

The Effect of Bladder Training Techniques on Urinary Continence Control among Children with Neurogenic Bladder

By

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Abstract

Neurogenic bladder dysfunction (NBD) in children usually is congenital, generally resulting from a neural tube defect or other spinal abnormalities. Urinary incontinence is a major health issue that affects millions of children worldwide and significantly impacting health-related quality of life. The aim of the current study was to investigate the effect of bladder training techniques on urinary continence control among children with NB. A quasi-experimental research design was utilized to fit the aim of the study. The study was conducted in pediatric urological outpatient clinic at Cairo University Specialized Hospital. A Convenient sample of 50 children who had neurogenic bladder and their caregiver was participated in the study. Tools of data collection were structured interview schedule used to collect the current data which included socio-demographic data about the child, his/her parents, parents and child' practices regarding bladder control training (BCT) and evaluate bladder control capacity before and after using clean intermittent catheterization (CIC) and BCT techniques. The study results revealed that, the vast majority of children aged 5-8 years, and nearly two thirds of them were males. The highest percentage of children had previous history of spina bifida and hydrocephalus. Seventy percent of children used CIC and bladder training techniques was utilized in 30% of them. Clearly, there was significant improvement in the urinary continence control of children after using CIC and bladder training techniques. There was statistically significant correlation between indicators of bladder control among children and their gender. The study results concluded that, children who received bladder training techniques and CIC had improved control of bladder capacity. The study recommended that, provided bladder training techniques and CIC must begin on the first day of diagnosis.

Key words: Neurogenic bladder dysfunction, Bladder control training

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Chairperson