

	<h2>N.C. Nurse Aide I Curriculum</h2>
	<h1>MODULE H</h1> <h2>Body Systems</h2>
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	<h2>Objectives</h2>
	<ul style="list-style-type: none"> <li>■ Identify the structure and function of the cell and the integumentary, musculoskeletal, neurological, cardiovascular, respiratory, gastrointestinal, urinary, reproductive, endocrine, and immune systems.</li> <li>■ Describe the nurse aide's role in the provision of care for a resident with cancer.</li> <li>■ Discuss changes in the integumentary, musculoskeletal, neurological, cardiovascular, respiratory, gastrointestinal, urinary, reproductive, endocrine, and immune systems due to aging.</li> </ul>
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	<h2>Objectives</h2>
	<ul style="list-style-type: none"> <li>■ Compare and contrast normal findings and variation of normal findings of the integumentary, musculoskeletal, neurological, cardiovascular, respiratory, gastrointestinal, urinary, reproductive, endocrine, and immune systems.</li> <li>■ Describe common disorders of the integumentary, musculoskeletal, neurological, cardiovascular, respiratory, gastrointestinal, urinary, reproductive, endocrine, and immune systems.</li> </ul>
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	<h2>Objectives</h2>
	<ul style="list-style-type: none"><li>Describe the nurse aide's role related to a resident's integumentary, musculoskeletal, neurological, cardiovascular, respiratory, gastrointestinal, urinary, reproductive, endocrine, and immune systems.</li></ul>
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	<h2>N.C. Nurse Aide I Curriculum</h2>
	<h3>MODULE H</h3> <h4>Cell Theory</h4>
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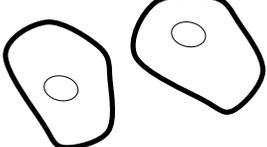
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	<h2>Overview</h2>	
	<p>Basic unit of all living tissues or organisms</p>	
		
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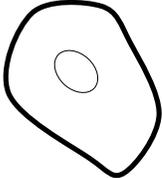
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## Structure and Function

**Cells**

- Building blocks of human body
- Microscopic
- Combine to form tissue



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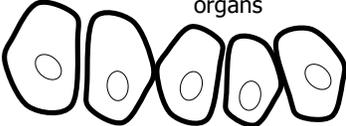
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## Structure and Function

**Tissue**

- Carry out a particular activity or function
- Grouped together to form organs



**Cell + cell + cell + cell = tissue**

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## Organ

**Tissue + tissue + tissue + tissue =**

- Carries out a particular function
- Some are single and some are paired
- Combine to form a system



**Structure and Function**

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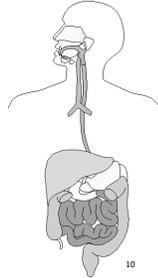
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## Structure and Function

### System

- Organs function together for a specific purpose or purposes
- Systems of the human body?
- Combine to form an organism



Organ + organ + organ + organ =

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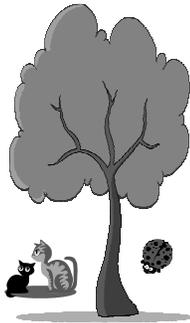
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System + system + system  
equal an

## Organism

Made up of systems  
that function  
together to perform  
activities of daily  
living needed for  
continued life



Structure & Function

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## Variation of Normal



Human organisms may have problems at the cellular level, but show signs outside of body. Examples?

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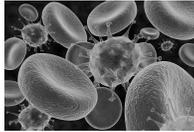
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## Common Disorders

- Tumor – group of abnormally-growing cells; benign or malignant
- Cancer (CA) – abnormal cells grow in an uncontrolled manner, invade surrounding tissue and may spread to other areas of the body



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## Nurse Aide's Role

- Should understand basic cellular theory
- Assist with care directed toward symptoms of cancer or treatment
- Offer emotional support
- Be aware of warning signs of cancer, **CAUTION**



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**C** Change in bowel or bladder habits

**A** A sore that does not heal

**U** Unusual bleeding or discharge

**T** Thickening or lump

**I** Indigestion or difficulty swallowing

**O** Obvious change in wart or mole

**N** Nagging cough or hoarseness

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# N.C. Nurse Aide I Curriculum

