

Healthy Bladder and Bowel Workshop

The bladder and bowel team are specialist children's nurses who provide treatment, support, and advice for children with bladder and bowel difficulties.

The team specialises in the treatment of:

- Constipation
- Daytime wetting
- Night-time wetting (also known as enuresis)
- Toileting support



Your initial appointment will be an in-person group education workshop lasting around two hours. This workshop will be informative, interactive and you will have lots of opportunities to ask questions to the team.

Content

You will cover all the important aspects of how to support your child at home to improve the health of their bladder and bowels.





What is a Group Education Workshop?

This is a one off face to face workshop that will be led by members of the bladder and bowel team. There will be about twenty parents and carers present. There will be interactive stations.



Can I bring my Child?

This workshop is for parents and carers which means your child does not need to attend. Unfortunately, we do not have the space or facilities to accommodate children whilst the workshop takes place. Therefore, we highly recommend alternative childcare.



How long will it last?

The workshop will be structured as 15-minute stations covering all the key aspects of bladder and bowel health. There will be time for breaks and conversations with the bladder and bowel team. Please allow two hours overall.



What do I do if I need a prescription?

Any new prescriptions recommended by the team will be issued electronically on the day to a pharmacy of your choice.

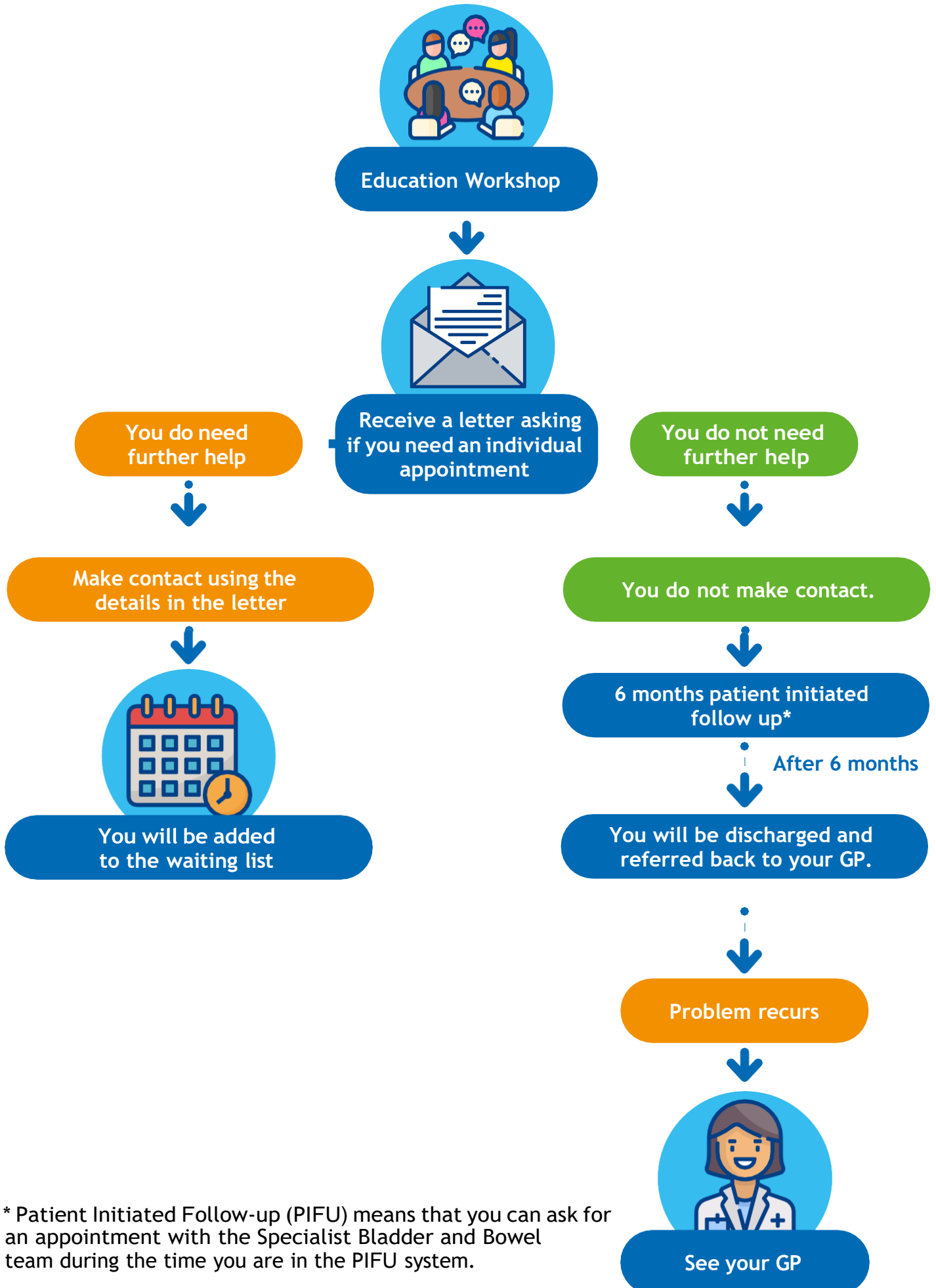


What happens after the education session?

You will then have the opportunity to put into place everything you have learnt. Following the Education Session, your child will be added to the Patient Initiated follow up (PIFU) during your time on PIFU will be able to contact the team to book an appointment if one is required, if we don't hear from you during your time on PIFU then you will be discharged and referred back to your GP.

If you want to attend the educational event again then you would be very welcome to, please inform the team so they can ensure your place is booked.

