NAME: SOTANNDE FAIZAH TEJUMOLA

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QUESTION: WRITE SHORT NOTE ON MICTURITION

 Micturition is a process where urine is expelled from the body. Animals and humans have a specialized system of organs known as the excretory system to eliminate the waste products from the body. In other words, the process of expelling urine from the body is called micturition. It is brought about by reflex contraction of a special muscle called the detrusor muscle after voluntary relaxation of the sphincter muscle. The human excretory system consists of a pair of kidneys and ureters, a urinary bladder, and a urethra. The kidneys play a major rule in the process of urine formation and its excretion. The urine formed is stored in the urinary bladder.

 Micturition is also known as voiding phase of bladder control and lasts for a short time. As the bladder becomes full, the stretch receptors increase the urge to urinate and causes micturition reflex. It sometimes even causes involuntary urination.

 Micturition process

* Storage phase
* Voiding phase

 Storage phase – the urinary bladder is a balloon-shaped, hollow, muscular, organ that acts as the storage organ for urine. The urinary bladder in a healthy urinary system can store up to 16 ounces of urine for 2 to 5 hours easily. The circular sphincter muscles prevent leakage of urine. They close tightly around the opening of the bladder into the tube that allows the passage of urine outside the body.

 Voiding Phase – When the bladder is filled with urine, the nerves in it are triggered, which in turn stimulates the need to urinate. The brain signals urinary bladder to contract. The receptors of the urinary bladder send a signal to the central nervous system, in response to which the nervous system sends a signal that incites the contraction of the urinary bladder. Through the urinary opening at the urethra, the urine is eliminated, and the process is called micturition reflex.

 PROBLEMS ASSOCIATED WITH MICTURITION

There are several factors which affect the process of micturition. Some of these can be due to physical trauma or disease; others are psychological in nature. Following are a few disorders that affect micturition:

* Detrusor Instability
* Urinary Retention
* Spinal Cord Trauma

MANAGEMENT OF MICTURITION DISORDERS

* The nerve pathway to the urinary tract should be intact
* The bladder capacity should be normal
* Normal muscle tone should be should be observed in the sphincters, detrusors, and pelvic floor muscles.
* There should be no obstruction to the urine flow in any region of the urinary tract.
* The environmental and psychological factors that inhibit micturition should be absent.
* The coordinated activity of sympathetic, parasympathetic, and somatic nerves help in normal micturition.