## MODULE H Integumentary

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## Overview

- The skin
- The **LARGEST** organ and system in the body
- Responsible for providing a natural protective covering of the body

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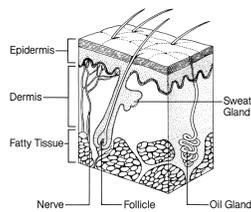
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## Structure

- Three layers – epidermis, dermis, subcutaneous tissue
- Accessory structures



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## Function



- Protects body
- Regulates temperature
- Eliminates waste
- Contains nerve endings
- Stores fat and vitamins

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## Normal Findings



- Warm, dry
- Absence of breaks, rash, discoloration, swelling

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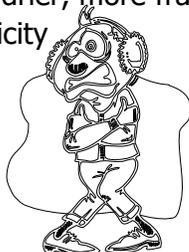
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## Changes Due to Aging

- Skin is thinner, drier, more fragile
- Skin loses elasticity
- Fatty layer ↓
- Hair thins and may gray



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## Changes Due to Aging

- Folds, lines, wrinkles and brown spots
- Nails harden and more brittle
- ↓ circulation to skin
- Development of skin tags, warts and moles



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- Breaks in skin
- Rash, itching, or skin discoloration
- Pale, white, or reddened areas
- Blue and black areas



## Variation of Normal

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## Variation of Normal



- Dry or flaking skin
- Ulcers, sores, or lesions
- Swelling
- Drainage
- Abnormal temperature
- Changes in scalp or hair

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**Common Disorders**

- Eczema
- Dermatitis
- Tears and abrasions
- Pressure ulcers

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**Nurse Aide's Role**



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**MODULE H**  
**Musculoskeletal**

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## Overview

Provides structure and movement



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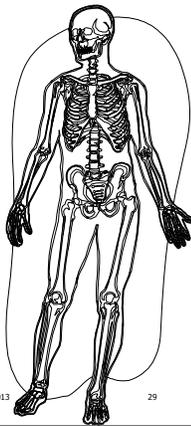
## Structure and Function

### The Skeleton

- Has 206 bones
- Framework

### The Bones

- Hard and rigid outside
- Soft and spongy inside
- Are connected to other bones
- Allows body to move
- Protects organs
- Stores calcium
- Makes and stores blood cells



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## Structure and Function

### Muscles

- Voluntary or involuntarily
- Over 600
- Some connected to bones
- Help body stay erect
- Produce heat
- Give body form
- Movement



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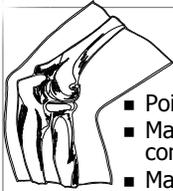
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## Structure and Function



- Point where bones meet
- Made up of cartilage and connective tissue
- May be movable, slightly movable or immovable
- Allows for movement in the area

# JOINTS

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## Normal Findings



- Ability to perform routine movements and activities of daily living
- Ability to perform full range of motion exercises bilaterally without pain

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## Abduction

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## Adduction

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## Extension – Arm

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## Flexion – Arm

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## Extension - Leg

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## Flexion - Leg

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## Pronation

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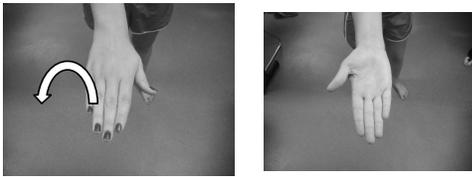
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## Supination

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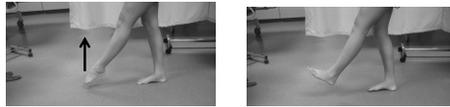
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## Dorsiflexion

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## Plantar Flexion

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## Opposition

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## Changes Due to Aging

- Muscles weaken
- Bones lose density
- Joints stiffen, become less flexible and painful
- Height ↓
- Slowed recovery
- "It hurts when I move"
- ↓ reaction time, movement speed, agility and endurance
- Poorer response to stimuli
- ↓ muscle and nerve interaction

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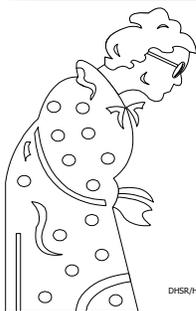
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## Variation of Normal



- History of falls
- Difficulty holding or lifting
- ↓ muscle strength and tone
- Generalized weakness
- Bruising
- White, shiny, red, or warm areas over a joint

