

CARDIO RESPIRATORY PHYSIOLOGY

Cardiovascular Physiology

- Heart rate (HR) is the number of heartbeats per minute (b/min).
- Stroke volume (SV) is the volume of blood pumped by the heart in one stroke.
- Cardiac output (CO) is the volume of blood pumped by the heart in one minute.
- CO = HR x SV
- SV is determined by:
 - Preload (volume of blood in the ventricle at the end of diastole)
 - Contractility (force of contraction)
 - Afterload (resistance to flow)
- HR is determined by:
 - Sympathetic stimulation (increases HR)
 - Parasympathetic stimulation (decreases HR)
- CO is determined by:
 - Preload
 - Contractility
 - Afterload
 - HR



RESPIRATORY PHYSIOLOGY

- Respiration is the process of exchanging gases between the atmosphere and the body.
- Inhalation is the process of drawing air into the lungs.
- Exhalation is the process of expelling air from the lungs.
- Volume of air inhaled and exhaled is called tidal volume (TV).
- Volume of air in the lungs at the end of a normal expiration is called functional residual capacity (FRC).
- Volume of air in the lungs at the end of a maximal inspiration is called total lung capacity (TLC).
- Volume of air in the lungs at the end of a maximal expiration is called residual volume (RV).
- Volume of air in the lungs at the end of a normal inspiration is called inspiratory capacity (IC).
- Volume of air in the lungs at the end of a normal expiration is called expiratory reserve volume (ERV).
- Volume of air in the lungs at the end of a maximal inspiration is called inspiratory reserve volume (IRV).
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- Volume of air in the lungs at the end of a maximal expiration is called expiratory reserve volume (ERV).



System	Function	Key Components
Cardiovascular	Transport of blood throughout the body	Heart, blood vessels, blood
Respiratory	Exchange of gases (O ₂ and CO ₂)	Lungs, trachea, bronchi
Nervous	Control and coordination of body functions	Brain, spinal cord, nerves
Endocrine	Regulation of metabolism and growth	Hypothalamus, pituitary gland, thyroid gland
Immune	Defense against pathogens	White blood cells, antibodies

THE CNS



- The Central Nervous System (CNS) is the part of the nervous system that includes the brain and spinal cord.
- The brain is the control center of the body, responsible for processing information and coordinating responses.
- The spinal cord is a long, thin, tube-like structure that runs from the base of the brain down to the lower back.
- The CNS is protected by the meninges, a three-layered covering.
- The CNS is responsible for:
 - Motor control
 - Sensory processing
 - Thought and cognition
 - Emotion and behavior

ENDOCRINE SYSTEM



- The endocrine system is a network of glands that produce and secrete hormones.
- Hormones are chemical messengers that travel through the bloodstream to target organs.
- The endocrine system regulates:
 - Growth and development
 - Metabolism
 - Reproduction
 - Stress response
- Key glands include:
 - Hypothalamus
 - Pituitary gland
 - Thyroid gland
 - Adrenal gland
 - Pancreas
 - Gonads (ovaries and testes)

IMMUNE SYSTEM



- The immune system is the body's defense against pathogens and disease.
- It consists of:
 - White blood cells (leukocytes)
 - Antibodies
 - Immune cells
- The immune system recognizes and destroys:
 - Viruses
 - Bacteria
 - Fungi
 - Parasites
- Key components include:
 - Macrophages
 - T cells
 - B cells
 - Natural killer cells



CRITICAL CARE GUIDE

By Sonya Studies, BSc, MSc

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SYSTEMS



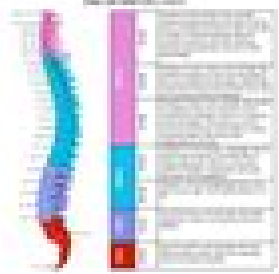
- The human body is a complex system of organs and tissues.
- The systems work together to maintain homeostasis.
- Key systems include:
 - Cardiovascular
 - Respiratory
 - Nervous
 - Endocrine
 - Immune
- Each system has specific functions and components.
- The systems are interconnected and influence each other.

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