

Learning to Conquer the Wees & Poos

Behavioural management of functional bowel and bladder difficulties in children

.... the basics and beyond

Day 1 – Monday 2nd December 2019 – The Basics ...

Day 2 – Tuesday 3rd December 2018 - ... Beyond the Basics

Angliss Conference Centre

Building A, Level 5, 555, La Trobe St Melbourne

9:00am – 4:30pm

Most children gain full control over their bladder and bowel functions between the ages of 2 and 4 years. However, in at least 10% of children, issues such as anxiety, withholding, sensory differences, food intolerances and physiological differences can interrupt continence attainment. Successful management requires consistently applied up-to-date medical knowledge, excellent rapport building, realistic family support, advocacy and interaction with all carers involved.

Workshop Day 1 - The Basics - the first day of the workshop will provide participants with an overview of the clinical management of urinary incontinence, bedwetting and chronic constipation/soiling (encopresis) in children aged 3 – 15 years. Including:

- an overview of toileting milestones and some hints/tricks for addressing issues with establishing initial continence in young children
- an overview of the aetiology of chronic constipation/ soiling, urinary incontinence and enuresis (bedwetting)
- assessment and intervention knowledge and tools using a medically-informed behavioural management approach

Workshop Day 2 - Beyond the Basics - the second day of this workshop will provide participants with the ability to identify, discuss and apply continence strategies for complex cases, including children with developmental and physical diagnoses, and those who fail first-line treatment. This day of the workshop will cover:

- application of knowledge and strategies covered “the basics workshop” with more complex cases (eg developmental disabilities)
- the impact of anxiety and other socio-emotional aspects on participating in toileting routines across a variety of cohorts

Pre-Reading participants will be emailed some pre-reading to assist with consolidating knowledge with regard to:

- anatomy of the urinary and gastrointestinal systems
- normal developmental milestones for toileting behaviours
- an overview of the medical management of these conditions

Both workshops will include numerous resources and case studies to assist participants integrate their knowledge and skills. Participants are able to attend the initial one day workshop (the basics) or a two day workshop combining day one and day two. Or alternatively if participants have previously attended a *Learning to Conquer the Wees & Poos* (basics) workshop they are able to opt to attend Day 2 only.

These workshops are suitable for occupational therapists, physiotherapists, psychologists, continence advisors, child health nurses and school health nurses. Arrival tea/coffee, morning/afternoon tea and lunch; as well as workshop manuals will be provided.

About the Presenter

Rebecca Khan authored the clinical resource *Conquering Wees & Poos: a learning package for continence clinicians* (©Queensland Health 2012) through the Royal Children's Hospital, Brisbane. She presently runs Kids That Go, a private Occupational Therapy service in Brisbane and has been assessing, treating and researching best practice for paediatric incontinence since 2002. Rebecca has presented on the topic of Paediatric Continence for various organisations including the Continence Foundation of Australia, Queensland Health, Zi-Mei Events and OT Australia-Qld.

Registrations for this workshop are now open. Please register at www.zimei.com.au. Workshop enquiries can be directed to Zi Mei Events on info@zimei.com.au or (07) 3358 3689.