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## Variation of Normal

- Slow and unsteady movement
- "I have pain in my joints"
- "I have pain in my muscles"
- "It hurts when I move"
- Inability to move joints



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## Common Disorders

### Muscle atrophy

↓ size in muscle mass

- Contracture
- Muscle strain
- Sprain
- Osteoporosis



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## Common Disorders

- Fracture
- Arthritis (osteoarthritis and rheumatoid arthritis)
- Amputation



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## Nurse Aide's Role



- Prevent falls
- Encourage regular movement, activity and self-care
- Encourage walking, light exercise and active range of motion

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## N.C. Nurse Aide I Curriculum

### MODULE H Neurological

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## Overview

Also called the nervous system

The control and message center of the body

Senses and responds to changes



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## Structure and Function

### Brain

Located in the skull and consists of three parts



- Cerebrum
- Cerebellum
- Brainstem

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## Structure and Function

### Spinal Cord

- Located within the spine
- Connected to the brain
- Conducts messages

### Nerves

- Are made up of nerve cells
- Carry messages to and from the brain and to and from the rest of the body



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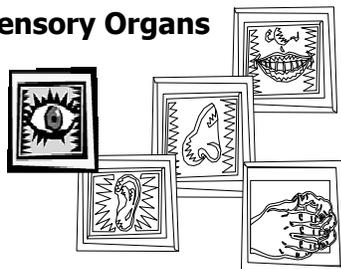
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## Structure and Function

### Sensory Organs

Receive impulses from environment and relay to brain



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## Normal Findings



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Where did  
they say I  
was and  
how did I  
get here?



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## Changes Due to Aging

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## Variation of Normal

- Jerking motions or tremors
- Changes in gait or movement
- Speech, vision, or hearing changes
- "I have numbness and feel dizzy and nauseated"



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## Variation of Normal



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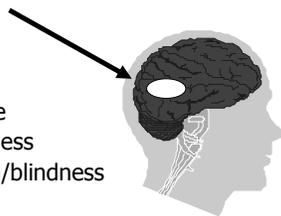
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## Common Disorders

- CVA (or stroke)
- Head or spinal cord injuries
- Dementia
- Parkinson's disease
- Hearing loss/deafness
- Cataract/glaucoma/blindness
- Otitis media



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## Nurse Aide's Role

Mrs. Smith, today is Tuesday and you are in Happy View Nursing Home.



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# N.C. Nurse Aide I Curriculum

## MODULE H Cardiovascular

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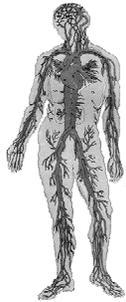
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### Overview



Also called the circulatory system and is the continuous movement of blood through the body

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### Structure and Function

#### Heart



- The pump of the cardiovascular system
- About the size of a closed fist
- Consists of 4 chambers
- Has 2 phases
- Pulse is.....

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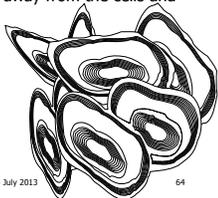
## Structure and Function

### Blood Vessels

- Arteries carry blood with oxygen and nutrients away from the heart and to the cells
- Veins carry blood with waste products away from the cells and to the heart

### Blood

- Adult has 5 to 6 quarts
- What does it consist of?



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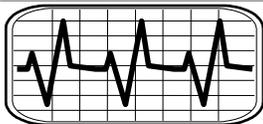
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## Normal Findings



- Pulse rate of 60 to 100 beats per minute, regular and strong
- Blood pressure of systolic 100 – 139, and diastolic 60 – 89

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## Changes Due to Aging

- Heart muscle ↓ efficient
- Blood pumps with ↓ force
- Arteries lose elasticity and become narrow
- Blood pressure ↑



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## Variation of Normal

- Change in pulse rate and rhythm
- Weakness and tiredness
- Loss of ability to perform ADLs
- Swelling of hands and feet
- Pale or bluish lips, hands, or feet
- Weight ↑
- "My chest hurts"
- Shortness of breath, changes in or difficulty breathing



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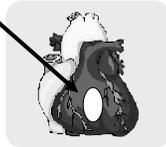
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## Common Disorders

- Coronary Artery Disease (CAD)
- Congestive Heart Failure (CHF)
- Myocardial Infarction (MI, "heart attack")
- Anemia
- Varicose veins
- Hypertension

↓  
**180**  
**110** !!!!!



