

European Society of Paediatric Urology Nurse group, ESPUN

Uppsala, June 16-18, 2005

Workshop report: Voiding-schools-techniques chaired by: Ellen Janhsen, ellen.janhsen@Web.de

In preparing the workshop the idea was to start talking about a standardized treatment for children with functional bladder problems, like dysfunctional voiding or urine incontinence since it is very important to exchange experience and knowledge.

The workshop started with a lecture of five colleagues:

- ❖ Ass. prof. Anna Lena Hellström from Gothenburg, Sweden told us about the history of urotherapy. She described how she and her colleagues had worked out the education to become an urotherapist, about the need and the way these specialists had been established. She emphasized the way to learn from the patients, the conditions to get trained as an urotherapist and the requirement to work as a successful team.
 - ❖ Florentine Sikkel from Utrecht/Netherlands talked about the beginning, the history of “Voiding schools” in Utrecht. In 1980, Marianne Vijverberg, urotherapist, Jan van Gool, paediatric nephrologist and Toon Messer, paediatric psychologist started to develop the “cognitive bladder training” in order to treat non-neurogenic bladder/sphincter dysfunction. They began to work closer with European colleagues like Anna Lena Hellström and Kelm Hjälmsås, Gothenburg, Sweden, and developed international standards.
 - ❖ Annie Wingens from Utrecht/Netherlands gave us some ideas about “what is new in urotherapy”. She told us about different adjustments they’ve done in the last years, treatment of: children with constipation and soiling, central inhibition training, try-out training, tailor-made training. She also told us that she and her team in Utrecht always try to find out the reasons in case treatment fails. All the time they keep watching out how cognitive-bladder-training can get more successful in every case.
 - ❖ Johan van Daele from Ghent/Belgium talked about the “the rights of children in hospital”. In his presentation he showed a way to remind medical therapist and doctors to the special responsibility they should have for children in the time they are in hospital.
 - ❖ Catherine Renson from Ghent/Belgium showed us and explained the new developed workbook of their department. She and her colleagues in Ghent use the book to give explanation and tasks to the children for a following treatment. The book is filled with cartons, which children like and understand.
- ⇒ After listening, the audience could ask questions to the experts. For more than 40 minutes the audience asked a lot of details to the lectures they just had heard. They liked to know more about the way the colleagues from Gothenburg, Utrecht and Ghent do their work in practice. It seemed that plenty of them had very good knowledge in this case of speciality as well. So the group started to discuss e.g. the definition of voiding school and urotherapy. We talked about some cases and examples in treatment. At the end of the session the moderator asked the audience and the lectors for the interest of more workshops for this subject. In deed some colleagues told us that they would like to have

more opportunities to talk about different cases by patients. A workshop seems to be a good way of exchange and further education.

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