

48<sup>th</sup> World Congress on

# Advanced Nursing Research

June 14-15, 2018 | Dublin, Ireland

## Blood test alterations in adolescent girls diagnosed with bulimia nervosa (BN)

Gina Lladó<sup>1</sup>, Montserrat Graell<sup>2</sup> and María José Blanco<sup>3</sup>

<sup>1</sup>Universidad Isabel I, Spain

<sup>2</sup>Hospital infantil Universitario Niño Jesús de Madrid, Spain

<sup>3</sup>Universidad Europea de Madrid, Spain

**Introduction:** Bulimia nervosa (BN) remains characteristic of the female adolescent population. This disorder translates into multisystemic complications that interfere in physical and mental development of the patients. The present poster is part of a larger study conducted with children and adolescents of both genders and diagnosed with different eating disorders (ED), study which revealed a clear predominance of female gender and adolescent age in the diagnosis of BN.

**Objective:** To evaluate the blood test parameters that present alterations in relation to the diagnosis of BN in adolescent girls.

**Methods:** Initial sample of 542 patients, of both genders, aged between 5 and 18 years, attended at Hospital Infantil Universitario Niño Jesús of Madrid between 2013 and 2016. A clear predominance of the female gender and adolescent age was revealed. For this reason 59 patients of adolescent age (12-18 years) and female gender were selected for the present poster. The blood tests were analyzed. The blood was extracted by peripheral venous venipuncture. The blood tests were performed at the first visit due to suspicion of BN.

**Statistical Analysis:** The relationship between the analytical alterations and the diagnosis of BN was assessed by contingency tables and Fisher's exact test. Significant differences was for values of  $p < 0.05$ . Statistical package used: SPSS version 23. We studied 73 blood test variables: complete hemogram, vitamins, hormones, immunology and general serum biochemistry in relation to the diagnosis of BN.

**Results:** The variables with significant differences in patients with BN are: 25-OH vitamin D, prolactin, testosterone and insulin resistance.

Blood Test alterations in BN	
Complete Hemogram	
Vitamins	↓ 25-OH vitamin D ↓
Hormones	↑ Prolactin ↑
	↑ Testosterone ↑
	↑ Insulin Resistance ↑
Immunology	
General serum biochemistry	

Figure 1: Blood test significant alterations in bulimia nervosa (BN)

### Biography

Gina Lladó has completed her PhD from Universidad Europea de Madrid, Spain. She works as an Investigator and Teacher in Universidad Isabel I, Burgos, Spain. She has completed 5 Master's related to various aspects of Health Sciences. She has Directed 20 final degree projects and participated in multiple studies and research groups. Her main line of research is eating disorders and nutrition.

ginalladojordan@gmail.com