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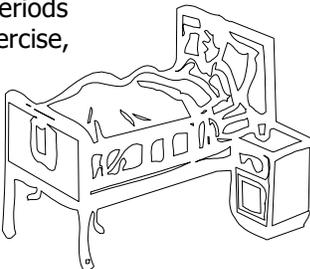
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## Nurse Aide's Role

- Provide rest periods
- Encourage exercise, movement, and range of motion, when inactive
- Prevent tiring
- Layer clothing



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# N.C. Nurse Aide I Curriculum

## MODULE H Respiratory

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### Overview

- Involves breathing in oxygen and
- Breathing out carbon dioxide



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### Structure and Function

#### Thorax

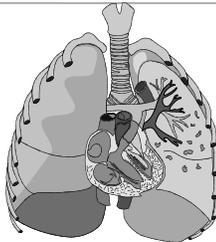
- Closed cavity that contains the structures needed for respiration
- Extends from base of neck to diaphragm

#### Upper Respiratory Tract

- Nose, mouth, sinuses, pharynx, larynx & top of trachea

#### Lower Respiratory Tract

- Lower trachea, bronchi & lungs



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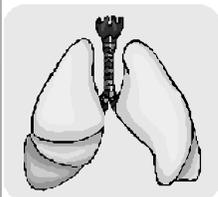
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## Structure and Function

### Lungs



- Elastic, spongy, cone-shaped air-filled structures
- Process of breathing in
- Process of breathing out

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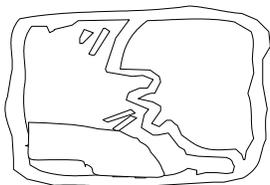
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## Normal Findings

- Rate of 12 to 20 breaths per minute
- Character is quiet, even and without effort



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## Changes Due to Aging

- Weakening in respiratory muscles
- Gradual ↓ elasticity of lung tissue
- Shortness of breath with activity
- ↓ lung capacity
- ↓ oxygen in blood
- Weakening in diaphragm
- Limited expansion of chest



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## Variation of Normal



- Shallow breathing or through pursed lips
- Coughing or wheezing
- Nasal congestion or discharge, or productive cough
- Noisy respirations
- Gasping

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## Variation of Normal

- Cyanosis
- Dyspnea
- Changes in rate and rhythm
- Need to sit after mild exertion
- "My chest hurts"



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- Chronic Obstructive Pulmonary Disease (COPD)
- Pneumonia
- Emphysema
- Influenza
- Asthma



## Common Disorders

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## Nurse Aide's Role



- Provide rest periods
- Encourage exercise and regular movement
- Encourage/assist with deep breathing
- Limit exposure
- Position residents

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## N.C. Nurse Aide I Curriculum

### MODULE H Gastrointestinal

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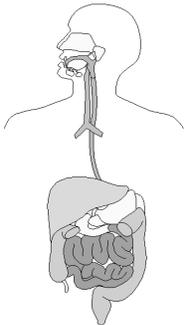
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## Overview



**Also known as the digestive system and extends from the mouth to the anus**

**Has 2 functions: digestion and elimination**

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**Digests food, absorbs nutrients and eliminates waste**

**Upper GI Structures**

**Lower GI Structures**

**Accessory Structures**

**Structure and Function**

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**Normal Findings**

- Adequate intake
- Passage of a brown, soft, formed, tubular shaped stool, without pain
- Flat abdomen

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**Changes Due to Aging**

- ↓ number of taste buds
- ↓ of peristalsis
- ↓ absorption of nutrients
- Loss of bowel muscle tone
- Loss of sphincter muscle tone

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## Changes Due to Aging

- ↓ in saliva
- ↓ in digestive enzymes and saliva
- ↓ appetite
- Loss of teeth
- Altered taste and smell



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## Variation of Normal



- Difficulty swallowing or chewing
- Poor intake of diet and fluids
- Weight ↑ or ↓
- Loss of appetite



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## Variation of Normal

- "My abdomen hurts"
- Cramping
- Nausea and vomiting
- Heartburn
- Diarrhea
- Constipation



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## Variation of Normal



- "It hurts when I have a bowel movement"
- Whitish, black, or red colored stool
- Blood, pus, mucus, or other discharge
- Incontinence

