

- Renal System
  - o May be included w/the abdominals or Repro.
  - o History
    - Concerning Symptoms
      - Pain
        - Suprapubic: above pubic bone, ass. With bladder problems
          - UTI
        - Flank: tension indicates kidney pain
          - Kidney
      - Dysuria
      - Hematuria
        - Blood in urine, flank blood is red or coca-cola color
      - Change in Urination Pattern
        - Frequency
          - How much are they going each time?
        - Urgency
        - Burning/pain
        - Itching
          - Can be fungal infection
        - Incontinence
          - Leak of urine
            - From Stress, laughing, coughing
            - from an increase pressure on sphincter which allows urine passing
          - pg. 446 definitions
        - Nocturia
          - Related to cardiac system failure
        - Color/clarity
          - Cloudy=infection
        - Stream
          - "may not be as strong"
        - Smell
          - Foul means infection
    - Hygiene Practices
      - Number of voids per day
        - o Should be every few hours
      - Clothing
        - o Can promote infection
          - Cotton
          - Synthetic
            - Might cause bladder infection

- Wiping Techniques
  - Front to back
- Voiding after intercourse
  - To prevent urinary tract infection
- Medications
- Allergies
- Past History
  - Surgical history
  - UTI
    - Cystitis
      - Inflammation can happen anywhere in urinary tract
    - Kidney infections
  - Stones (kidney)
  - Cancer
  - Prostate Problems
    - In males
- Family History
  - Ca.
  - UTI
  - Polycystic Kidney
    - Can be passed, genetic disorder
    - Result in kidney failure later in life.
- Physical Exam
  - CVA Tenderness
  - Kidney Palpation
    - Normally nonpalpable
    - Only right can be felt
  - Bladder Palpation
    - See if bladder is distended (holding urine or not)
  - Renal Artery Bruits
    - Blood is not flowing through the kidney
      - indirect cause of HTN → blocked artery
      - Decreased BP the owner must be dehydrated and cause an increase BP
  - Urine Elimination
    - Color
    - Clarity
    - Odor
    - Lab Stick
    - Intake and Output
      - Fluids
        - Not putting out urine b/c dehydration?
        - Not putting out urine b/c blockage?

- o Kidney Location
    - (L) kidney under the Rib cage almost completely
      - Nonpalpable
    - (R) kidney lower b/c of liver
      - Blunt percussion for CVA tenderness
      - Normally should not feel pain
      - Palpate the (R) Kidney
        - o Under the Rib cage.
        - o More palpable on a thin client than a heavy person
      - Palpate (L) Kidney
        - o Tuck one hand under the patients back and palpate with the other.
        - o If palpated, means it is enlarged or lower positioned
          - o Bladder
      - Palpate when flat below the pubic bone
        - If the patient voids before the physical exam should not feel bladder
        - Patient can tell you that you have felt it.
          - Use one or two hands.
- Reproductive Systems
  - o Reproductive System
    - Learning Objective
      - o Teach Anatomy and Physiology
      - o Obtain System History
      - o Explain Purpose of an Exam
      - o Perform external exam
    - Internal female Anatomy
    - External Female Genital
  - o Female Reproductive System
    - Has five phases
      - o Course Packet 87-88
    - Perimetapausal
      - Health History
        - o Common Concernings
    - Dysmenria
      - Pain during Period
    - Irritation
      - Itching
      - Fungal Infections
    - Discharge
    - Spotting