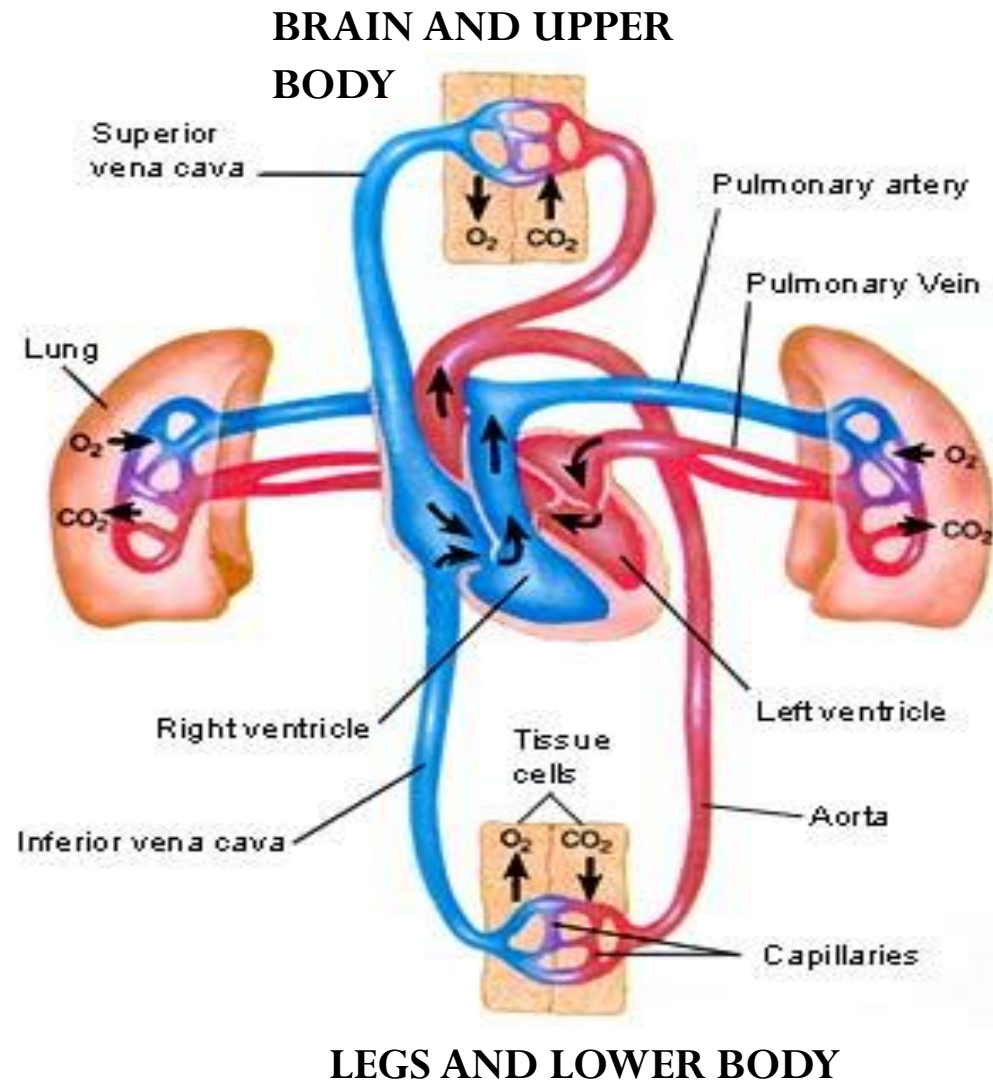


Physiology of the Heart

Mentoring in Medicine, Inc.

