

Constipation and nocturnal
enuresis in children and
young people

Guide to resources

Implementing NICE guidance

2010

This guide to resources accompanies the clinical guidelines: 'Diagnosis and management of idiopathic childhood constipation in primary and secondary care' (available online at: www.nice.org.uk/guidance/CG99) and 'Nocturnal enuresis: the management of bedwetting in children and young people' (available online at: www.nice.org.uk/guidance/CG111).

Issue date: 2010

This is a support tool to help guide people to resources that may support the implementation of NICE guidance.

It is not NICE guidance.

Promoting equality

Implementation of this guideline is the responsibility of local commissioners and/or providers. Commissioners and providers are reminded that it is their responsibility to implement the guideline, in their local context, in light of their duties to avoid unlawful discrimination and to have regard to promoting equality of opportunity. Nothing in this guideline should be interpreted in a way which would be inconsistent with compliance with those duties.

NICE is not responsible for the quality or accuracy of any information or advice provided by other organisations.

National Institute for Health and Clinical Excellence

MidCity Place, 71 High Holborn, London WC1V 6NA; www.nice.org.uk

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Introduction

NICE has produced this guide to help people involved in putting into practice the two NICE guidelines on constipation and nocturnal enuresis in children and young people.

It highlights a selection of resources available from NICE, government and other organisations, which can be used alongside the NICE guide '[How to change practice](#)'.

The recommendations in these NICE guidelines are aimed at all healthcare professionals who deal with continence problems in children and young people, including:

- GPs
- school nurses
- health visitors
- practice nurses
- continence advisers
- paediatricians
- those working in specialist continence services.

NICE has developed this guide in consultation with key stakeholders and experts in the areas, and it has been tested by potential users of the guide (see acknowledgements). It has been designed to provide an overview of information directly related to the guideline, but it is not an exhaustive list. NICE is not responsible for the quality or accuracy of, and does not endorse, any information or advice provided by other organisations that is linked to in this document.

The resources are listed in order of publication date, with the most recent first under each heading. Hyperlinks take you directly to the resource, where possible. These hyperlinks were correct at the time of publication; if they no longer work because changes have been made to external websites, you should visit the relevant home page to search for the document.

Resources applicable to both constipation and nocturnal enuresis

This section provides links and information to resources that are applicable to both constipation and nocturnal enuresis in children and young people.

Government strategy and policy documents

* Items marked with an asterisk are from websites that are under review following formation of the new government in 2010. The content of these websites may not reflect current government policy, but the statutory guidance and legislation published on them reflects the current legal position unless indicated otherwise. The new Department for Education website is

www.education.gov.uk

Document	Relevance
Department of Health and the Department for Children, Schools and Families (2010) Every Child Matters website* www.dcsf.gov.uk/everychildmatters	In 2004, 'Every Child Matters: Change for Children' was published. This sets out the national framework for local change programmes to build services around the needs of children and young people that maximise opportunity and minimise risk. This programme is supported by the Every Child Matters website, which contains two sections that relate to the recommendations for the two guidelines: Health and wellbeing This section incorporates: <ul style="list-style-type: none"> • Diet and nutrition: a range of resources including a school catering guide. • Health partnerships: advice on steps to take to encourage effective partnership working with health colleagues. Strategy and workforce practice This section contains a range of resources including training to help promote integrated working. The 2003 green paper 'Every Child Matters' identified the five outcomes that are most important to children and young people: be healthy; stay safe; enjoy and achieve; make a positive contribution; achieve economic wellbeing.

