

## Nursing Experience in Caring for a Young Female Patient with Anorexia Nervosa

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### ABSTRACT

This article presents the nursing care experience of a young woman diagnosed with anorexia nervosa. The patient's condition resulted in severe nutritional imbalance, altered body image, and parent-child communication conflicts, which motivated further clinical inquiry. During the care period from March 6 to June 7, 2024, a holistic assessment was conducted across five functional dimensions. Data were collected through direct care, observation, chart review, and therapeutic conversations. Three major health problems were identified: inadequate nutrition relative to bodily needs, disturbed body image, and impaired family coping. Individualized care planning, regular weight monitoring, and multidisciplinary collaboration were implemented to improve nutritional status. Mirror-assisted therapy and creative activities were introduced to facilitate body image reconstruction and foster self-identity. Family support was strengthened through the application of the Family APGAR Index, parent-child emotional exercises, group therapy, and behavioral modification. It is recommended that healthcare teams conduct regular follow-up and adjust care strategies as needed, integrating health management applications to promote self-management and continuity of treatment.

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**Key words: Young Woman, Anorexia Nervosa, Nutritional Imbalance, Body Image Disturbance, Impaired Family Coping**

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# 照顧一位年輕女性罹患神經性厭食症 之護理經驗

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## 摘要

本文描述一位年輕女性罹患神經性厭食症之護理經驗。個案因患病導致營養嚴重失衡與身體外觀改變，以及親子溝通衝突，引發探討動機。照護期間自2024年3月6日至6月7日依五大面向整體性的功能評估，筆者藉由直接照顧、觀察、病歷查閱、會談等方法收集資料，確立有營養少於身體所需、身體心像紊亂及家庭因應失能之健康問題。筆者透過個別化計畫、體重監測及多專業合作，改善營養狀況；利用鏡像輔助與創作活動協助重建身體意象，促進自我認同；結合家庭功能評估量表(Family APGAR Index)評估、親子情緒練習、團體治療及行為修正，強化家庭支持。建議醫療團隊應定期追蹤並隨時調整照護策略，運用健康管理應用程式，促進自主管理與治療持續性。

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**關鍵詞：**年輕女性、神經性厭食症、營養少於身體所需、身體心像紊亂、家庭因應失能

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