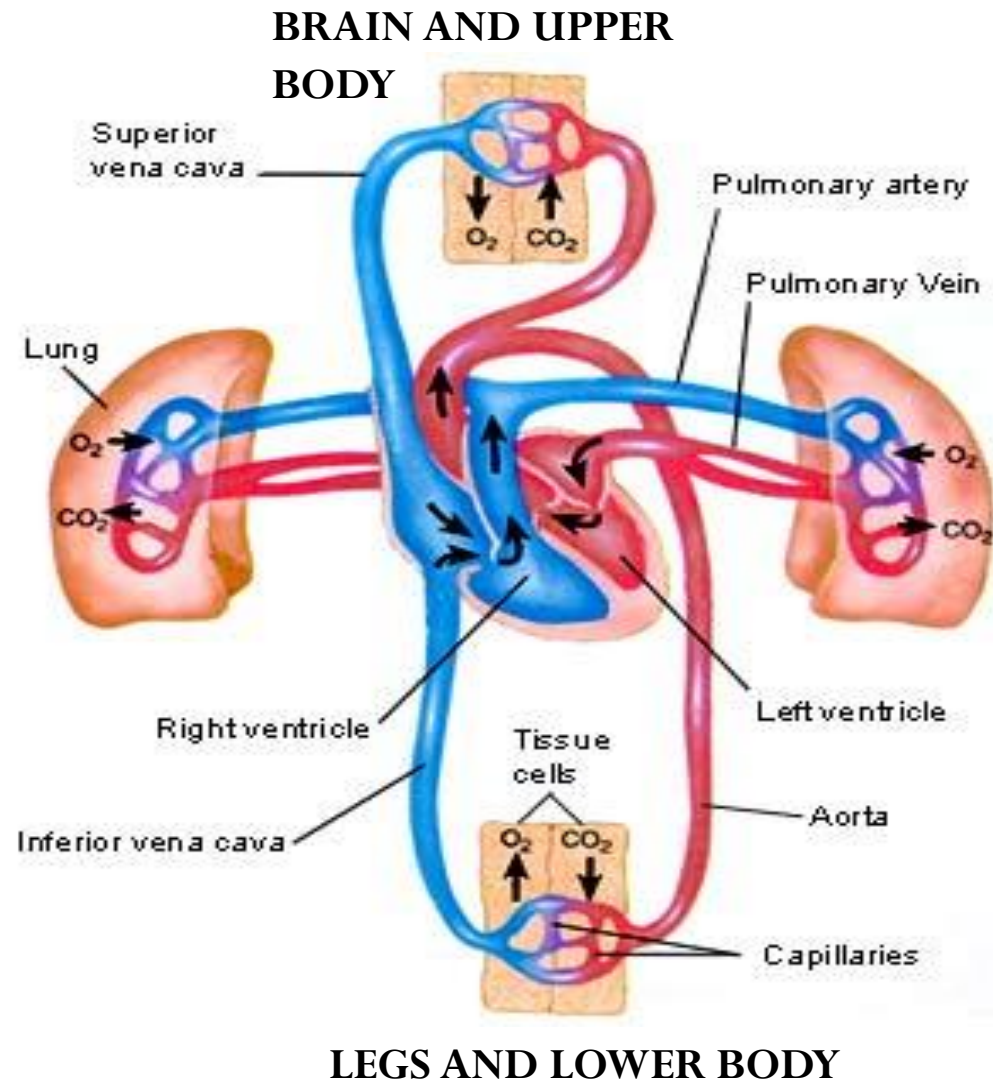
Two Types of Circulation

- Systemic Circulation
- Pulmonary Circulation

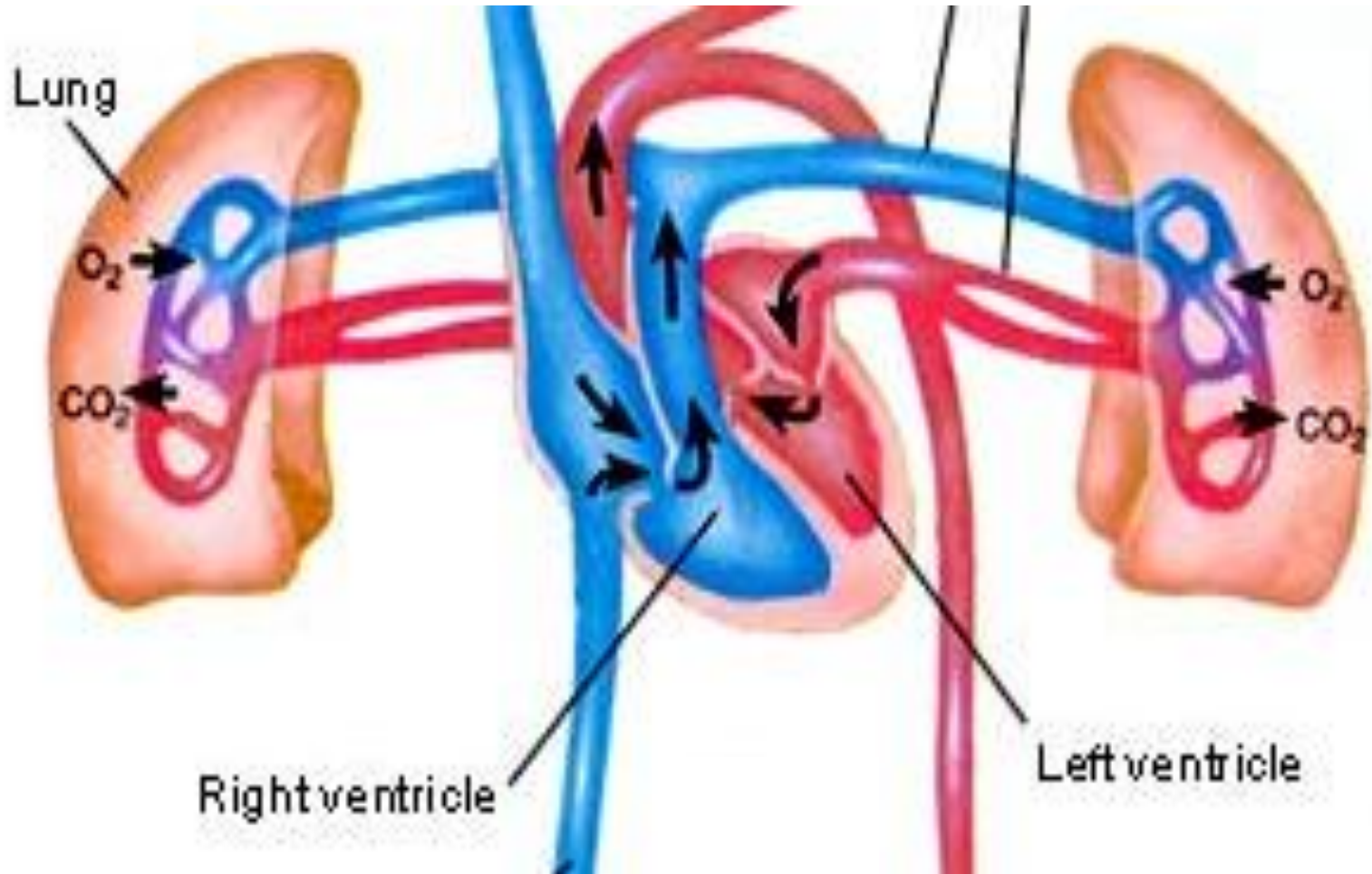


Systemic Circulation

- Systemic Circulation
 - Pumps oxygenated blood to the body
 - Distribution network for blood, oxygen, nutrients and hormones.



