

## Learning to Conquer the Wees & Poos

Behavioural management of functional bowel and bladder difficulties in children

.... the basics and beyond

**ONLINE (each module over 3 sessions)**

### The Basics – Tuesdays 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> October 2023

#### Group A – 10.30 am – 12 noon (Aust EDT)

Brisbane – 9:30am – 11:00am (AEST) – Sydney/Melbourne/Canberra/Hobart – 10:30 – 12 noon (AEDT) – Adelaide – 10:00am – 11:30am (ACDT) – Darwin – 9:00am – 10:30am (Aust CST) – Perth – 7:30am- 9:00am (Aust WST)

#### Group B – 12.30 am – 2:00pm (Aust EDT)

Brisbane -11:30am – 1:00pm (AEST) – Sydney/Melbourne/Canberra/Hobart – 12:30 – 2:00pm (AEDT) – Adelaide – 12 noon – 1:30pm (ACDT) – Darwin – 11:00am – 12:30pm (Aust CST) – Perth – 9:30am- 11:00am (Aust WST)

### Beyond the Basics – Tuesdays 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> November 2023

#### Group A – 10.30 am – 12 noon (Aust EDT)

Brisbane 9:30am – 11:00am (AEST) - Sydney/Melbourne/Canberra/Hobart – 10:30 – 12 noon (AEDT)  
Adelaide – 10:00am – 11:30am (ACDT) – Darwin – 9:00am – 10:30am (Aust CST) - Perth – 7:30am- 9:00am (Aust WST)

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 Module -The Basics** – this workshop module 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 Module - 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 module 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 module will need to have attended a *Learning to Conquer the Wees & Poos* (the basics) workshop prior to registering for this advanced module

## Workshop Delivery

The workshop will be delivered over 3 weeks (per module) via an integrated system of pre-reading material (eg familiarisation with provided resources), weekly pre-recorded lecture presentations and the scheduled online tutorial sessions. Participants will need to allocate **1.5 - 2 hours per week for self-study** outside the online group sessions. Workshop delivery includes:

- **Pre-Reading/Workshop Manuals** participants will be mailed a hard copy of the workshop manual which will include:
  - some pre-reading
  - 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. Please note that due to confidentiality, copyright and privacy reasons, **this workshop WILL NOT be recorded.**

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](#)

## Tutorial Time slots

While this is an online workshop, to ensure that participants are able to actively participate in the group discussions, and ensure the presenter has the ability to answer participants questions – we have put a limit on the numbers of therapists whom are able to enrol in each session. As groups are likely to be at capacity, we are needing to keep to the same Tutorial Group timeslots for the duration of the workshop (ie there is no availability to move participants to earlier or later timeslots).

## 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 at [www.zimei.com.au](http://www.zimei.com.au). Please contact Zi Mei Events on [info@zimei.com.au](mailto:info@zimei.com.au) or (07) 3847 8375 for further workshop enquiries.