<p>Department of Health and the Department for Children, Schools and families (2009) Healthy Child Programme: pregnancy and the first five years of life. London: Her Majesty's Stationery Office (HMSO). Available from www.dh.gov.uk</p>	<p>This document describes an early intervention, clinical and prevention public health programme that begins in pregnancy and extends until the child reaches 5 years. It contains information about toileting, drinking and healthy eating. Further information is available for the Healthy Child Programme and associated documents (archived contents), and the Healthy Child Programme curriculum</p>
<p>Department of Health and the Department for Children, Schools and families (2009) Healthy Child Programme: from 5 to 19 years old. London: HMSO. Available from www.dh.gov.uk</p>	<p>This document describes an early intervention, clinical and prevention public health programme that covers children from 5 to 19 years. It contains information about eating and drinking healthily and about services tailored to the needs and expectations of children and young people aged 5 to 19 years.</p>
<p>Department for Children, Schools and Families, NHS and Department of Health, (2009) Healthy schools: healthy eating theme* www.healthyschools.gov.uk/</p>	<p>This web page provides information about the criteria schools must meet to be considered a healthy school within the theme of healthy eating. One of the criteria includes free, clean, palatable and easily available drinking water.</p>
<p>Department of Health (2009) Healthy lives, brighter futures – The strategy for children and young people's health. London: HMSO. Available from www.dh.gov.uk</p>	<p>This strategy, proposed in the 2007 Children's Plan, sets out plans for universal, targeted and specialist support across three life stages – pregnancy and early years, school-age children, and young people – as well as additional support for children and young people in need of acute or ongoing healthcare.</p> <p>It also sets out how people can be supported in implementing the recommendations – in particular, how services in contact with children and young people can work better together, and with families, to achieve common aims.</p>
<p>Department of Health (2007) National Service Framework for Children, Young People and Maternity Services: Continence exemplar. London: HMSO. Available from www.dh.gov.uk</p>	<p>This continence exemplar is a case study describing the journey through the NHS of a child with constipation, daytime urinary symptoms and nocturnal enuresis, and the considerations that apply to each stage of treatment. This exemplar suggests the following sequence of treatment for children with multiple continence problems: constipation first, then daytime wetting and then nocturnal enuresis, if it is still a problem. It highlights how the various national service framework (NSF) standards and evidence relate to this journey, and illustrates the advantages of having a single team to deal with all of the problems (integrated continence services).</p> <p>Note that in this exemplar, diet alone was used as treatment for constipation. The NICE guideline recommends laxatives and diet modifications as the first-line treatment for constipation.</p>

<p>Department of Health (2007) National Service Framework for Children, Young People and Maternity Services: Executive Summary. London: HMSO. Available from www.dh.gov.uk</p> <p>(A further webpage 'National service framework documents' has been taken from the national archives and provides links to all the Children's NSF standards and accompanying documents.)</p>	<p>This web page provides an overview and explains the elements of the NSF for Children, Young People and Maternity Services (Children's NSF) (2004). It provides a brief summary of all the standards and a link to the executive summary.</p> <p>The Children's NSF is a 10-year programme intended to stimulate long-term and sustained improvement in children's health. It is split into two sections. Section one (standards 1 to 5) applies to all children; section two (standards 6 to 10) applies to children and young people and their parents who have particular needs, and should be implemented in conjunction with standards 1 to 5. The core standards are:</p> <ul style="list-style-type: none"> • Standard 1: Promoting health and wellbeing, identifying needs and intervening early • Standard 2: Supporting parenting • Standard 3: Child, young person and family-centred services • Standard 4: Growing up into adulthood • Standard 5: Safeguarding and promoting the welfare of children and young people • Standard 6: Children and young people who are ill (see the next row in this table for further details) • Standard 7: Children and young people in hospital (published in 2003, before the other standards) • Standard 8: Disabled children and young people and those with complex health needs • Standard 9: The mental health and psychological wellbeing of children and young people • Standard 10: Medicines for children and young people • Standard 11: Maternity services. <p>All of these standards, except standard 11, apply when implementing the recommendations in the NICE guidelines on constipation and nocturnal enuresis.</p>
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<p>Department of Health (2004) National Service Framework for Children, Young People and Maternity Services: Children and young people who are ill (Standard 6). London: HMSO. Available from www.dh.gov.uk</p>	<p>Standard 6 of the Children’s NSF on children and young people who are ill is as follows: ‘All children and young people who are ill, or thought to be ill, or injured, will have timely access to appropriate advice and to effective services which address their health, social, educational and emotional needs throughout the period of their illness.’</p> <p>The standard proposes managed local children’s clinical networks that enable all children and young people to have access to primary, secondary and tertiary medical services if and when they need them, whether they live close to, or remote from a centre of care.</p> <p>All of these principles underpin the recommendations made in both of the NICE guidelines on constipation and nocturnal enuresis.</p> <p>This NSF has a section about children with incontinence (page 30). It advocates integrated community-based paediatric continence services. These services should provide access to high-quality assessment and treatment. The NSF identifies that these services should be provided to children and their parents or carers in any setting, including, for example, looked after children and children at boarding schools. It identifies that children and young people with special needs and/or disabilities should have equal access to investigation and treatment programmes.</p>
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<p>NHS Modernisation Agency (2003) Good Practice in Paediatric Continence Promotion – Benchmarking in Action. London: HMSO.</p> <p>(A link to the document is also available on the Department of Health website www.dh.gov.uk)</p>	<p>This good practice guidance identifies the following aspects of good practice in paediatric continence services:</p> <ul style="list-style-type: none"> • information for children/families/carers • access to professional advice • assessing the individual patient • planning, implementing and evaluating care based on the bladder and bowel assessment • education for professional assessors and care planners • promoting continence and a healthy bladder and bowel • access to continence supplies • educating the care deliverers • a physical and social environment conducive to continence and a healthy bladder and bowel • patient-to-patient support • involving users in service delivery. <p>The areas particularly relevant to the NICE guidelines on constipation and nocturnal enuresis are related to providing information for children, parents and carers, assessing children, and promoting a healthy bladder and bowel.</p>
<p>Department of Health (2000) Good practice in continence services. London: HMSO. Available from www.dh.gov.uk</p>	<p>This guide identifies good practice in paediatric and adult services. It identifies the following elements of a good continence service:</p> <ul style="list-style-type: none"> • raising awareness among the public and health professionals • identifying incontinent children and young people and for each child or young person: conducting an initial assessment; agreeing a management/treatment plan; and instigating initial treatment • reviewing treatment • supplying continence aids, including pads, when indicated • advising and helping carers • providing specialist services in community and hospital settings. <p>The report states that continence services should be comprehensive, cohesive and integrated. Because this is a guide for good practice in adult and paediatric services, it lacks information about the specialised elements of providing services for children and their families.</p>