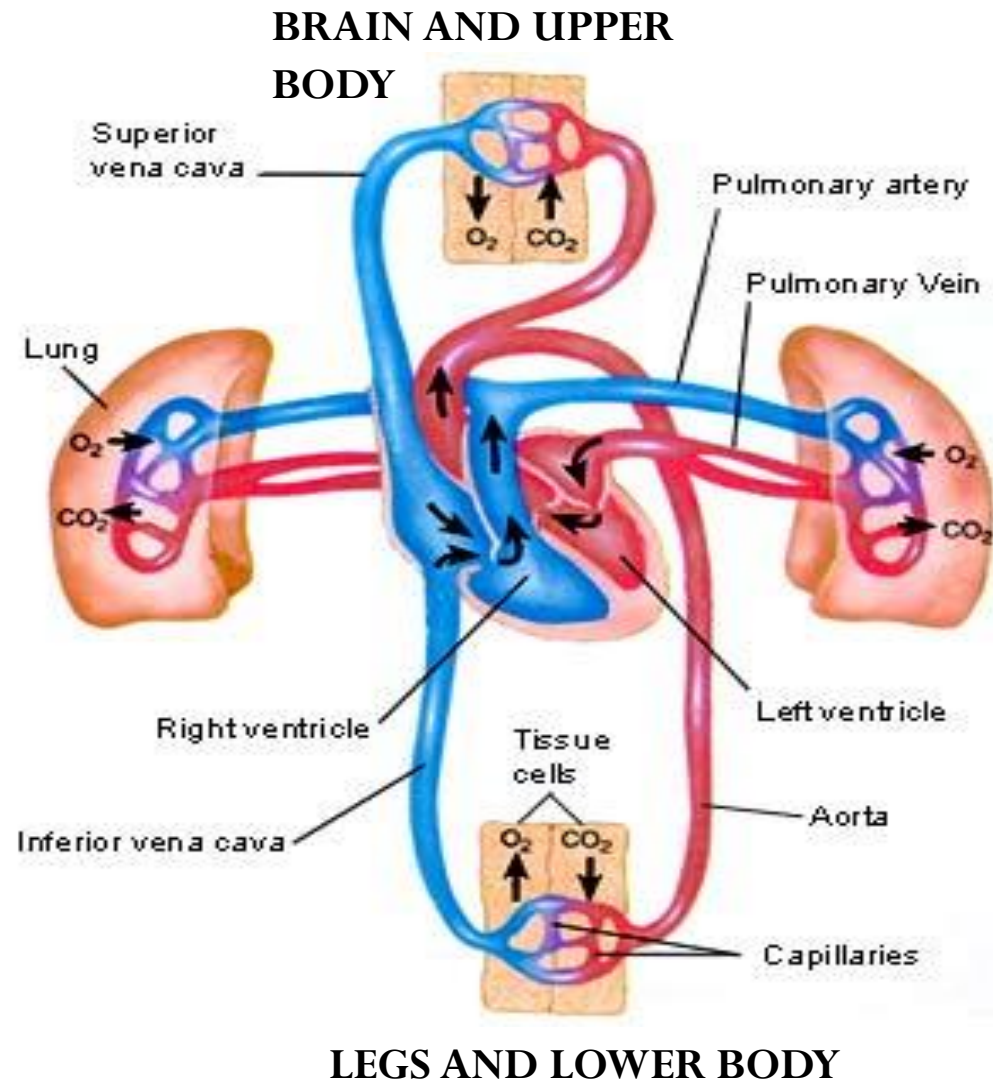
Pulmonary Circulation



Pulmonary Circulation

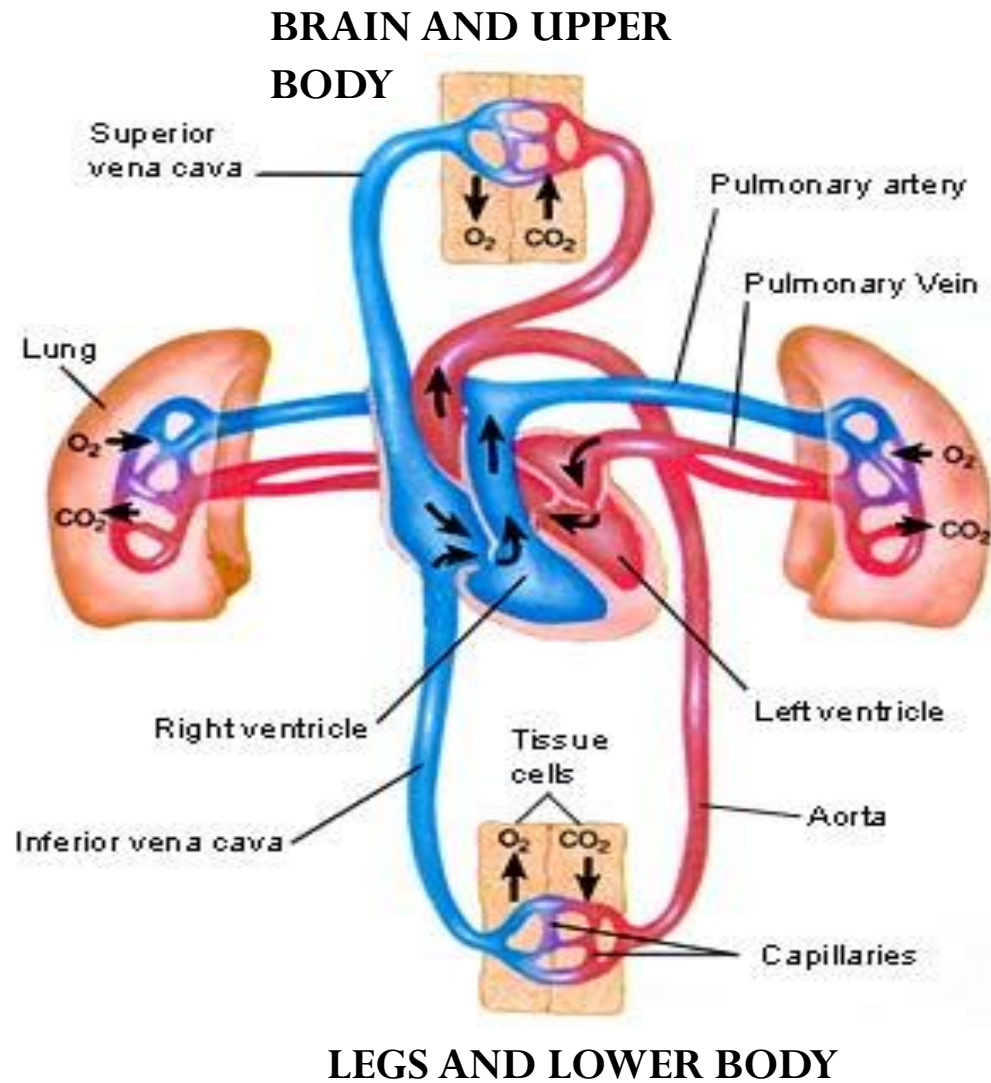
Pulmonary Circulation

- De-oxygenated blood travels from the heart to the lungs to receive oxygen.
- The exchange of oxygen and carbon dioxide occurs in the **capillaries**.



