

NAME: ODITA IFEANYICHUKWU JORDAN

MATRIC NUMBER:18/MHS02/125

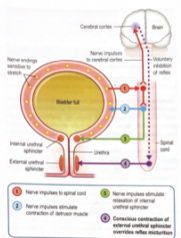
DEPARTMENT:NURSING SCIENCE

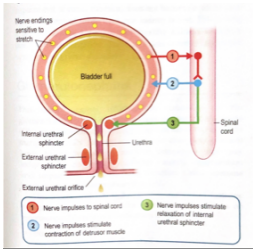
Assignment

Write a short note on Micturition

In infants, accumulation of urine in the bladder activates stretch receptors in the bladder wall, generating sensory (afferent) impulses that are transmitted to the spinal cord where a spinal reflex is initiated. This stimulates your involuntary contraction of the detrusor muscle and relaxation of the internal urethral sphincter and expels urine from the bladder; this is known as micturition, urination or voiding of urine.

When bladder control is established, the micturition reflex is still stimulated but sensory impulses also pass upwards to the brain and there is awareness of the need to pass urine. Urination can be assisted by increasing the pressure within the pelvic cavity, achieved by lowering the diaphragm and contracting the abdominal muscles. Over distention of the bladder is extremely painful, and when this occurs there is a tendency of involuntary relaxation of the external sphincter to occur, allowing a small amount of urine to escape provided there is no mechanical obstruction. Incontinence is the involuntary loss of urine after control has been established.





References:

- Ross and Wilson Anatomy and physiology In health and illness textbook, Textbook by Allison Grant, Anne Waugh, and Kathleen J. W. Wilson ,13th Edition