

N.C. Nurse Aide I Curriculum

MODULE H Body Systems

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1

Objectives

- Identify the structure and function of the cell and the integumentary, musculoskeletal, neurological, cardiovascular, respiratory, gastrointestinal, urinary, reproductive, endocrine, and immune systems.
- Describe the nurse aide's role in the provision of care for a resident with cancer.
- Discuss changes in the integumentary, musculoskeletal, neurological, cardiovascular, respiratory, gastrointestinal, urinary, reproductive, endocrine, and immune systems due to aging.

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2

Objectives


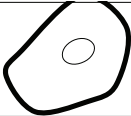
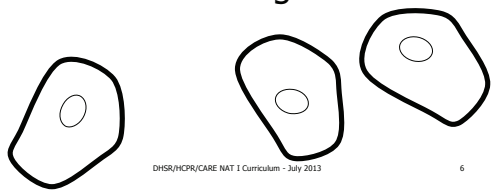
- Compare and contrast normal findings and variation of normal findings of the integumentary, musculoskeletal, neurological, cardiovascular, respiratory, gastrointestinal, urinary, reproductive, endocrine, and immune systems.
- Describe common disorders of the integumentary, musculoskeletal, neurological, cardiovascular, respiratory, gastrointestinal, urinary, reproductive, endocrine, and immune systems.

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3

	<h1>Objectives</h1>
	<ul style="list-style-type: none">■ Describe the nurse aide's role related to a resident's integumentary, musculoskeletal, neurological, cardiovascular, respiratory, gastrointestinal, urinary, reproductive, endocrine, and immune systems.
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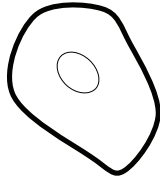
	<h1>NC Nurse Aide I Curriculum</h1>
	<h2>MODULE H</h2> <h3>Cell Theory</h3>
	<div>DHSR/HCFR/CARE NAT I Curriculum - July 2013</div> <div>5</div>

	 <h1>Overview</h1> 
	<p>Basic unit of all living tissues or organisms</p> 
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Structure and Function

Cells

- Building blocks of human body
- Microscopic
- Combine to form tissue



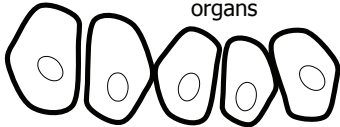
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7

Structure and Function

Tissue

- Carry out a particular activity or function
- Grouped together to form organs



Cell + cell + cell + cell = tissue

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8

Organ

Tissue + tissue + tissue + tissue =

- Carries out a particular function
- Some are single and some are paired
- Combine to form a system



Structure and Function

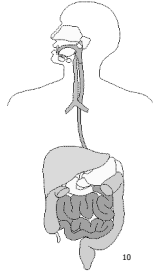
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Structure and Function

System

- Organs function together for a specific purpose or purposes
- Systems of the human body?
- Combine to form an organism



Organ + organ + organ + organ =

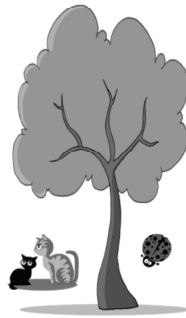
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10

System + system + system
equal an

Organism

Made up of systems
that function
together to perform
activities of daily
living needed for
continued life



Structure & Function

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11

Variation of Normal



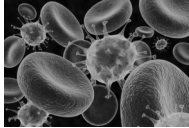
Human organisms may have problems at the cellular level, but show signs outside of body. Examples?

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12

Common Disorders

- Tumor – group of abnormally-growing cells; benign or malignant
- Cancer (CA) – abnormal cells grow in an uncontrolled manner, invade surrounding tissue and may spread to other areas of the body




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13

Nurse Aide's Role

- Should understand basic cellular theory
- Assist with care directed toward symptoms of cancer or treatment
- Offer emotional support
- Be aware of warning signs of cancer, **CAUTION**



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14

- C** Change in bowel or bladder habits
- A** A sore that does not heal
- U** Unusual bleeding or discharge
- T** Thickening or lump
- I** Indigestion or difficulty swallowing
- O** Obvious change in wart or mole
- N** Nagging cough or hoarseness