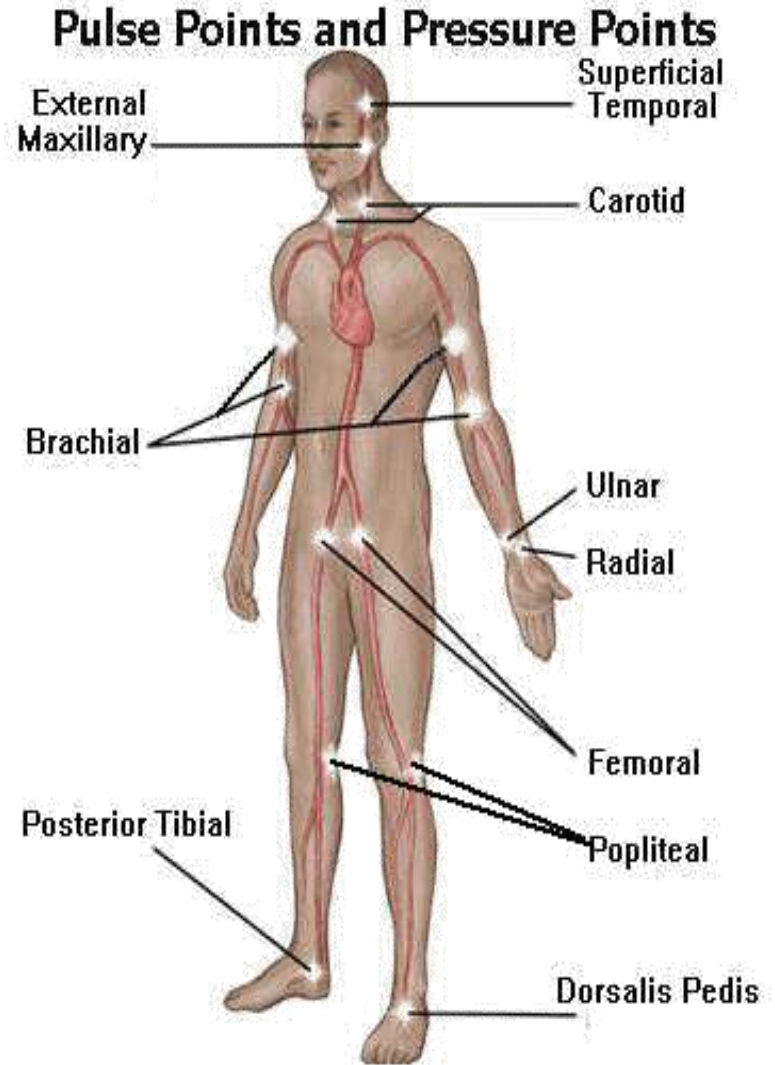
Two Types of Circulation

- Systemic Circulation
- Pulmonary Circulation



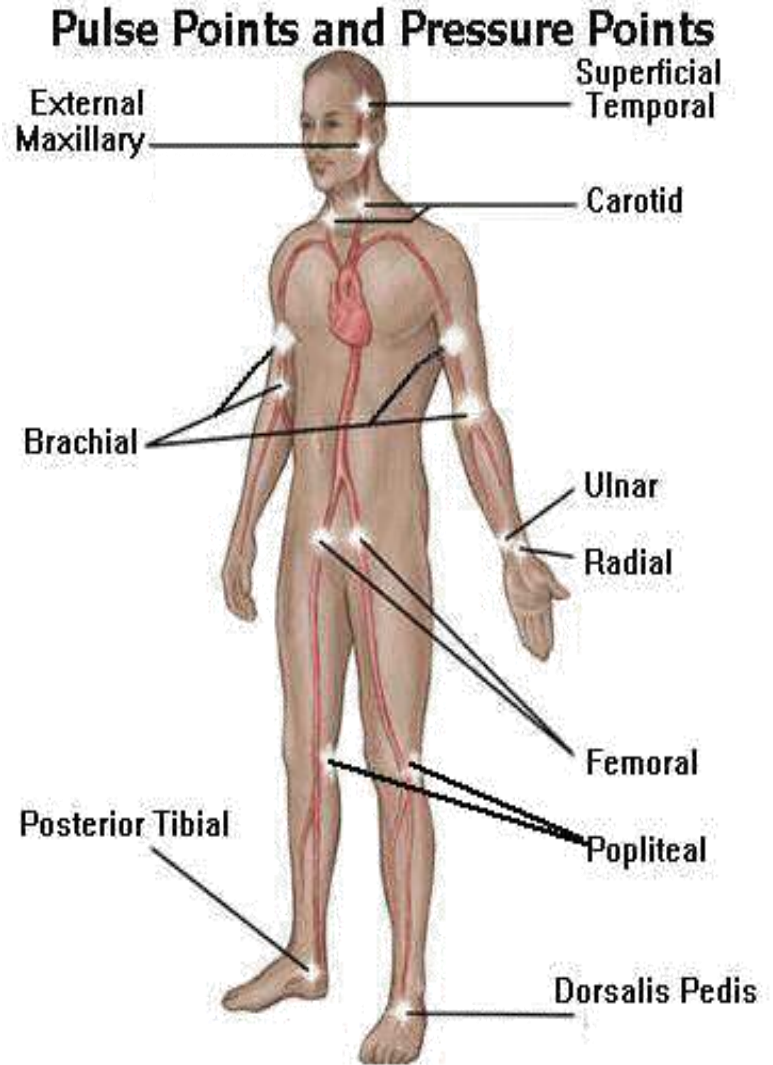
Clinical Connection

- What is your pulse?
 - Feel the blood pumping out of your heart at areas where the artery is close to the skin.
 - Normal pulse should be regular.
 - Normal heart rate is between 60-100 beats per minute.



Clinical Connection

- How do you take your pulse?
 - Best place to take your pulse is at the radial artery.
 - **Never take your pulse at the carotid artery.**
 - Feel your radial artery with your second and third fingers for one (1) minute.
 - Record as number of beats per minute.



Clinical Connection

- Activity
 - Record your pulse at rest in beats per minute.
 - Record your pulse after 25 jumping jacks.
 - Note the difference.

