

## NATIONAL INSTITUTE FOR HEALTH AND CLINICAL EXCELLENCE

**SCOPE****1 Guideline title**

Nocturnal enuresis: the management of nocturnal enuresis (bedwetting) in children and young people

**1.1 Short title**

Nocturnal enuresis

**2 Background**

- a) The National Institute for Health and Clinical Excellence ('NICE' or 'the Institute') has commissioned the National Collaborating Centre for Primary Care to develop a clinical guideline on nocturnal enuresis (NE) in children and young people for use in the NHS in England and Wales. This follows referral of the topic by the Department of Health (see appendix). The guideline will provide recommendations for good practice that are based on the best available evidence of clinical and cost effectiveness.
- b) The Institute's clinical guidelines support the implementation of National Service Frameworks (NSFs) in those aspects of care where a Framework has been published. The statements in each NSF reflect the evidence that was used at the time the Framework was prepared. The clinical guidelines and technology appraisals published by the Institute after an NSF has been issued have the effect of updating the Framework.
- c) NICE clinical guidelines support the role of healthcare professionals in providing care in partnership with patients, taking account of their individual needs and preferences, and ensuring that patients (and

their carers and families, where appropriate) can make informed decisions about their care and treatment.

### **3 Clinical need for the guideline**

- a) Nocturnal enuresis (NE) is the involuntary discharge of urine at night by a person with no physical disease at an age when they could be expected to be dry (generally considered to be a developmental age of 5 or older). NE in children and young people is a common but heterogenous disorder that affects about 15% of 5-year-olds, 7% of 7-year-olds, 5% of 10-year-olds and 2% of 15-year-olds in the UK. NE should be carefully evaluated because it may have a large impact on the child or young person and their family. There is evidence that treatment can be effective, and a variety of interventions, from simple behavioural techniques to complex multi-faceted management plans, can be used. It is important that treatment is adapted to the needs and circumstances of the child or young person and their family.
- b) The impact of this guideline on resources will centre primarily upon treatment type and setting, and the length of treatment.

### **4 The guideline**

- a) The guideline development process is described in detail in two publications that are available from the NICE website (see 'Further information'). 'The guideline development process: an overview for stakeholders, the public and the NHS' describes how organisations can become involved in the development of a guideline. 'The guidelines manual' provides advice on the technical aspects of guideline development.
- b) This document is the scope. It defines exactly what this guideline will (and will not) examine, and what the guideline developers will

consider. The scope is based on the referral from the Department of Health (see appendix).

- c) The areas that will be addressed by the guideline are described in the following sections.

## **4.1 *Population***

### **4.1.1 *Groups that will be covered***

- a) Children and young people aged 5–18 years who continue to have episodes of night-time bedwetting, but have no congenital or acquired defects of the nervous system or urinary tract.

### **4.1.2 *Groups that will not be covered***

- a) Adults older than 18 with any form of incontinence.
- b) Children and young people who have daytime urinary incontinence only.
- c) Children and young people with congenital or acquired defects of the nervous system or urinary tract.
- d) Children younger than 5 years.

## **4.2 *Healthcare setting***

- a) Primary care.
- b) Community care.

## **4.3 *Clinical management***

- a) Assessment of the child or young person, including:
- history-taking and examination
  - laboratory tests
  - radiological examinations

- psychological assessment to investigate possible causes, and the effects of bedwetting on the child or young person and their family.
- b) Simple behavioural interventions (such as fluid restriction, lifting, wakening and reward systems and enuresis alarms)
- c) Simple physical interventions (such as retention control training)
- d) Complex behavioural interventions (such as dry bed training and full spectrum home training)
- e) Pharmacological interventions. Note that guideline recommendations will normally fall within licensed indications; exceptionally, and only if clearly supported by evidence, use outside a licensed indication may be recommended. The guideline will assume that prescribers will use a drug's summary of product characteristics to inform their decisions or individual patients.
- f) Other interventions, including:
- psychotherapy
  - cognitive therapy
  - educational interventions (for example, providing information)
  - counselling
  - surgery.
- g) Support for parents and carers.
- h) The Guideline Development Group will consider making recommendations on the principal complementary and alternative interventions or approaches to care relevant to nocturnal enuresis (for example, acupuncture and homeopathy).
- i) The Guideline Development Group will take reasonable steps to identify ineffective interventions and approaches to care. If robust

and credible recommendations for re-positioning the intervention for optimal use, or changing the approach to care to make more efficient use of resources, can be made, they will be clearly stated. If the resources released are substantial, consideration will be given to listing such recommendations in the 'Key priorities for implementation' section of the guideline.

#### **4.4 Status**

##### **4.4.1 Scope**

This is the consultation draft of the scope. The consultation period is 9 January to 6 February 2008.

##### **4.4.2 Guideline**

The development of the guideline recommendations will begin in July 2008.

## **5 Further information**

Information on the guideline development process is provided in:

- 'The guideline development process: an overview for stakeholders, the public and the NHS'
- 'The guidelines manual'.

These booklets are available as PDF files from the NICE website ([www.nice.org.uk/guidelinesmanual](http://www.nice.org.uk/guidelinesmanual)). Information on the progress of the guideline will also be available from the website.

## **Appendix: Referral from the Department of Health**

The Department of Health asked the Institute:

‘To develop a clinical guideline for the management of bedwetting in children.’