

Speaker:

Dr Chinnaiah Yemula
Consultant Community Paediatrician
Bedford PCT

Title of presentation:

Enuresis – An Overview and Current Management

Introduction:

Enuresis is a common childhood problem affecting both boys and girls. Typically, the prevalence rates are 15-20% of 5 years olds, 5% of 10 year olds and 1-2% of 15 year olds. There is a strong genetic predisposition with increased risk for children if one or both parents were bedwetters.

Method:

The 'Three Systems Model' is widely used in the UK to assess children and adolescents with bedwetting problems. It is based on the idea that bedwetting may arise because of a child's lack of producing a hormone (vasopressin) to concentrate urine and / or bladder over-activity combined with the child's lack of waking to bladder sensation (Butler RJ 2000) .

Bedwetting can cause significant distress to the child and may lead to emotional problems, social isolation and poor self-esteem (Butler RJ 1994). The management of childhood enuresis involves several methods such as educating the child and family about bedwetting, appropriate drinking, voiding and bowel habits, behavioural measures and the use of alarm and medications.

Learning outcomes:

This presentation aims to cover several areas of enuresis including the current terminology as recommended by the International Children's Continence Society, prevalence and impact of enuresis and the diagnostic tools that can be used in clinical practice to assess both day and night time wetting problems in children. Effective communication with children and their parents/ carers is an essential part of patient care and Dr Yemula will briefly present the results of a patient satisfaction survey of the enuresis service in Bedfordshire.

About the speaker:

Dr Yemula is a developmental paediatrician who is currently working as a consultant in the community in Bedford and is employed by the Bedfordshire Primary Care Trust.

He has been running a specialist Enuresis Clinic for over 6 years and played a lead role in modernising the Enuresis Service in Bedfordshire. He sees children with bedwetting, developmental problems and behavioural difficulties including Attention Deficit Hyperactivity Disorder (ADHD). He conducts teaching and training for the Health Care Professionals in the areas of ADHD, Enuresis and developmental assessment of children with special needs.

He is the author of several booklets/books: Bedwetting in children and young people – A simple guide for parents (a free source); Everything a child needs to know about ADHD', published by ADDISS, the National ADHD Support Group, UK; ADHD- A guide for schools in Bedfordshire; Everything a child needs to know about epilepsy to be published in Dec 07. He is currently writing a book on bedwetting for children.

Speakers:

Joanne Magnall

Sue Hall (formerly Brown)

Continence Specialist Rotherham PCT

Formerly Senior Continence Advisor now retired. Independent continence specialist.

Title of presentation:

Dignified approaches to an undignified condition – Continence care in the older person

Introduction / Objective of presentation:

Incontinence - It's still a taboo subject, yet 1 in 4 women have this symptom. It's often not seen as a priority to nurses as it's not seen as life threatening. However incontinence for those that experience it can affect their whole life. It has a huge psychological effect, dependency on others to help with an intimate function can be devastating. It can be the reason why older people enter residential care. It can be the cause of social isolation, elder abuse and a be a symptom of a potential life threatening condition.

Incontinence isn't usually the headline grabber but current media attention on the C Difficile outbreaks has highlighted reports of poor nursing practice around elimination and the accountability of nurses in ensuring privacy, dignity and basic human needs in nursing practice.

What would **WE** wish for our old age or that of our families if we or they were incontinent?

What we as practitioners put into our practice lays the foundations for the continence care we would like ourselves.

Curing or managing incontinence is a challenge for practitioners, it doesn't usually happen overnight, and it needs a pragmatic and common sense approach, tenacity and the desire to provide a service we would wish for ourselves.

Method:

In this workshop we want to provide you with:-

- Consider continence within a caring culture.
- Consider continence promoting strategies that are not high tech.
- A focus on respect & dignity for the patients/residents you care for
- Consider the consequences of nursing actions in relation to continence

Learning outcomes:

We want it to be a stimulating interactive session to wet your appetite for learning more about curing and managing incontinence. There will be demonstrations, videos, discussions What more could you want from a workshop!