

NNAM PRECIOUS CHINONYE

19/MHS02/131

NURSING SCIENCE

200 LEVEL

WRITE A SHORT NOTE ON URINANALYSIS

A urinalysis is a group of physical, chemical, and microscopic tests. The tests detect and/or measure several substances in the urine, such as byproducts of normal and abnormal metabolism, cells, cellular fragments, and bacteria.

A complete urinalysis consists of three distinct testing phases:

- (1) Visual examination, which evaluates the urine's color and clarity
- (2) Chemical examination, which tests chemically for about nine substances that provide valuable information about health and disease and determines the concentration of the urine
- (3) Microscopic examination, which identifies and counts the type of cells, casts, crystals, and other components such as bacteria and mucus that can be present in urine.

*chemical examination(using dipstick test): A dipstick is a thin, plastic stick with strips of chemicals on it. It is dipped into the urine. The strips change color if a substance is present at a level that is above normal. . Some of the things a dipstick examination can check for includes:

*Acidity (pH) ;is a measure of the amount of acid in the urine. A pH that is above normal may be a sign of kidney stones, urinary infections, kidney problems, or other disorders.

*Protein ;is an important building block in the body. Everyone has protein in their blood. But it should only be in your blood, not your urine. Your kidneys play a role in this process. Healthy kidneys remove waste products and extra water from your blood, but leave behind the things your body needs, like protein. When kidneys are injured, protein leaks into your urine. Having protein in your urine suggests that your kidney's filtering units are damaged by kidney disease.

*Glucose (sugar) is usually a sign of diabetes.

*White blood cells (pus cells) are signs of infection.

*Bilirubin is a waste product from the breakdown of old red blood cells. It is normally removed from the blood by the liver. Its presence in the urine may be a sign of liver disease.

*Blood can It can be a sign of an infection, a kidney problem, certain medicines, or even heavy exercise. Finding blood in the urine requires further testing. It does not mean you have a serious medical problem.

A urinalysis can help to detect many diseases before you feel symptoms. Finding and treating a problem early can help keep serious diseases from getting worse.