BEDWETTING ASSESSMENT TOOL

- Pattern of Bedwetting
  - How many nights of the week does bedwetting occur?
    - If young child with some dry nights, refer Advice for parents about bedwetting. If > 2 wet beds per week consider referral to PHN service if acceptable to family. Alarm programme considered for children from 6.5 years.
  - How many times during the night does bedwetting occur?
    - >1 – refer flow chart for diagnostic pathway
  - Is there a large volume of urine?
  - At what time of the night does bedwetting occur?
    - A large volume of urine passed involuntarily in the first few hours of the night is typical of bedwetting alone with no other issues. See key points to remember about bedwetting.

- Daytime Symptoms
  - Does the child/young person pass urine >7 times or <4 times during the day?
  - Is there urgency?
  - Is there daytime wetting?
  - Is there abdominal straining when passing urine or a poor urinary stream?
  - Is there pain passing urine?
    - If yes to any of the questions above, see flow chart for diagnostic pathway.
  - Does the child/young person avoid using certain toilets?
  - Do daytime symptoms only happen in certain situations?
    - If yes, then address abnormal toileting patterns. See advice for parents about bedwetting.
  - Are there issues with constipation/soiling?
    - If yes, then refer to flow chart for diagnostic pathway.
• Fluid Intake
  o How much does the child/young person drink during the day?
  o Are they drinking less because of the bedwetting?
  o Are the parents/carers restricting drinks because of the bedwetting?

  If yes to any of the questions above, then address excessive or insufficient fluid intake. Refer Advice for parents about bedwetting

• Is the bedwetting secondary? (child/young person previously dry at night without assistance for > 6 months)

  If yes see flow chart for diagnostic pathway

• Assess child/young persons and parents/carers views about bedwetting, needs for support, motivation for treatment

• Assess sleeping arrangements/access to toilet at night

• Examination
  o Blood pressure
  o Abdominal and perineal examination
  o Examination of lumbar spine and lower limb neurology

Reference: NICE Guideline October 2010 Nocturnal Enuresis