

A decorative graphic on the left side of the slide, featuring three overlapping organic shapes: a light blue shape at the top left, a green shape in the middle, and a yellow shape at the bottom. The shapes are set against a dark blue background.

# Bedwetting in children and young people

# OBJECTIVES:

- What is nocturnal enuresis?
- What causes bedwetting?
- Tips on managing bedwetting



# Bedwetting in children and young people

- Bedwetting, also known as nocturnal enuresis is repeated night time incontinence beyond the age of 5
- There are about half a million children and young people in the UK suffering from bedwetting

- 1 in 15 seven year olds
- 1 in 75 teenagers



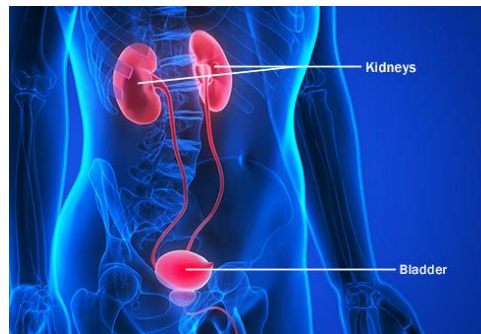
- Bedwetting can seriously affect a child's self-esteem and limit activities such as sleepovers, as well as interrupted sleep for the family



# Common causes of bedwetting

**Bedwetting is thought to occur when there is a delay in the development in at least on of the following three areas at night time:**

- **Bladder:** Less space in the bladder at night
- **Kidney:** More urine is made at night
- **Brain:** Unable to wake up during sleep



# Other bedwetting risk factors:

- **Genetics:** Statistics have shown that if one parent wet the bed after 5 years, their children may experience the same problem 40% of the time
- **Stress:** This is the most common cause. Children going through major life events such as moving school/home, experiencing parental divorce or exam stress
- **Deep sleep:** A deep sleep can part of a normal adolescent development due to a poor sleep schedule as well as teens going through puberty
- **Constipation:** The bladder and bowel sit near each other in the body. A backed up bowel can push the bladder, causing the child to lose bladder control



# Treatments:

There are two general forms of treatment for nocturnal enuresis:



PSYCHOLOGICAL



PHARMACETICAL



# Bedwetting Alarms

- **Bedwetting alarms have a sensor which detects when wetting starts, which activates an alarm which wakes you up**
- **Research has shown that about half of children who use enuretic alarm correctly will stay dry at night after a few weeks**
- **The brain is trained to associate the feeling of needing to urinate with the alarm going off and going to the bathroom**
- **This will require participation by an adult to ensure that the child uses the bathroom**



# Medication

## Desmopressin

- **Desmopressin works by reducing the amount of urine produced by the body at night by the kidneys**
- **This medication is recommended for children over 5 years of age when alarm use is inappropriate or when short-term results are priority**
- **The medication can also be used in combination with enuretic alarm**





# Tips

- **Give your child enough water to drink during the day**
- **Make sure your child uses the toilet regularly, around 4-7 times a day, including just before bedtime**
- **Use waterproof covers on their mattress and duvet**
- **Easy access to a toilet at night**
- **Do not punish your child- makes the bedwetting worse**
- **Do not give your child with drinks that contain caffeine such as cola, tea and coffee**



# Where to get help.

- **Kensington and Chelsea and Westminster School Health Service**
- The **Kensington and Chelsea and Westminster (KCW) School Health Service** provides specialist nursing care, advice and support to school-age children and their families with a focus on:
  - Staying healthy
  - Emotional and mental health
  - Weight management
  - Sexual health
  - Drugs and alcohol-related problems
  - Stopping smoking.
  - Tel: 020 7758 0736
  - School Nurse: Jasmine Gyimah



## More information on bedwetting

- ERIC: <https://www.eric.org.uk/Pages/Category/bedwetting>
- NHS: <https://www.nhs.uk/conditions/bedwetting/>
- Bladder and bowel UK: <https://www.bbuk.org.uk/children-young-people/children-resources/>



# Any questions

