

# ***Pilot Evaluation of a Paediatric Urotherapy Group in an Australian Setting***

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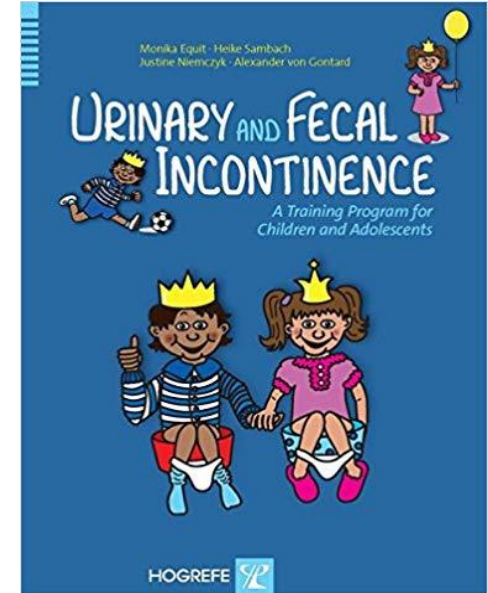
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## Background

- ❑ 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.