Information for managers of children's services

Document	Relevance
<p>Child and Maternal Health Observatory www.chimat.org.uk</p>	<p>Although not directly related to the NICE guidelines on constipation and nocturnal enuresis in children and young people, this website provides national information and intelligence to improve decision-making for high-quality, cost-effective services. Through the tools and data and other resources on the site, ChiMat provides data to support decision-making for policy makers, commissioners, managers, regulators, and other health stakeholders working on children's, young people's and maternal health.</p>
<p>Child and Maternal Health Observatory Needs assessment tool. Available from www.chimat.org.uk</p>	<p>This needs assessment module for continence in children is a report-generating tool designed to provide the background; appropriate evidence-based information on prevalence; incidence and risk factors affecting children's health; the provision of healthcare services; and the basic statistical and other data necessary to prepare a children's health needs assessment (CHNA) or business case.</p> <p>If you select the blue arrow pointing right at the bottom of the page it will take you through to the modules. Select 'local authority' as the area type and you will then be able to select 'continence' in the report box.</p>

Resources for healthcare professionals

Document	Relevance
<p>Nursing Times (2009) Nurses need training to manage childhood continence. Available from www.nursingtimes.net</p>	<p>This article discusses the need for nurses to receive more continence training and presents the results of a recent survey that identified the gaps in training and education for continence management.</p>
<p>ERIC (Education and Resources for Improving Childhood Continence) www.eric.org.uk</p>	<p>This website provides information and support on childhood bedwetting, daytime wetting, constipation and soiling (including in children with special needs) to children, young people, parents and professionals.</p> <p>Resources that may be especially useful to professionals working with children are:</p> <p>ERIC for professionals: This part of the website contains information for professionals with an interest in or working in the area of childhood bedwetting, daytime wetting, constipation and soiling. It provides onward links to other resources such as bulk ordering of enuresis alarms, ERIC's newsletter, and publications for professionals.</p> <p>'Why me?' tool kit: school management: This gives information and support for school managers about providing practical support and care within an educational establishment.</p> <p>'Why me?' tool kit: adult training: Helps adults working with children and young people to understand more about the impact of continence issues and provide strategies for delivering support to help ease the associated stigma and feelings of isolation.</p> <p>Leaflets and posters for healthcare professionals to hand out to parents and carers.</p>

Resources for parents, carers and patients

Document	Relevance
Resources for children and young people	
<p>ERIC (Education and Resources for Improving Childhood Continence) www.eric.org.uk</p>	<p>Resources that are especially useful to children and young people are:</p> <ul style="list-style-type: none"> • ERIC for teens: This provides resources for teens, including real life stories, contact details for further support, useful links and a question and answer section. • ERIC for children: This provides information aimed at children, such as real life stories (including Sam's story), cartoons and poems. • You and Your alarm (2006): This booklet costs £3.60 and provides practical advice for children and young people about how to use a nocturnal enuresis alarm.
Resources for parents and carers	
<p>ERIC (Education and Resources for Improving Childhood Continence) www.eric.org.uk</p>	<p>Particular resources that would be useful to parents and carers are:</p> <p>ERIC for parents: This area includes information and message boards. On the left-hand side is a link to the leaflets section, with leaflets on bedwetting and constipation, such as: 'Bedwetting: a guide for parents'. This leaflet provides information and practical advice about bedwetting.</p> <p>In addition, the following booklets can be ordered from the website:</p> <ul style="list-style-type: none"> • Your child's alarm (2004): This booklet costs £4.25 and contains practical advice for parents and carers to help their child use the alarm.