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## Common Disorders

- Ulcer
- Hemorrhoids
- Constipation
- Diarrhea
- Gastroenteritis



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## Nurse Aide's Role



- Encourage intake of fluids and nutritional meals
- Make mealtime enjoyable and allow time to eat
- Provide oral care before and after meals

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**HEY..... PUT ME IN SO MY OWNER CAN EAT HIS DINNER!!!!**

**Nurse Aide's Role**

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**N.C. Nurse Aide I Curriculum**

**MODULE H**  
Urinary

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**Overview**

- Filtering system of the body
- Responsible for ridding body of waste products from blood

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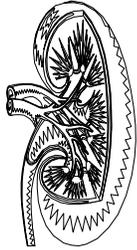
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## Structure and Function

### Kidneys

- Bean-shaped, paired organs
- Located at back or abdominal cavity, slightly above waist
- About 4 or 5 inches long and 1 inch thick
- Filter waste products and produces urine
- Help maintain water balance and blood pressure
- Regulate electrolytes



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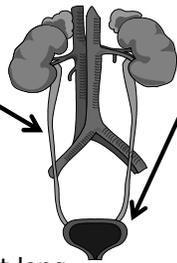
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## Structure and Function

### Ureters

- Narrow tubes
- Connect kidneys to bladder
- About 1 foot long



### Urinary Bladder

- Muscular sac
- Stores urine until it passes from body

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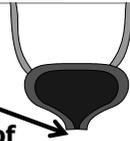
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## Structure and Function

### Urethra

- A tube
- Located between bladder and outside of body
- About 7 or 8 inches long in males and about 1.5 inches long in females



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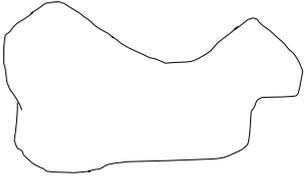
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	<h2>Structure and Function</h2>
	<p><b>Urine</b></p> <ul style="list-style-type: none"> <li>■ Made up of water, salt &amp; waste</li> </ul> <div style="text-align: center;">  </div> <p style="font-size: small; text-align: center;">DHSR/HCPRI/CARE NAT 1 Curriculum - July 2013 <span style="float: right;">97</span></p>

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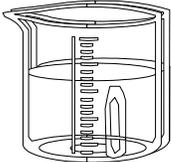
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	<h2>Normal Findings of Urine</h2>
	<ul style="list-style-type: none"> <li>■ Pale yellow to amber in color</li> <li>■ Clear</li> </ul> <div style="text-align: center;">  </div> <p>About 1000 to 1500 milliliters per day</p> <p style="font-size: small; text-align: center;">DHSR/HCPRI/CARE NAT 1 Curriculum - July 2013 <span style="float: right;">98</span></p>

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	<h2>Changes Due to Aging</h2>
	<ul style="list-style-type: none"> <li>■ ↓ kidney size and ability to filter</li> <li>■ ↓ ability to concentrate urine</li> <li>■ ↓ capacity, elasticity, muscle tone of bladder</li> <li>■ Difficulty or incomplete emptying of bladder</li> <li>■ ↑ prostate in males</li> </ul> <p style="font-size: small; text-align: center;">DHSR/HCPRI/CARE NAT 1 Curriculum - July 2013 <span style="float: right;">99</span></p>

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## Variation of Normal

- Changes in urine
- Weight ↑ or ↓
- Swelling in arms or legs
- Pain or burning during urination
- Swelling in bladder or abdomen
- Pain in kidney or back
- Incontinence
- Fever



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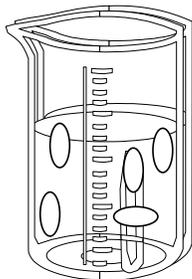
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## Common Disorders

- Nephritis
- Cystitis
- Calculi
- Kidney failure
- Urinary incontinence
- UTI
- Retention
- Hematuria
- Dysuria



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## Urinary System – Nurse Aide’s Role



- Encourage fluids, unless restricted
- Offer assistance to bathroom
- Keep residents clean and dry

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# N.C. Nurse Aide I Curriculum

