

TEST YOURSELF KIDNEYS

Structure of pamphlet

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

Find background knowledge in "Medical Guide for Seafarers" pp 181-185 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**

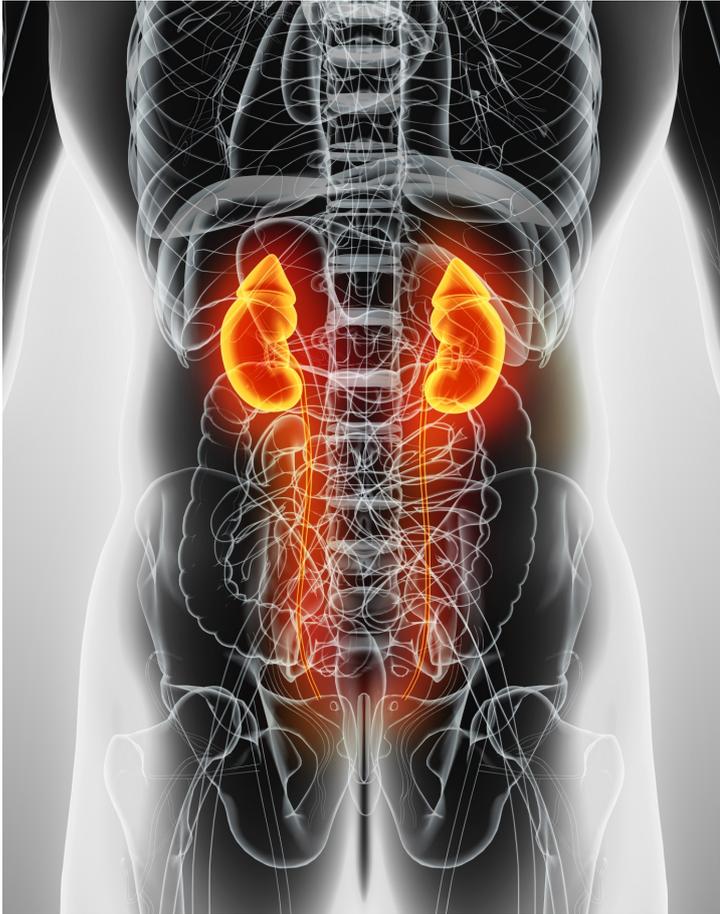
**You may ask us
questions at
cms@dma.dk**

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

**DANISH MARITIME
AUTHORITY**

Centre of Maritime Health
Service
Vestervejen 1
DK 6720 Fanø

May 2020



The kidneys are two bean-shaped organs, the size of the person's fist. The kidneys are positioned at the rear of the abdominal cavity next to the lower ribs.

The kidneys are perfused with 1800 liters of blood per 24 hours (25% of body blood supply) and produce approximately 1.8 liter of urine in that interval.

Did you know ?

Dialysis is a method to remove waste-products and surplus fluid from the blood (by osmosis) in case of kidney failure.

Kidney failure can be acute or chronic. 20 % of new patients for dialysis are diabetic. Half of them type 1 and half type 2 diabetes.

Source: *Danish kidney association*

The most important functions of the kidneys include:

- Filters and clears soluble waste products from the blood stream
- Maintain water and electrolyte balance
- Regulate salt and acidity
- Regulate blood pressure
- Helps in formation of red blood cells and dispose of soluble poisons

Answers to the assignments:

Assignment 1

Describe briefly the function of the kidneys:

The kidneys filter and clear soluble waste products from the blood stream and regulate salt and water balance.

The kidneys are perfused with 1800 liters of blood per 24 hours (25% of body blood supply) and produce approximately 1.8 liter of urine in that interval.

The urine flows from the kidneys, via the ureter to the bladder and out from there via the urethra.

Assignment 2

What is a kidney stone?

Kidney stones are a combination of mainly calcium and uric acid. Many people may have kidney stones that pass unnoticed. Larger stones may cause severe pain as they pass through the ureter to the bladder.

Assignment 3

Describe the most common symptoms with kidney stones:

- Severe pain in the flank, radiating towards the groin or scrotum
- Nausea and vomiting.
- Often, the person cannot sit still, but walks restlessly around under the attack.
- Blood in the urine – possibly not visible to the naked eye, but detectable with a dip stick.

"Medical Guide for Seafarers", pp 185, 41 and video number 12