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15

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MODULE H Integumentary

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16

Overview

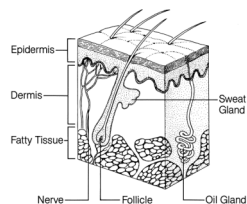
- The skin
- The **LARGEST** organ and system in the body
- Responsible for providing a natural protective covering of the body

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Structure

- Three layers – epidermis, dermis, subcutaneous tissue
- Accessory structures



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18

Function



- Protects body
- Regulates temperature
- Eliminates waste
- Contains nerve endings
- Stores fat and vitamins

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19

Normal Findings



- Warm, dry
- Absence of breaks, rash, discoloration, swelling

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Changes Due to Aging

- Skin is thinner, drier, more fragile
- Skin loses elasticity
- Fatty layer ↓
- Hair thins and may gray




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21

Changes Due to Aging

- Folds, lines, wrinkles and brown spots
- Nails harden and more brittle
- ↓ circulation to skin
- Development of skin tags, warts and moles



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- Breaks in skin
- Rash, itching, or skin discoloration
- Pale, white, or reddened areas
- Blue and black areas






Variation of Normal

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Variation of Normal



- Dry or flaking skin
- Ulcers, sores, or lesions
- Swelling
- Drainage
- Abnormal temperature
- Changes in scalp or hair

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24


Common Disorders

- Eczema
- Dermatitis
- Tears and abrasions
- Pressure ulcers

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Nurse Aide's Role



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MODULE H

Musculoskeletal

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Overview

Provides structure and movement



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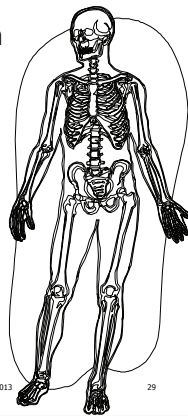
Structure and Function

The Skeleton

- Has 206 bones
- Framework

The Bones

- Hard and rigid outside
- Soft and spongy inside
- Are connected to other bones
- Allows body to move
- Protects organs
- Stores calcium
- Makes and stores blood cells



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29

Structure and Function

Muscles

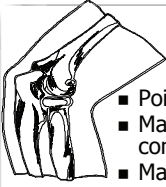
- Voluntary or involuntarily
- Over 600
- Some connected to bones
- Help body stay erect
- Produce heat
- Give body form
- Movement



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Structure and Function



- Point where bones meet
- Made up of cartilage and connective tissue
- May be movable, slightly movable or immovable
- Allows for movement in the area

JOINTS

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Normal Findings



- Ability to perform routine movements and activities of daily living
- Ability to perform full range of motion exercises bilaterally without pain

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32



Abduction

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33



Adduction

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Extension – Arm

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Flexion – Arm

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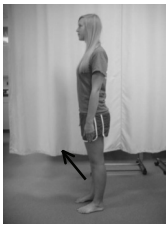
36



Extension - Leg

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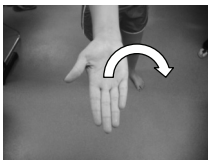
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Flexion - Leg

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Pronation

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Supination

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Dorsiflexion

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Plantar Flexion

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42



Opposition

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43

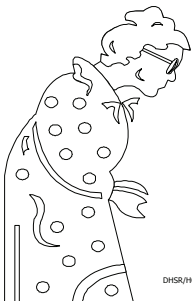
Changes Due to Aging

- Muscles weaken
- Bones lose density
- Joints stiffen, become less flexible and painful
- Height ↓
- Slowed recovery
- "It hurts when I move"
- ↓ reaction time, movement speed, agility and endurance
- Poorer response to stimuli
- ↓ muscle and nerve interaction

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44

Variation of Normal



- History of falls
- Difficulty holding or lifting
- ↓ muscle strength and tone
- Generalized weakness
- Bruising
- White, shiny, red, or warm areas over a joint

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45

Variation of Normal

- Slow and unsteady movement
- "I have pain in my joints"
- "I have pain in my muscles"
- "It hurts when I move"
- Inability to move joints



