

Mapping a journey

To recall and understand the physiology of the body and disease processes it may help to recall information as a journey to set destinations. In this example I am describing the path of blood through the pulmonary system. If you have no sense of direction it may help to do this a story based learning aide with focus on the destinations and what happens there.

Destination left atrium

You are in an empty blue truck starting at the right atrium and need to get to the left atrium with your fully stocked truck.

From the right atrium take the right hand fork and head along the pulmonary artery towards the lungs. This involved going a little bit north to turn and then head south. To get to the lungs you will need to take smaller roads along the bronchii and then the arterioles.

Once in the arterioles you can stock up your truck.

Once your truck is full it changes to sunset red and you need to leave the arterioles via the pulmonary vein to head north again to the left atrium.