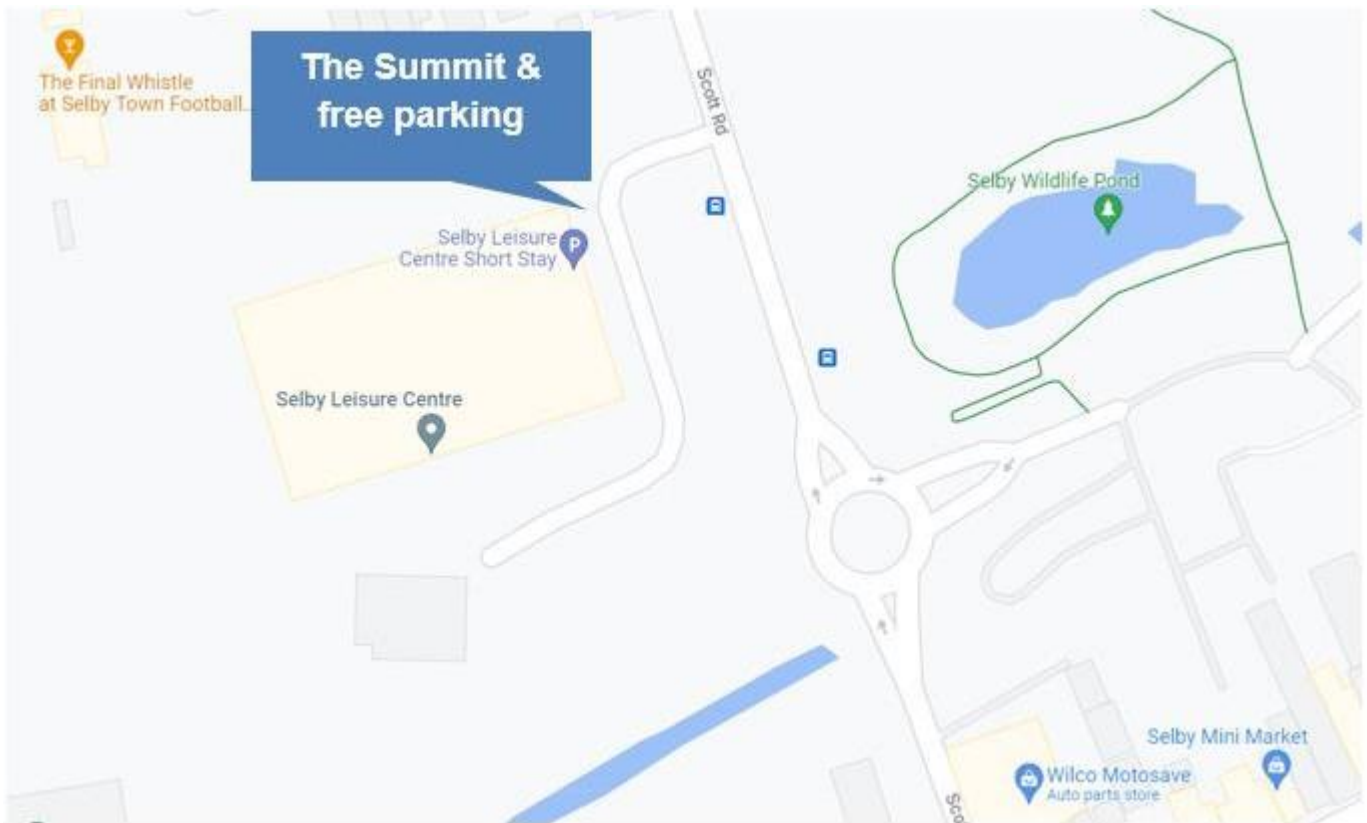
What will happen?



* Patient Initiated Follow-up (PIFU) means that you can ask for an appointment with the Specialist Bladder and Bowel team during the time you are in the PIFU system.

Getting there...The Summit, Selby

To get free parking you must go to the Leisure Center to get a parking permit.



snapping.squashes.drilling

<https://w3w.co/snapping.squashes.drilling>



B&B Education Session Feedback

What is the most important thing you have learnt from attending this workshop and how will this support your child?

That bedwetting has a strong association with constipation.

To keep monitoring poo frequency and bladder capacity.

General knowledge and medication

How the bowel and indigestion of food works. Very interesting!

How the bowel and constipation work and what we can do to help it function properly.

Looking after bowels can help bladder issues.

Getting the medication right!

Toilet Tips

That laxatives can be missed and added to things like jelly, noodles, and hot chocolate!

That GP's do not have enough information about treating constipation.

There were some other toileting tools that I thought were great that we weren't already using.

How the bowel and constipation work and what we can do to help it function properly.

How poo affects the bladder and ideas to help with toilet anxiety

How to appropriately mix and administer Laxido and the fact that these can be added to other things to make consumption easier.

That her wetting could be down to other factors - we will be looking more closely at bowels and bladder capacity.

That we haven't been given the correct information from the start.

How a child's bladder works and tips on how to eventually get her using the toilet

How the bowel and indigestion of food works. Very interesting!

It's been really insightful, and that the bowel will take a good amount of time to recover.

Feedback

We appreciate and encourage feedback. Please note we may be in touch in the future to ask about your experience.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Child Development Centre, York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726539.

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net. An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information

Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

The images in this leaflet were kindly produced for use in the NHS by artist Ellie Lewis.

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Child Health Information

View this leaflet and other parent information leaflets online



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York Hospital**

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