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46

Common Disorders

Muscle atrophy

↓ size in muscle mass

- Contracture
- Muscle strain
- Sprain
- Osteoporosis

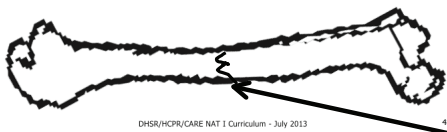


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47


Common Disorders

- Fracture
- Arthritis (osteoarthritis and rheumatoid arthritis)
- Amputation



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48

	<h1>Nurse Aide's Role</h1>
	<ul style="list-style-type: none">■ Prevent falls■ Encourage regular movement, activity and self-care■ Encourage walking, light exercise and active range of motion

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	<h1>NC Nurse Aide I Curriculum</h1>
	<h2>MODULE H</h2> <h3>Neurological</h3>

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	<h1>Overview</h1>
<p>Also called the nervous system</p> <p>The control and message center of the body</p> <p>Senses and responds to changes</p>	

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Structure and Function

Brain

Located in the skull and consists of three parts



- Cerebrum
- Cerebellum
- Brainstem

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52

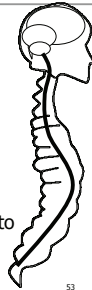
Structure and Function

Spinal Cord

- Located within the spine
- Connected to the brain
- Conducts messages

Nerves

- Are made up of nerve cells
- Carry messages to and from the brain and to and from the rest of the body



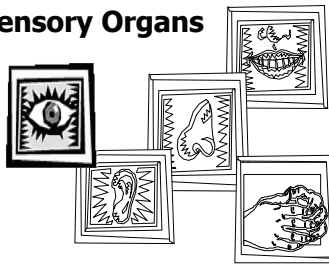
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53

Structure and Function

Sensory Organs

Receive impulses from environment and relay to brain



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54

Normal Findings



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55

Where did
they say I
was and
how did I
get here?



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56

Changes Due to Aging

Variation of Normal

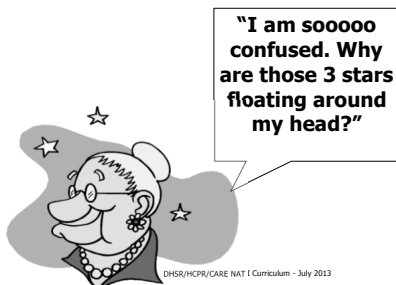
- Jerking motions or tremors
- Changes in gait or movement
- Speech, vision, or hearing changes
- "I have numbness and feel dizzy and nauseated"



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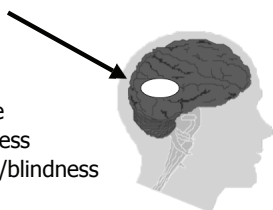
57

Variation of Normal



Common Disorders

- CVA (or stroke)
- Head or spinal cord injuries
- Dementia
- Parkinson's disease
- Hearing loss/deafness
- Cataract/glaucoma/blindness
- Otitis media





Nurse Aide's Role

Mrs. Smith, today is Tuesday and you are in Happy View Nursing Home.



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	MODULE H Cardiovascular
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	Overview
	<p>Also called the circulatory system and is the continuous movement of blood through the body</p>
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	Structure and Function
	<p>Heart</p> <ul style="list-style-type: none">■ The pump of the cardiovascular system■ About the size of a closed fist■ Consists of 4 chambers■ Has 2 phases■ Pulse is.....
	<small>DHSR/HCPRI/CARE NAT I Curriculum - July 2013</small>

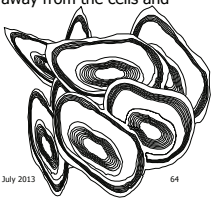
Structure and Function

Blood Vessels

- Arteries carry blood with oxygen and nutrients away from the heart and to the cells
- Veins carry blood with waste products away from the cells and to the heart

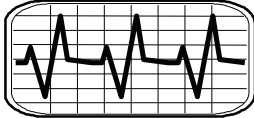
Blood

- Adult has 5 to 6 quarts
- What does it consists of?



