

## Urinary System

### Anatomy & Physiology of Urinary System

#### Overview

- As the body breaks down protein for energy, nitrogenous waste- urea, ammonia, and creatinine- is produced.
- The urinary system 1) forms urine, 2) **balances fluid and electrolytes**, 3) balances pH, 4) excretes waste products, 5) **regulates blood pressure**, 6) creates red blood cells (**erythropoiesis**) , and 7) activates vitamin D , elevating calcium.
- Vitamin D helps absorption of calcium. (**Calciferol**)



#### Overview

- Consists of two kidneys, two ureters, the bladder, and urethra.
- Kidneys:** removes waste, excess water, and electrolytes from the blood and concentrate them in the urine.
- Bladder:** collects and stores urine.
- Urethra:** transports urine from bladder to outside of the body.

#### Kidneys

- Lies parietal peritoneum, below diaphragm, each side of vertebral column; dark red, bean-shaped, 4-5 inch long, 1 inch thick; **right kidney lies slightly lower than left**; surrounded by adipose tissue; renal artery, renal vein, and ureter exit the kidney at the hilum; adrenal glands sit atop each kidney.

#### Gross Anatomic Structure

- The strong outer layer of connective tissue is the renal capsule. Beneath it is the renal cortex, containing 1.25 million renal tubules. **Next is the medulla (darker color)**. The medulla contains triangular pyramids; the narrow points are the papillae, which empties urine into the calyces. The calyces are cuplike extensions in renal pelvis. The renal pelvis is the upper end of the ureter.



#### Microscopic Structure (Nephron)

- Each kidney contains more than 1 million nephrons (a microscopic funnel with a long stem and two convoluted sections. **It filters the blood and processes urine by: 1) controlling body fluid levels by selectively removing or retaining water, 2) helps regulate pH of the blood, 3) removes toxic waste from the blood. It filters the entire blood supply approximately 60 times per day.**

#### Microscopic Structure (Nephron)

- The renal arteries enter each kidney at the hilum. Renal arteries continue branching inside the kidney until blood is delivered to the glomerulus by an afferent arteriole. The filtered blood leaves the

# Urinary System Nursing Study Guide

**KJ Lindholm-Leary**



## **Urinary System Nursing Study Guide:**

The book delves into Urinary System Nursing Study Guide. Urinary System Nursing Study Guide is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Urinary System Nursing Study Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Urinary System Nursing Study Guide
    - Chapter 2: Essential Elements of Urinary System Nursing Study Guide
    - Chapter 3: Urinary System Nursing Study Guide in Everyday Life
    - Chapter 4: Urinary System Nursing Study Guide in Specific Contexts
    - Chapter 5: Conclusion
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## **Table of Contents Urinary System Nursing Study Guide**

1. Understanding the eBook Urinary System Nursing Study Guide
  - The Rise of Digital Reading Urinary System Nursing Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Urinary System Nursing Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Urinary System Nursing Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Urinary System Nursing Study Guide
  - Personalized Recommendations
  - Urinary System Nursing Study Guide User Reviews and Ratings
  - Urinary System Nursing Study Guide and Bestseller Lists
5. Accessing Urinary System Nursing Study Guide Free and Paid eBooks
  - Urinary System Nursing Study Guide Public Domain eBooks
  - Urinary System Nursing Study Guide eBook Subscription Services
  - Urinary System Nursing Study Guide Budget-Friendly Options
6. Navigating Urinary System Nursing Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Urinary System Nursing Study Guide Compatibility with Devices
  - Urinary System Nursing Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Urinary System Nursing Study Guide
  - Highlighting and Note-Taking Urinary System Nursing Study Guide
  - Interactive Elements Urinary System Nursing Study Guide

8. Staying Engaged with Urinary System Nursing Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Urinary System Nursing Study Guide
9. Balancing eBooks and Physical Books Urinary System Nursing Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Urinary System Nursing Study Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Urinary System Nursing Study Guide
  - Setting Reading Goals Urinary System Nursing Study Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Urinary System Nursing Study Guide
  - Fact-Checking eBook Content of Urinary System Nursing Study Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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