NEPHROLOGY - II

APPROACH TO VOIDING DYSFUNCTION AND ENURESIS

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Abstract: *Voiding dysfunction is a comprehensive term that includes various urinary symptoms resulting from abnormal urinary patterns. While generally benign, it is crucial to differentiate it from serious conditions such as neurogenic bladder and urinary tract obstruction. Voiding dysfunction can lead to urinary tract infections, adversely impacting renal function and may significantly lower a child's self-esteem and quality of life. Given the interrelationship between bladder and bowel function, addressing constipation is vital for effective management. Initial treatment strategies include urotherapy and constipation management, with pharmacotherapy considered when necessary.*

Keywords: *Voiding dysfunction, Enuresis, Urotherapy, Urodynamics.*

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Points to Remember

- ***Children with voiding dysfunction have either abnormalities of filling or emptying of bladder or both.***
- ***Incontinence refers to involuntary passage of urine, which can be continuous or intermittent.***
- ***Enuresis is intermittent night time incontinence (while asleep), with or without daytime symptoms.***
- ***Overactive bladder is the most common cause of daytime incontinence.***
- ***Voiding diary is the single most important tool for work-up and follow-up of a child with voiding dysfunction.***
- ***Formula for expected bladder capacity is (Age in years + 1) x 30 expressed in ml.***
- ***Constipation needs to be addressed for adequate management of voiding dysfunction since bladder and bowel dysfunction are interrelated.***

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