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Normal Findings




- Pulse rate of 60 to 100 beats per minute, regular and strong
- Blood pressure of systolic 100 – 139, and diastolic 60 – 89

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Changes Due to Aging

- Heart muscle ↓ efficient
- Blood pumps with ↓ force
- Arteries lose elasticity and become narrow
- Blood pressure ↑



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Variation of Normal

- Change in pulse rate and rhythm
- Weakness and tiredness
- Loss of ability to perform ADLs
- Swelling of hands and feet
- Pale or bluish lips, hands, or feet
- Weight ↑
- "My chest hurts"
- Shortness of breath, changes in or difficulty breathing



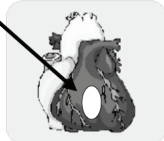
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67

Common Disorders

- Coronary Artery Disease (CAD)
- Congestive Heart Failure (CHF)
- Myocardial Infarction (MI, "heart attack")
- Anemia
- Varicose veins
- Hypertension

↓
180
110 !!!!!

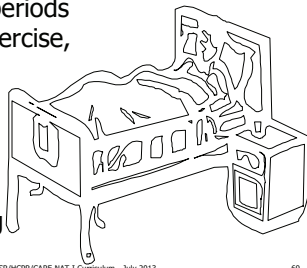


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68

Nurse Aide's Role

- Provide rest periods
- Encourage exercise, movement; and range of motion, when inactive
- Prevent tiring
- Layer clothing



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MODULE H Respiratory

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70

Overview

- Involves breathing in oxygen and
- Breathing out carbon dioxide



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Structure and Function

Thorax

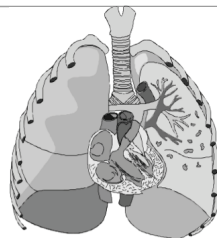
- Closed cavity that contains the structures needed for respiration
- Extends from base of neck to diaphragm

Upper Respiratory Tract

- Nose, mouth, sinuses, pharynx, larynx & top of trachea

Lower Respiratory Tract

- Lower trachea, bronchi & lungs



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72

Structure and Function

Lungs



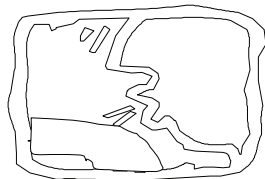
- Elastic, spongy, cone-shaped air-filled structures
- Process of breathing in
- Process of breathing out

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73

Normal Findings

- Rate of 12 to 20 breaths per minute
- Character is quiet, even and without effort



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74

Changes Due to Aging

- Weakening in respiratory muscles
- Gradual ↓ elasticity of lung tissue
- Shortness of breath with activity
- ↓ lung capacity
- ↓ oxygen in blood
- Weakening in diaphragm
- Limited expansion of chest



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75

Variation of Normal



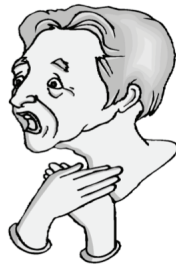
- Shallow breathing or through pursed lips
- Coughing or wheezing
- Nasal congestion or discharge, or productive cough
- Noisy respirations
- Gasping

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76

Variation of Normal

- Cyanosis
- Dyspnea
- Changes in rate and rhythm
- Need to sit after mild exertion
- "My chest hurts"



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77

- Chronic Obstructive Pulmonary Disease (COPD)
- Pneumonia
- Emphysema
- Influenza
- Asthma



Common Disorders

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78

Nurse Aide's Role



- Provide rest periods
- Encourage exercise and regular movement
- Encourage/assist with deep breathing
- Limit exposure
- Position residents

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79

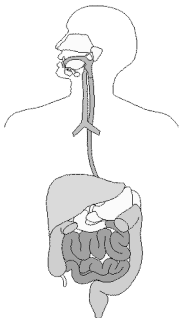
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MODULE H Gastrointestinal

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80

Overview



**Also known as the
digestive system and
extends from the
mouth to the anus**

**Has 2 functions:
digestion and
elimination**

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81

Digests food, absorbs nutrients and eliminates waste

Upper GI Structures

Accessory Structures

Lower GI Structures

Structure and Function

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82

Normal Findings

- Adequate intake
- Passage of a brown, soft, formed, tubular shaped stool, without pain
- Flat abdomen

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83

Changes Due to Aging


- ↓ number of taste buds
- ↓ of peristalsis
- ↓ absorption of nutrients
- Loss of bowel muscle tone
- Loss of sphincter muscle tone

