has a high-phosphate diet
   e) For outpatients, aiming for an initial weight gain of 1kg per week

9 Enteral feeds:
   a) Are required for most patients with anorexia nervosa
   b) Can be given as boluses to replace missed meals
   c) Can be given via the nasojejunal, rather than nasogastric, route if persistent vomiting is a problem
   d) Should be started before any vitamin supplementation is given
   e) Should only be used short term

10 Pharmacists should:
   a) Be aware of over-the-counter products liable to misuse
   b) Only suspect a patient has an eating disorder if they appear underweight
   c) Avoid discussing sensitive issues such as eating disorders
   d) Be aware that medicines that prolong the QTc interval should be avoided in patients with eating disorders
   e) Remember that patients with eating disorders can have altered pharmacokinetics