

# Case study 1

Dr Janet Chase

# Susie 9 years old



- 9 year-old girl
- History recurrent UTI's
- Constipation with faecal incontinence
- Primary NMNE
- Secondary day wetting
- Previously seen by continence nurse, paediatrician, paed surgeon/  
urologist

# Past history



- Previous interventions wide variety of laxatives, toileting programmes, not engaged
- Over the years
- Bowel biopsy NAD
- Transit study –near normal transit
- Cystoscopy NAD
- Renal/bladder US NAD
- Flow/scan –,high flows, no residual
- No MRI
- Referral to psychologist
- No allergies etc established but stopped dairy products

# On assessment



- Day toilet trained well. Constipated as baby and again aged 2.5 years. Meconium day 2
- NMNE -7nights per week, arousal dysfunction. Minirin melts ineffective
- Day wetting 2-3 days/week (using a vibrating watch), urgency, posturing  
No real sense of need to void. VV's 100-250mls
- Bowel function –stopped laxatives as they lead to more soiling. No urge to defaecate. Daily soiling. Distended abdomen, rectal diameter 2.6cm, no palpable faecal contents. Daily “sits”
- Nitrofurantoin 50mg nocte
- Wearing disposable pull-ups day and night. Good school progress, described as bright and happy

# Back to basics



- Education ++
- Bowel stimulant, no softeners
- Defaecation dynamics (flexed /poor posture, weak spinal extensors)
- Out of day pull-ups starting in school holidays
- Voiding regime
- Did well –no soiling, dry day and night, no UTI's
  
- 12 months later still doing well, IF stimulants are continued and 1 sit per day. Can self-initiate toilet visits in response to bladder sensation now and sometimes to bowel rectal or abdominal sensation, but not reliably.

# Lessons to be learned



- Cascade of assessment and treatment
- Importance of engaging the child – she was ready
- Group of children that need a bowel stimulant –if loaded with soft faeces, bowel neuromodulation an option?
- Group of children that seem to have disturbance of bladder/ bowel sensation ...or perception, for no discernible reason we know of yet.