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84

Changes Due to Aging

- ↓ in saliva
- ↓ in digestive enzymes and saliva
- ↓ appetite
- Loss of teeth
- Altered taste and smell

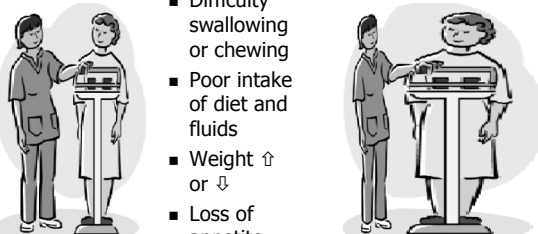


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85

Variation of Normal

- Difficulty swallowing or chewing
- Poor intake of diet and fluids
- Weight ↑ or ↓
- Loss of appetite

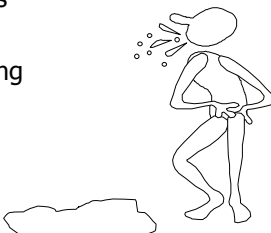


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86

Variation of Normal

- "My abdomen hurts"
- Cramping
- Nausea and vomiting
- Heartburn
- Diarrhea
- Constipation



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87

Variation of Normal



- "It hurts when I have a bowel movement"
- Whitish, black, or red colored stool
- Blood, pus, mucus, or other discharge
- Incontinence

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88

Common Disorders

- Ulcer
- Hemorrhoids
- Constipation
- Diarrhea
- Gastroenteritis



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89

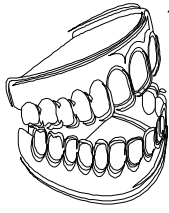
Nurse Aide's Role



- Encourage intake of fluids and nutritional meals
- Make mealtime enjoyable and allow time to eat
- Provide oral care before and after meals

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90



HEY..... PUT ME IN SO MY OWNER CAN EAT HIS DINNER!!!!

Nurse Aide's Role

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91

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MODULE H

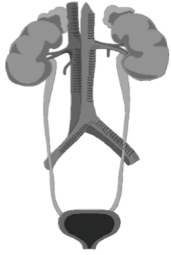
Urinary

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92

Overview

- Filtering system of the body
- Responsible for ridding body of waste products from blood



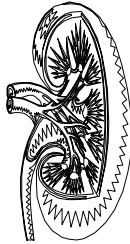
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93

Structure and Function

Kidneys

- Bean-shaped, paired organs
- Located at back or abdominal cavity, slightly above waist
- About 4 or 5 inches long and 1 inch thick
- Filter waste products and produces urine
- Help maintain water balance and blood pressure
- Regulate electrolytes



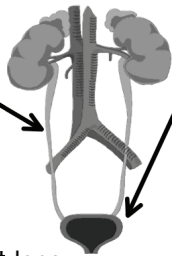
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94

Structure and Function

Ureters

- Narrow tubes
- Connect kidneys to bladder
- About 1 foot long



Urinary Bladder

- Muscular sac
- Stores urine until it passes from body

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95

Structure and Function

Urethra

- A tube
- Located between bladder and outside of body
- About 7 or 8 inches long in males and about 1.5 inches long in females



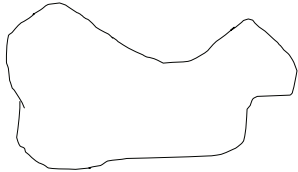
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96

Structure and Function

Urine

- Made up of water, salt & waste

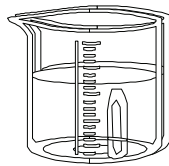


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97

Normal Findings of Urine

- Pale yellow to amber in color
- Clear



About 1000 to 1500 milliliters per day

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98

Changes Due to Aging

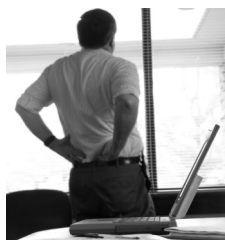
- ↓ kidney size and ability to filter
- ↓ ability to concentrate urine
- ↓ capacity, elasticity, muscle tone of bladder
- Difficulty or incomplete emptying of bladder
- ↑ prostate in males

