

**DEFINITION**

1. **Enuresis** is the involuntary discharge of urine after the age by which bladder control should usually have been established. It may occur by night (**nocturnal**), by day (**diurnal**) or both by day and night. Because of the wide variation in the age at which children gain bladder control they are not generally regarded to be enuretic until the symptom persists beyond the age of 5.
2. Enuresis can be divided into two types
  - 2.1. **persistent** (or **primary**) in which the individual has never been dry
  - 2.2. **regressive** in which a previously continent individual becomes incontinent again.

**CLINICAL MANIFESTATIONS**

3. Nocturnal enuresis occurs once a month or more in 8% of school-age children. It occurs more frequently in boys than in girls. Diurnal enuresis is much less common and it usually represents a more serious problem as it may be associated with urinary infection. Enuresis becomes less common as the child approaches puberty, unless there is an organic cause which cannot be effectively treated.

**AETIOLOGY**

4. Enuresis may be secondary to organic pathology such as -
  - 4.1. urinary tract infection, which may be due to functional abnormalities of the urinary tract or to renal abnormalities and is the commonest cause.
  - 4.2. spina bifida or other neurological disorders affecting bladder control.
  - 4.3. diabetes mellitus.
  - 4.4. diabetes insipidus.
  - 4.5. bladder neck obstruction.
  - 4.6. ectopic urethra.
  - 4.7. vagino-urethral fistula.
5. When enuresis occurs in the absence of organic disease it is known as **functional enuresis**. A number of causes have been described for this and it is likely that one or more plays a part in each individual case. Causes which have been suggested are
  - 5.1. delay in maturation

- 5.2. inadequate or inappropriate toilet training
- 5.3. stressful life events, such as moving to a new home, marital discord, birth of a sibling or bereavement. In many cases enuresis improves or clears completely after a period of stress is over.

## **CONCLUSION**

- 6. **Enuresis** is a condition where control of bladder function is either not established or is lost after being established. There are many causes and these have been listed above.

## **REFERENCES**

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December 1992