



# 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](http://www.dma.dk)**

---

**You may ask us  
questions at  
[cms@dma.dk](mailto:cms@dma.dk)**

---

**You may phone us at  
**+45 7219 6004****

---

**DANISH MARITIME  
AUTHORITY**

Centre of Maritime Health  
Service  
Vestervejen 1  
DK 6720 Fanø

May 2020

**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:

---

---

---

---

---

**Assignment 3**

Name possible reasons why one would choose to insert a catheter in the bladder:

---

---

---

---

---

---

---



## 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

### 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 to 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.

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