

## AN INTRODUCTION TO CHILDHOOD CONTINENCE PROBLEMS

*Toileting behaviours, healthy bladders - daytime wetting, healthy bowels – soiling/constipation, nighttime wetting and support available to manage or resolve the problems*

Seminar provided to support to care staff working with children who may have toileting, daytime wetting, soiling issues & night time wetting

### OBJECTIVES

- To be familiar with the normal acquisition of bladder and bowel control
- Extend your knowledge: Toilet training, Daytime wetting, Soiling and Nocturnal Enuresis
- Knowledge to address and support CYP enabling them to manage and ultimately overcome their continence problems

### COURSE TUTOR

**Charlotte Mawby**, RGN. RSCN. Independent Paediatric Continence Nurse

|                      | <b>PROGRAMME</b>   |
|----------------------|--|
| <b>09.00 - 9.15</b>  | <ul style="list-style-type: none"> <li>• Introductions</li> </ul>  |
| <b>09.15 - 10.45</b> | <ul style="list-style-type: none"> <li>• Normal acquisition of bowel and bladder control               <ul style="list-style-type: none"> <li>○ How we gain control</li> <li>○ Why some children struggle with the toilet training</li> <li>○ Equipment, aids, appliances.</li> <li>○ Questions &amp; Answers</li> </ul> </li> </ul> |
| <b>10.45 - 11.00</b> | <ul style="list-style-type: none"> <li>○ Break</li> </ul>  |
| <b>11.00 - 12.30</b> | <ul style="list-style-type: none"> <li>• Healthy bladders               <ul style="list-style-type: none"> <li>○ Importance of 'Assessment information'</li> <li>○ Day time wetting</li> <li>○ Questions &amp; Answers</li> </ul> </li> </ul>  |
| <b>12.30 – 13.15</b> | <ul style="list-style-type: none"> <li>○ Lunch</li> </ul>  |
| <b>13.15 – 14.45</b> | <ul style="list-style-type: none"> <li>• Healthy Bowels               <ul style="list-style-type: none"> <li>○ Importance of 'Assessment information'</li> <li>○ Soiling &amp; Constipation</li> <li>○ Why children soil</li> <li>○ Questions &amp; Answers</li> </ul> </li> </ul>   |
| <b>14.45 – 15.00</b> | <ul style="list-style-type: none"> <li>• Break</li> </ul>  |
| <b>15.00 – 16.00</b> | <ul style="list-style-type: none"> <li>• Nighttime wetting</li> <li>• Understand why children wet the bed</li> <li>• How we can help them – Treatments available</li> <li>• When to refer for additional support</li> <li>○ Questions &amp; Answers</li> </ul>   |
| <b>16.00</b>         | <ul style="list-style-type: none"> <li>• Seminar ends</li> </ul>   |

# TOILET TRAINING, INCLUDING CHILDREN WITH SPECIAL NEEDS



The Toilet Training Including Children with Special Needs seminar provides training for care staff and health professionals, who assess and/or support children at home and school with toileting or continence issues. Supporting toileting programs with appropriate products and helping to reduce product budgets, the seminar also looks at the assessment of toilet training readiness and the assessment and treatments to promote Healthy Bladder & Bowels.

## OBJECTIVES:

- To be familiar with the normal acquisition of bowel and bladder control
- To be clear about what assessment / investigations are appropriate
- To increase confidence in toilet training and continence management, including children with special / additional needs
- To be familiar with products and aids to support toilet training
- To be able to implement a basic toilet training programme
- To increase knowledge of documentation available to support and advance current services

## PROGRAMME

|                      |  |
|----------------------|--|
| <b>09.00 - 09.30</b> | Registration and refreshments  |
| <b>09.30 - 09.45</b> | Introduction   |
| <b>09.45 - 10.05</b> | <b>Session A</b> <ul style="list-style-type: none"><li>▪ Normal acquisition of bowel and bladder control<ul style="list-style-type: none"><li>- the baby's bladder</li><li>- gaining control</li><li>- usual age range of acquisition of control</li></ul></li></ul> |
| <b>10.05 - 10.50</b> | <ul style="list-style-type: none"><li>▪ Children with learning difficulties<ul style="list-style-type: none"><li>- why some children struggle with the toilet training process</li></ul></li></ul>   |
| <b>10.50 - 11.20</b> | Refreshments   |
| <b>11.20 - 12.35</b> | <b>Session B</b> <ul style="list-style-type: none"><li>▪ Toilet training readiness</li><li>▪ Assessment</li><li>▪ Questions and discussion</li></ul>   |
| <b>12.35 - 13.35</b> | Lunch  |
| <b>13.35 - 14.35</b> | <b>Session C</b> <ul style="list-style-type: none"><li>▪ Continence management programmes<ul style="list-style-type: none"><li>- developing individual programmes</li><li>- Age 5 and still not trained? What to do next</li></ul></li></ul>                         |
| <b>14.35 - 14.50</b> | Refreshments   |
| <b>14.50 - 15.30</b> | <b>Session D</b> <ul style="list-style-type: none"><li>▪ Aids &amp; Appliances<ul style="list-style-type: none"><li>- reusable/disposable products</li><li>- toilet/potty equipment</li></ul></li></ul> <p>Questions and discussion</p>                              |
| <b>15.30</b>         | Seminar ends   |

