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**DEPARTMENT; NURSING SCIENCE**

**LEVEL; 200**

**MATRIC NO; 18/MHS02/077**

**COURSE; PHSN 212**

**QUESTION**

**WRITE A SHORT NOTE ON URINALYSIS**

A urinalysis is a test of urine. A urinalysis is used to detect and manage a wide range of disorders, such as urinary tract infections, kidney disease and diabetes.

A urinalysis involves checking the appearance, concentration and content of urine. Abnormal urinalysis results may point to a disease or illness.

A urinalysis is a common test that's done for several reasons

- **To check your overall health.**
- **To diagnose a medical condition.**
- **To monitor a medical condition**
- **prior to surgery**

Other tests, such as pregnancy testing and drug screenings, also may rely on a urine sample, but these tests look for substances that aren't included in a typical urinalysis. For example, pregnancy testing measures a hormone called human chorionic gonadotropin (HCG). Drug screenings detect specific drugs or their metabolic products, depending on the purpose of the testing.

## Methods of urinalysis:

### **Microscopic exam**

In the microscopic exam, looks at drops of the urine under a microscope. for:

- abnormalities in the red or white blood cells, which may be signs of infections, kidney disease, bladder cancer, or a blood disorder
- crystals that may indicate kidney stones
- infectious bacteria or yeasts
- epithelial cells, which can indicate a tumor

### **Dipstick test**

For the dipstick test, the doctor inserts a chemically treated plastic stick into the urine sample. The stick changes color based on the presence of certain substances.

This can help the doctor look for:

- **Acidity (pH).** The pH level indicates the amount of acid in urine. Abnormal pH levels may indicate a kidney or urinary tract disorder.
- **Concentration.** A measure of concentration, or specific gravity, shows how concentrated particles are in your urine. A higher than normal concentration often is a result of not drinking enough fluids.
- **Protein.** Low levels of protein in urine are normal. Small increases in protein in urine usually aren't a cause for concern, but larger amounts may indicate a kidney problem.

- **Sugar.** Normally the amount of sugar (glucose) in urine is too low to be detected. Any detection of sugar on this test usually calls for follow-up testing for diabetes.
- **Ketones.** As with sugar, any amount of ketones detected in your urine could be a sign of diabetes and requires follow-up testing.
- **Bilirubin.** Bilirubin is a product of red blood cell breakdown. Normally, bilirubin is carried in the blood and passes into your liver, where it's removed and becomes part of bile. Bilirubin in your urine may indicate liver damage or disease.
- **Evidence of infection.** If either nitrites or leukocyte esterase — a product of white blood cells — is detected in your urine, it may be a sign of a urinary tract infection.
- **Blood.** Blood in your urine requires additional testing — it may be a sign of kidney damage, infection, kidney or bladder stones, kidney or bladder cancer, or blood disorders.

High concentrations of particles in sample urine can indicate that the patient is dehydrated. High pH levels can indicate urinary tract or kidney issues. And any presence of sugar can indicate diabetes.

### **Visual exam**

It can also examine the sample for abnormalities, such as:

- clouded appearance, which can indicate an infection
- abnormal odors

- reddish or brownish appearance, which can indicate blood in your urine