Pilot Evaluation of a Paediatric Urotherapy Group in an Australian Setting

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Background

- 52% of Grampians Regional Continence Service clients are paediatric clients

- Some paediatric clients resistant to standard treatment – long term Complex Elimination Disorders

- Basis of our program: Urinary and Faecal Incontinence Training Program developed in Germany
Paediatric Urotherapy Group (PUG)

- 9 week program, 1.5 hour sessions.
- Group of 4 participants, similar age and same gender.
- Two clinicians running the program, Continence Nurse and Physiotherapist.
- Group therapy approach aims to increase compliance and independence of participants through the integration of multiple psychotherapeutic elements including psycho-education, cognitive behavioural interventions and self-monitoring activities.
Research Objectives

Primary Objective:
- To determine if the program will result in a statistically significant reduction in frequency of bladder and bowel symptoms
  - Measurement tool: Symptom frequency for Dysfunctional Elimination (Vancouver Scale), Childhood Bladder and Bowel Dysfunction Questionnaire.

Secondary Objectives:
- To determine change in Quality of Life measures amongst participants of the program and their family
  - Measurement tool: Quality of Life for the child – PinQ Quality of Life Measure for Children with bladder dysfunction

- To understand the experiences of key stakeholders inclusive of the participant, their parents, as well as the clinicians engaged in the program itself.
  - Measurement tool: Qualitative interviews
Next Steps

- Ethics approval received through BHS SJOG Ethics Committee.

- Early outcome measures indicate statistically significant results in symptom reduction.

- Continue to develop program to suit our Australian audience and client pool.

- Present findings of research and the development of our program beginning with the State Continence Conference in 2020, followed by National Conference on Incontinence.