Nocturnal Enuresis at a Primary Health Care Setting: Analysis of 117 Cases

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Objective: To evaluate the social and personal characteristics, symptomatology, associated factors and management of nocturnal enuresis.

Design: Retrospective case-series study.

Setting: Primary health care center, Al Khobar, Saudi Arabia.

Method: One hundred and seventeen medical records of confirmed nocturnal enuresis from 1st January 2009 to 30 December 2009 were reviewed. Diagnosis of nocturnal enuresis was based on detailed history and physical examination.

Result: Males were 76 (65%), 96 (82.1%) were of school age. Sixty-eight (58%) patients had positive family history of enuresis in one of the parents while 69 (59%) showed positive family history in one of the siblings. Seventy-two (62%) children were punished for bedwetting. Patients who improved with instructions and medications were 77 (66%). Ninety-five (81%) patients were enuretic for most of the nights. A significantly higher proportion of patients aged 7-18 years improved by instructions plus medication.

Conclusion: Parents of enuretic children seek medical care when the child is too old. Health education of parents is needed to explain the condition and treatment options and advice against punishment.

Bahrain Med Bull 2011; 33(2):