

# Learning to Conquer the Wees & Poos

Behavioural management of functional bowel and bladder difficulties in children

.... the basics and beyond

Online

Expressions of Interest Sought

Semester 1, 2022

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.

**Introductory Workshop - The Basics** – this 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

**Advanced Workshop–Beyond the Basics**–the advanced module 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

Participants for the Advanced workshop will need to have attended a *Learning to Conquer the Wees & Poos (basics)* workshop prior to registering for this advanced module

## Workshop Delivery

Participants will be expected to complete the workshop requirements via an integrated system of pre-reading material, online content and participation in scheduled group presentations/tutorial sessions. Participants will be responsible for having access to the Internet for some or all of the workshop content.

**Pre-Reading/Workshop Manuals** participants will be mailed a hard copy of the workshop manual which will include

- 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
- presentation notes, covering the online presentation content as well as the case studies used in the group tutorial sessions
- numerous resources to assist with implementing workshop content into clinical practice
- **Online content** one week prior to the workshop, participants will be emailed a link to the pre-recorded online presentation related to the upcoming tutorial session. Presentation content will be approx. 1 - 1½ hours in length – participants are expected to have viewed this content prior to participation in the scheduled group tutorial session (NB. the link to this content will expire on commencement of the accompanying tutorial session).
- **On line group tutorial sessions** – using Zoom videoconferencing, participants will have the opportunity to link into three consecutive interactive tutorials (group discussions, case studies and Q&A sessions) to integrate their newly acquired knowledge and skills. Participants will be emailed the link (including password) to their scheduled sessions.

This workshop is suitable for occupational therapists, physiotherapists, psychologists, continence advisors, child health nurses and school health nurses. Participants will need to have access to internet facilities including Zoom and webcam to ensure that they are able to download and view workshop content, as well as actively participate in the on line group tutorials and agree to the [online T&C](#)

## 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.

**Expressions of Interest** are now being sought for these workshops. Please contact Zi Mei Events at [info@zimei.com.au](mailto:info@zimei.com.au) or (07) 3358 3689 to register your interest.