

## Common causes of incontinence

### Fluid intake

If your child/young person doesn't drink enough, their bladder will not learn to stretch and expand to hold wee and they will then get the sensation of needing to wee frequently. Encourage your child/young person to have regular drinks (6-8 drinks) throughout the day and offer the toilet 20-30 minutes after drinking.

### Bladder and Bowel infection

Any infection in the bowel or urinary tract can have an effect on toilet training, causing a more frequent need to wee or poo.

### Constipation and diarrhoea

Constipation, (hard, infrequent stooling or soiling, is the most common cause of urinary incontinence in children as the full bowel presses on the bladder causing incontinence).

## What happens next?

If you have concerns around your child/young persons continence then please arrange a continence assessment with your Special School Nursing team or with the 0-19 team through the One Stop Referral Service:

**0300 222 5755**

### **Useful links:**

Bladder and Bowel UK  
Disabled Living and ERIC  
both provide information and advice on bladder and bowel issues

**[www.bladderandboweluk.co.uk](http://www.bladderandboweluk.co.uk)**

**[www.eric.org.uk](http://www.eric.org.uk)**

## Continence Assessments for Children and Young People

Information on a continence assessment, why and when it may be needed



**“All Children and Young people should receive support to achieve their maximum continence potential, regardless of their age, culture or ability”**

*(Guidance for the provision of continence containment products to children and young people A consensus document 2016 Reviewed and revised 2019)*



## Overview

The 0-19 teams and Special School Nursing team are here to provide support and advice to help your child/young person reach their full continence potential.

Firstly the team explore the common causes of incontinence. They will complete a continence assessment if required and containment products may be issued.

## What happens in a continence assessment?

In order for the continence assessment to take place, the following information is needed:

1. A questionnaire
2. A three days intake/output chart

The intake/output chart is a tool used to document how much fluid is drunk and how often the child/young person passes urine.

Once the questionnaire and chart are complete, it will be reviewed by the team and any identified problems such as amount of fluid intake or possible constipation will be addressed.

The team will offer basic advice on areas such as toilet training, fluid intake etc.

After the assessment the team may advise a bespoke toilet training program if it is felt continence can be achieved.

If the assessment indicates a need for containment products the child/young person will be measured to ensure correct fit and absorbency of containment products.



## Containment products

If containment products are prescribed, the Children's Continence Service will send samples for your child/young person to try.

You will then need to contact the Daytime Enuresis Team on 07713 094 697 to confirm suitability. These will be delivered every 12 weeks.