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Kan Lab

VOIDING DYSFUNCTION RESEARCH
Daytime Urinary Incontinence

PEDiatric VOIDING Dysfunction
Today’s talk

- DEFINE THE PROBLEM
  Key terms and diagnoses

- GETTING A HISTORY
  Why peeing is so hard to talk about!

- FIRST-LINE TX
  Urotherapy → lifestyle modification

- TIPS AND TRICKS
  Cases, smartphrases, and questions
Defining the problem

Why should I care?
Can I really do anything about it?
Lower Urinary Tract Symptoms

“LUTS”

Dysuria
Urgency/Frequency
Daytime incontinence
Nocturnal Enuresis*
Urinary tract infections
Elementary schoolchildren experience LUTS in 8-22%. First-line therapy is 90% effective in the first 6 months.

OUTPATIENT REFERRALS FOR LOWER URINARY TRACT SYMPTOMS (LUTS) CAN REPRESENT UP TO 40% OF TOTAL REFERRAL VOLUME IN PEDIATRIC UROLOGY PRACTICE
LPCH data ~ 1300 visits/year

Most common Diagnosis
29.8% Nocturnal Enuresis
25.1% Unspecified Urinary incontinence

Top 3 Languages
- English
- Spanish
- Cantonese

AVERAGE WAIT TIME
63.5 days

Managed Care
Medi-Cal/CCS
Other Govt
Self-pay

LPCH data ~ 1300 visits/year
Defining the problem

Heavy Burden!
Get a good history! Offer basic first line tx!
Getting a history

What should I be asking?
What’s a bladder diary?
VOIDING HISTORY

6 questions to pinpoint areas of improvement

EXAM/LABS

Look for sacral dimple
Check for stool burden
Rule out UTI! – ua/ucx
BUT FIRST, WHAT’S IDEAL?

Hydration
Water only, amount based on age.
2/3 of water finished before end of school day.
No fluid 2 hours before bedtime.

Voiding
Every 3-4 hours.
No rushing or holding.
Feet on a stool.

Bowel management
Soft mushy stool, daily.
No logs!
Voiding history

BREAKING DOWN THE PROCESS

“I don’t know” is common.
Get specific.
Recall bias is real.

Push for numbers.
How much water and when?
How much liquid before bedtime?

How many hours between pees?
Does your child pee at school?

Have you looked at your child’s poo?
Is there a poo daily? Describe it.

Vague? Do a bladder diary!
BLADDER DIARY

HELPFUL HOMEWORK

Asks the parent and child to participate in tracking their behavior → first step to change!

Thank you!

Scan the QR code to learn more about our research!

If you have any questions, please reach out to us at
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