

TEST YOURSELF THE BLADDER

Structure of pamphlet

Test your own knowledge on the subject THE BLADDER - solve a few assignments.

Find background knowledge in "Medical Guide for Seafarers" pp 181-187 and in the videos related to the book.

Find the correct answers at the end of the pamphlet. However, test your knowledge, before you read the answers.



Stay up-dated

Find all self-training assignments at our webpage www.dma.dk

You may ask us questions at cms@dma.dk

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You may want to read chapter 25 in "Medical Guide for Seafarers" and watch video number 15.

Assignment 1
What is the most common cause of
cystitis (infection of the bladder)?
Assignment 2
Name symptoms of cystitis:
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Assignment 3
Name possible reasons why one would
choose tor insert a catheter in the
bladder:





Blood in urine may be a sign of kidney stones or UTI. **Glucose** in urine may be a sign of diabetes. **Protein** in urine may be a sign of elevated blood pressure.

Nitrate and leukocytes may be a sign of UTI.

Did you know?

Men have a 20-27 cm long urethra – whereas women have a 3-5 cm long urethra.

In average, we empty our bladder 4-8 times daily.

Normally, we do not feel the urge to pee, until the bladder contains 400 ml.

UTI – Urinary Tract
Infection is not contagious

Prevent UTI – drink plenty and make sure, you empty your bladder completely when you pee.

Answers to the assignments

Assignment 1

What is the most common cause of cystitis (infection of the bladder)?

Cystitis is usually caused by bacteria migrating from intestinal tract to urinary tract – most common in women - because of short the urethra

"Medical Guide for Seafarers", pp 181

Read about how to insert a catheter in the bladder in "Medical Guide for Seafarers", p 30 or see video number 15.

Learn how to test urine in video number 12,

You can test for:

Leucocytes (LEU)

Protein (PRO)

Nitrate (NIT)

Glucose (GLU)

Blood (BLO) -

See also: "Medical Guide for Seafarers", p 41

Assignment 2

Name symptoms of cystitis

A burning sensation when urinating and frequent urinating small amounts of urine, possibly with visible blood, are all signs of cystitis.

"Medical Guide for Seafarers", pp 183

Assignment 3

Name possible reasons why one would choose tor insert a catheter in the bladder.

Only insert a catheter if the person is not able to urinate on his own!

- 1) Enlarged prostate gland
- 2) Poisoning, including medicine and alcohol.
- 3) UTI
- 4) Attempts to delay urinating too long.