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Variation of Normal

- Changes in urine
- Weight ↑ or ↓
- Swelling in arms or legs
- Pain or burning during urination
- Swelling in bladder or abdomen
- Pain in kidney or back
- Incontinence
- Fever

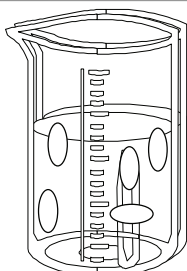


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Common Disorders

- Nephritis
- Cystitis
- Calculi
- Kidney failure
- Urinary incontinence
- UTI
- Retention
- Hematuria
- Dysuria



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Urinary System – Nurse Aide's Role



- Encourage fluids, unless restricted
- Offer assistance to bathroom
- Keep residents clean and dry

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MODULE H Reproductive

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Overview



Allows human beings to
create a new human
life

- The female
reproductive system
- The male reproductive
system

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Structure & Function



Male reproductive structures




Female reproductive structures

Responsible for production of reproductive
cells, produce hormones responsible for sex
characteristics and reproduction

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105

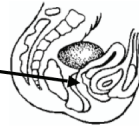
	Normal Findings
	<ul style="list-style-type: none"> ■ Absence of bleeding and discharge ■ Absence of pain and itching ■ Absence of enlargement of prostate
	<small>DHSR/HCFR/CARE NAT 1 Curriculum - July 2013</small> <small>106</small>

	Changes Due to Aging
	<ul style="list-style-type: none"> ■ ↓ size and function of reproductive structures ■ ↑ of prostate ■ Sagging breasts ■ Loss of hair in vulva area
	
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	Variation of Normal
	<ul style="list-style-type: none"> ■ Bleeding ■ Pain ■ Discharge ■ Itching
	<small>DHSR/HCFR/CARE NAT 1 Curriculum - July 2013</small> <small>108</small>

Common Disorders

- Cystocele
- Prostatic hypertrophy



Nurse Aide's Role

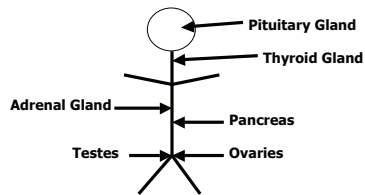


- Encourage proper nutrition and fluid intake
- Try to minimize stressors

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MODULE H Endocrine

Overview



Is a system of glands that secrete chemicals directly into the bloodstream to regulate body functions

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Structure and Function

- Structure – glands located throughout the body
- Function
 - Maintains homeostasis
 - Influences growth and development
 - Regulates sugar in the blood and calcium in the bones
 - Regulates reproduction
 - Regulates how fast cells burn food

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Endocrine System – Normal Findings

- Skin warm/dry
- No variation of weight, appetite, urination from typical
- Awake, alert, oriented



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114

Changes Due to Aging



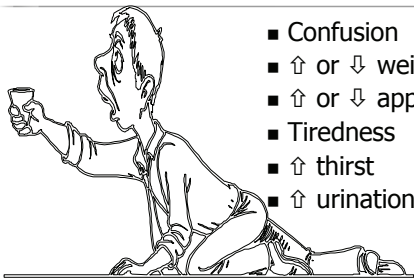
- ↓ levels of hormones
- ↓ insulin production
- Body less capable to deal with stress

Variation of Normal

- Headache, blurred vision, dizziness
- Weakness
- Hunger
- Irritability
- Sweating
- Dry skin



Endocrine System – Variation of Normal



- Confusion
- ↑ or ↓ weight
- ↑ or ↓ appetite
- Tiredness
- ↑ thirst
- ↑ urination

Common Disorders

- Diabetes Mellitus
- Hyper- and hypothyroidism

Nurse Aide's Role

- Encourage proper nutrition and fluid intake
- Try to ↓ stressors



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MODULE H Immune System

Immune System

- Overview – defends the body
- Structure and function – antibodies and white blood cells that protect the body and provides immunity
- Normal findings – body can fight infection
- Changes due to aging – immune system weakens or may attack self

Immune System

- Variation of normal – signs of infection, anxiety, nausea and vomiting, stiff/swollen/painful joints
- Common disorders – AIDS, lupus, graves disease
- Nurse aide's role – observe and report, plus.....

The End
