

Integumentary System

Lekce angličtiny
s americkou sestrou

Seriál lekcí odborné angličtiny obohacuje další lekce. Jako téma pro vás americká sestra Jennifer Granger zvolila Integumentary System. Správné odpovědi na jednotlivá cvičení najdete v Archivu článků na www.g5plus.com.

Vocabulary

ankles – kotníky
 asepsis – asepsie
 burns – spáleniny
 cushioning – tlumící, odpružení, zmírňující
 debridement – odstranění cizích těles či neživé tkáně z rány
 decubitus ulcer – proleženinový vřed
 fibres – flákna
 fingerprint – otisk prstu
 flexibility – pružnost, ohebnost
 heal – léčit
 hips – boky, kyčle
 immobile – nepohyblivý
 inflammation – zápal, zánět, zanícení
 integumentary – krycí
 positioning – polohování
 sensory Reception (receptors) – sensorické vnímání (receptory)
 skin grafting – transplantace pokožky
 strength – pevnost
 vascular – cévní

Integumentary System Reading

The integumentary system is the largest organ system in the body. The integumentary system includes the skin, follicles and glands, and the hair and nails. The integumentary system has multiple roles in homeostasis including protection, temperature regulation, sensory reception and absorption.

The skin has two distinct layers: the epidermis and the dermis. The epidermis is the outermost layer of the skin containing several layers of epithelial cells. It does not contain blood or lymphatic vessels. Melanocytes in the epidermis produce Melanin, which colors the skin. The dermis is a connective tissue layer under the epidermis that is very vascular and has collagen and elastic fibers which provide strength and flexibility. The dermis also contains nerve endings and sensory receptors. It provides us with our fingerprint pattern as well.

A common integumentary disorder nurses face in the hospital is decubitus ulcers. Decubitus ulcers form when there is an interruption of circulation due to continuous pressure on the skin. Most ulcers occur over bony areas of the body such as the sacrum, hips, ankles and heels. When patients are immobile they are at an increased risk for developing decubitus ulcers. Advanced age, excessive moisture and imbalanced nutrition are other contributing factors.

Burns are another disorder of the integumentary system that nurses may encounter. Burn patients are usually cared for in a specialized unit only for burn patients. This is because of the specialized care they must receive as well as the increased risk of infection they are exposed to. Burns cause cell destruction

and result in a depletion of fluid and electrolytes. We classify burns as minor, moderate and major and 1st, 2nd or 3rd degree based on the area of the body that is burned and how much of the skin is burned.

Caring for patients suffering from disorders of the integumentary system can be challenging due to the risk of infection and pain. Normally, our body protects us from infection thru the process of inflammation. But, if the injury is very severe or there is repeated injury to a particular area of the body, it becomes more difficult for the body to heal itself. Because of the many sensory receptors in the skin, injuries to the skin and integumentary system can be quite painful.

Preventing decubitus ulcers can be very difficult when patients are immobile. They must be assisted with positioning in bed, usually every two hours, twenty-four hours a day. It is also important to use pillows and specialized beds, if available, to assist with cushioning the bony areas at risk for developing ulcers. When nurses care for patients who already have a decubitus ulcer, they must first note the location and color of the skin or area involved and then determine at which stage the ulcer is. Once that information has been gathered, a plan to minimize or eliminate risk factors is initiated and medical management such as debridement and sterile dressings to promote wound healing are begun. Caring for burn patients may require some special training. In addition to maintaining strict asepsis, patients usually need some specialized treatments. This can include hydrotherapy which means that the patient's burns are cleansed in a special bath, usually everyday. As nurses, we must manage fluid balance issues as the body cannot do this on its own if there are extensive areas of the skin affected by the burns. Surgical intervention such as skin grafting may be necessary as well as sterile dressing changes using medicated ointments and/or creams based on the severity of the burn.

Emotional issues can also arise and must be taken into consideration when patients are faced with scarring or disfigurement of their skin. It is important for nurses to remember to treat all aspects of the patient's illness to ensure a healthy and speedy recovery.

Exercise with the Possibility to Win

Directions: Answer the questions based on the reading above. Send your answers together with your postal address by e-mail to info@g5plus.com. On June 19, 2008 we will publicly draw 10 winners who will be sent a present of the 500 CZK value by Johnson & Johnson company!

- The skin has ___ layer(s).
A. 1
B. 2

- C. 3
2. The epidermis is the _____ layer of the skin.
A. outermost
B. middle
C. innermost
3. There are blood vessels in the dermis layer of the skin.
A. true
B. false
4. Which of the following are risk factors for getting a decubitus ulcer?
A. age
B. pressure on the skin
C. moisture
D. all of the above
5. Treatment of burns includes all of the following except:
A. skin grafting
B. covering burn with oil
C. hydrotherapy
D. sterile dressing changes

Lekci angličtiny pro vás vytvořila americká sestra Jennifer Granger, RN, BSN, lektorka společnosti G5 Plus (www.g5plus.com). G5 Plus nabízí sestřám, fyzioterapeutům, porodním asistentkám a záchranářům odbornou předodjezdovou přípravu a následně zprostředkování zaměstnání v USA, Saúdské Arábii, Bahrajnu, Kataru a Irsku. **Jennifer Granger, RN, BSN**

KRÁSNÁ A ODPOČATÁ POKOŽKA S JOHNSON'S®

Patnáct výherců obdržel od partnera projektu společnosti Johnson & Johnson balíček tělové a pleťové kosmetiky JOHNSON'S®



Balíček obsahuje:

- **Pleťový krém** s bambuckým máslem a minerály.
- **Řadu zklidňující péče Dreamy Skin™** s relaxační vůní (sprchový gel, sprchový gel Extra-Care, hydratační tělové mléko).