## MODULE H Reproductive

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### Overview



Allows human beings to create a new human life

1. The female reproductive system
2. The male reproductive system

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### Structure & Function



Male reproductive structures



Female reproductive structures

Responsible for production of reproductive cells, produce hormones responsible for sex characteristics and reproduction

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	<b>Normal Findings</b>
	<ul style="list-style-type: none"> <li>■ Absence of bleeding and discharge</li> <li>■ Absence of pain and itching</li> <li>■ Absence of enlargement of prostate</li> </ul>
	<div style="display: flex; justify-content: space-between;"> <span>DHSR/HCPRI/CARE NAT 1 Curriculum - July 2013</span> <span>106</span> </div>

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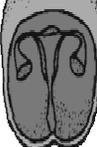
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	<b>Changes Due to Aging</b>
	<ul style="list-style-type: none"> <li>■ ⇕ size and function of reproductive structures</li> <li>■ ↑ of prostate</li> <li>■ Sagging breasts</li> <li>■ Loss of hair in vulva area</li> </ul>
	
	<div style="display: flex; justify-content: space-between;"> <span>DHSR/HCPRI/CARE NAT 1 Curriculum - July 2013</span> <span>107</span> </div>

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	<b>Variation of Normal</b>
	<ul style="list-style-type: none"> <li>■ Bleeding</li> <li>■ Pain</li> <li>■ Discharge</li> <li>■ Itching</li> </ul>
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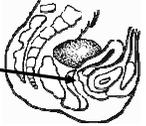
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**Common Disorders**

- Cystocele
- Prostatic hypertrophy



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**Nurse Aide's Role**



- Encourage proper nutrition and fluid intake
- Try to minimize stressors

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**MODULE H**  
Endocrine

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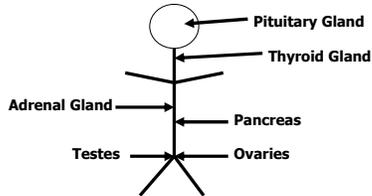
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## Overview



Is a system of glands that secrete chemicals directly into the bloodstream to regulate body functions

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## Structure and Function

- Structure – glands located throughout the body
- Function
  - Maintains homeostasis
  - Influences growth and development
  - Regulates sugar in the blood and calcium in the bones
  - Regulates reproduction
  - Regulates how fast cells burn food

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## Endocrine System – Normal Findings

- Skin warm/dry
- No variation of weight, appetite, urination from typical
- Awake, alert, oriented



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## Changes Due to Aging



- ↓ levels of hormones
- ↓ insulin production
- Body less capable to deal with stress

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## Variation of Normal

- Headache, blurred vision, dizziness
- Weakness
- Hunger
- Irritability
- Sweating
- Dry skin



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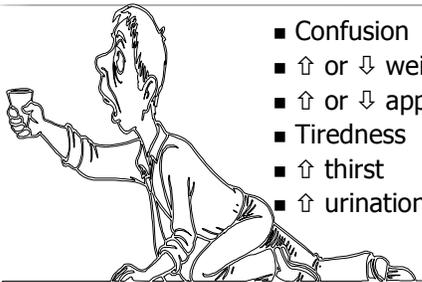
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## Endocrine System – Variation of Normal



- Confusion
- ↑ or ↓ weight
- ↑ or ↓ appetite
- Tiredness
- ↑ thirst
- ↑ urination

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**Common Disorders**

- Diabetes Mellitus
- Hyper- and hypothyroidism

**Nurse Aide's Role**

- Encourage proper nutrition and fluid intake
- Try to ↓ stressors




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**N.C. Nurse Aide I Curriculum**

**MODULE H**  
Immune System

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**Immune System**

- Overview – defends the body
- Structure and function – antibodies and white blood cells that protect the body and provides immunity
- Normal findings – body can fight infection
- Changes due to aging – immune system weakens or may attack self

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	<h2 style="text-align: center;">Immune System</h2>
	<ul style="list-style-type: none"><li>■ Variation of normal – signs of infection, anxiety, nausea and vomiting, stiff/swollen/painful joints</li><li>■ Common disorders – AIDS, lupus, graves disease</li><li>■ Nurse aide's role – observe and report, plus.....</li></ul>
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	<small>121</small>

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	<h2 style="text-align: center;">The End</h2>
	<small>DHSR/HCPRI/CARE NAT I Curriculum - July 2013</small>
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