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MICTURITION

Micturition is the process of discharging urine from the urinary bladder. Its also known as voiding phase of bladder control and lasts for a short time. As the bladder becomes full, the stretch receptors increase their firing rate. This increase the urge to urinate and causes micturition reflex. It sometimes even causes involuntary urination.

MICTURITION PROCESS

Micturition process consists of two phases:

- 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 (urethra) 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. The neural mechanism involved is called the micturition reflex.

PROCESS ASSOCIATED WITH MICTURITION

There are several factors which affect the process of micturition

- Detrusor Instability
- Urinary retention
- Spinal Cord Trauma – Injuries to the spinal cord, specifically the tenth thoracic vertebra (T10) can cause the bladder to be overactive or cause urinary incontinence.