

**OBJECTIVES:**

Taking the “Three Systems” approach as a background, 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

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**PROGRAMME**

<b>09.00 - 09.30</b>	Registration and refreshments	
<b>09.30 - 09.40</b>	Introduction	<b>Dr C Yemula</b>
<b>09.40 – 10.50</b>	<p><b>Setting the scene</b></p> <ul style="list-style-type: none"> <li>▪ Definition of nocturnal enuresis</li> <li>▪ Prevalence of enuresis</li> <li>▪ ALSPAC Study</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>▪ Typical strategies employed by parents (e.g. lifting; fluid restriction) and case examples</li> <li>▪ Analysis of useful strategies</li> </ul>	
<b>10.50 - 11.15</b>	Refreshments	
<b>11.15 - 12.15</b>	<p><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>▪ Evidence</li> </ul>	
<b>12.15 - 13.15</b>	Lunch	
<b>13.15 – 14.15</b>	<p><b>Enuresis alarm treatment</b></p> <ul style="list-style-type: none"> <li>▪ Evidence base</li> <li>▪ Monitoring progress</li> <li>▪ How the alarm works and demonstration</li> <li>▪ Advantages and disadvantages of the alarm</li> </ul>	
<b>14.15 - 14.35</b>	Refreshments	
<b>14.35 – 15.00</b>	<p><b>Desmopressin treatment</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>	
<b>15.00 – 15.15</b>	<p><b>Psychoeducation</b></p> <ul style="list-style-type: none"> <li>▪ How best to educate children and parents about bedwetting problems</li> </ul>	
<b>15.15 – 16.00</b>	<b>Workshop and case studies</b>	
<b>16.00</b>	<b>Evaluation and seminar ends</b>	