# CHILDHOOD DAYTIME WETTING AND SOILING

## OBJECTIVES:

- To increase knowledge of up to date facts on childhood bowel and bladder disorders
- To increase confidence in managing these conditions in the community
- To establish areas where further learning and/or experience is needed
- To update on new NICE Guidelines

## PROGRAMME

09.00 – 09.25 Registration and refreshments

### PART 1: CHILDHOOD SOILING

09.25 – 09.30 Introduction to the day

09.30 – 10.00 Session A:

- Background, definitions and causes of constipation including anatomy and physiology
- Questions and discussion

10.00 – 10.40 Session B:

- Assessment and diagnosis
- Questions and discussion

10.40 – 10.50 Refreshments

10.50 – 11.30 Session C: Management - Education  
- Disimpaction  
- Maintenance

Questions and discussion

11.30 – 12.30 Session D: Case study  
Questions and discussion

12.30 – 13.15 Lunch

### PART 2: CHILDHOOD DAYTIME WETTING

13.15-14.00 Session A:

- Anatomy and physiology including acquisition of bladder control
- Questions and discussion

14.00-14.45 Session B:

- Why do children wet? Assessment and diagnosis
- Questions and discussion

14.45-14.55 Refreshments

14.55-15.30 Session C:

- Management
- Questions and discussion

15.30-16.15 Session D: Case studies

16.15 Close of the day

## NOCTURNAL ENURESIS - A FUNDAMENTAL COURSE

### OBJECTIVES:

Introduction of the "Three Systems" approach as a framework for dealing with enuresis, this course will:

- Highlight the important principles in putting the theory into practice
- Explore effective ways of working with children
- Address ways of improving effectiveness

### PROGRAMME

|               |   |
|---------------|---|
| 09.00 - 09.30 | Registration and refreshments   |
| 09.30 - 09.40 | Introduction  |
| 09.40 - 10.50 | <p><b>Session A - Setting the Scene</b></p> <ul style="list-style-type: none"> <li>▪ Definition of nocturnal enuresis</li> <li>▪ Prevalence of enuresis</li> <li>▪ Impact on children</li> <li>▪ The importance of maintaining a child focused approach</li> </ul> <p><b>Parental Support</b></p> <ul style="list-style-type: none"> <li>▪ Parental attitudes</li> <li>▪ Typical strategies employed by parents (e.g. lifting; fluid restriction)</li> <li>▪ Analysis of useful strategies</li> </ul> |
| 10.50 - 11.15 | Refreshments  |
| 11.15 - 12.15 | <p><b>Session B – The Three Systems Model</b></p> <ul style="list-style-type: none"> <li>▪ An outline of the model as a means to understanding nocturnal enuresis</li> <li>▪ Assessment of each system</li> <li>▪ Looking at clinical implications</li> <li>▪ NICE Guidelines</li> <li>▪ Working out an intervention pathway</li> </ul>   |
| 12.15 - 13.15 | Lunch   |
| 13.15 - 14.15 | <p><b>Session C: Enuresis Treatment</b></p> <p><b>Alarms</b></p> <ul style="list-style-type: none"> <li>▪ Evidence base</li> <li>▪ Monitoring progress</li> <li>▪ How the alarm works</li> <li>▪ Advantages and disadvantages of the alarm</li> </ul>   |
| 14.15 - 14.35 | Refreshments  |
| 14.35 - 15.15 | <p><b>Session D: Enuresis Treatment</b></p> <p><b>Desmopressin</b></p> <ul style="list-style-type: none"> <li>• The evidence base</li> <li>• How to use Desmopressin</li> <li>• Advantages and disadvantages of Desmopressin</li> </ul>   |
| 15.15 - 16.00 | <p><b>Session E: The Small Bladder</b></p> <ul style="list-style-type: none"> <li>• Management of the small bladder in enuresis</li> <li>• Communicating with children</li> <li>• Questions</li> </ul>  |
| 16.00         | Seminar ends  |