

Workbook : Starling Forces

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

1.	Who was 'Starling' ?
2.	What is diffusion ?
3.	If a substance is lipid-soluble, what affect does this have on it's ability to diffuse across a plasma membrane, and why is this the case?

4.	Give a definition of hydrostatic force.
5.	Give a definition of oncotic pressure.
6.	Draw a diagram to illustrate how these different forces contribute to the movement of fluid across the capillary membrane.

7.	What substance in the blood contributes to the maintenance of oncotic pressure?
8.	Using your answer to question 7, explain what would happen to the movement of fluid if the levels of this substance increased or decreased.

9.	Explain the mechanisms by which oedema is likely to occur.
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10.	Name the four Starling Forces. a b c d
11.	What is the Starling equation, and what does it illustrate?
12.	If net filtration is positive, in which direction will the fluid move?

13.	What is the reflection coefficient, and why is it useful?
14.	What happens to the fluid left in the interstitium?
15.	Why do liver sinusoids have a low reflection coefficient?

Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your learning, please use the space below.