Resources for schools and teachers

Document	Relevance
<p>ERIC (Education and Resources for Improving Childhood Continence www.eric.org.uk)</p>	<p>Resources that may be especially useful to schools and teachers are:</p> <ul style="list-style-type: none"> • 'Why me?' tool kit: school management: Gives information and support for school managers about providing practical support and care within an educational establishment. • 'Why me?' tool kit: adult training: Helps adults working with children and young people to understand more about the impact of continence issues and provide strategies for delivering support to help ease the associated stigma and feelings of isolation • 'Why me?' tool kit: teaching and learning: Teaching and learning materials enabling teachers and pupils to explore sensitive issues, including continence problems, as part of personal, social, health and economic education (PSHE) at primary and secondary level.
<p>ERIC (Education and Resources for Improving Childhood Continence) Bog Standard campaign. Available from www.eric.org.uk</p>	<p>Campaign to improve access, provision and minimum standards of school toilets for pupils. The website has a range of resources available to download. Also provides details of the school toilet standard award scheme www.bog-standard.org</p>
<p>ERIC (Education and Resources for Improving Childhood Continence) Water is Cool in School campaign. Available from www.eric.org.uk</p>	<p>Campaign to improve the provision and access of drinking water in schools for pupils. The website has a range of resources available to download.</p>
<p>Lancashire schools (2006) Toileting and continence guidance notes for schools. Available from www.promocon.co.uk</p>	<p>This document contains advice for schools about why incontinence occurs, how to manage continence problems in schools and how to create a good toileting environment. It focuses particularly on faecal incontinence, but highlights the importance of fluid intake and toilet environment, which are relevant to recommendations in the NICE guidelines.</p>
<p>Health Education Trust Practical guidelines (including fluid intake). Available from www.healthedtrust.com</p>	<p>This website provides advice about drinking healthily. There is also some information about eating healthily.</p>

Resources from NICE

Resource	Relevance
How to change practice: understand, identify and overcome barriers to change	A guide to help managers and clinicians influence changes in practice. It provides practical suggestions based on evidence and experience to help put NICE guidance into practice.
ERNIE	The Evaluation and review of NICE implementation evidence (ERNIE) database is a source of information on the implementation and uptake of NICE guidance. It includes internal reports on the uptake of NICE guidance, classifies whether practice is in line with the guidance and describes external literature on the implementation of the guidance.
Shared learning database	The shared learning database gives examples of good practice from the NHS and partner organisations. If you would like to learn from other people's experiences or share your own experience of implementing this guideline with others, please visit the shared learning database on our website. All submissions will be entered for the annual NICE shared learning award.

As well as these resources, please also see the 'Resources from NICE' sections in the '[Constipation](#)' and '[Nocturnal enuresis](#)' sections.

Resources applicable only to constipation

This chapter provides links and information to resources that are applicable to constipation in children and young people.

Resources for healthcare professionals

Document	Relevance
See also the ERIC resources for healthcare professionals section for more information for healthcare professionals about childhood constipation	
Clinical Knowledge Summaries (2010) Scenario: Constipation in children . Available from www.cks.nhs.uk	This website presents diagnosis and assessment of constipation in children (under 1 year and over 1 year) and the management of idiopathic constipation through the use of case scenarios. It allows quick access to different points in the assessment and treatment pathway via tabs on the left hand side.
Childhood Constipation www.childhoodconstipation.com	This website is an information resource for parents, carers, healthcare professionals and children. It provides links to the NICE guideline and 'Understanding NICE guidance', which is a guide to the recommendations written in everyday language. There is also an 'extra information' section that includes a template for food diaries and additional information about constipation. Please note this website is sponsored by an educational grant from Norgine.
Bardisa-Ezcurra L, Ullman R, Gordon J (2010) Diagnosis and management of idiopathic childhood constipation: summary of NICE guidance . British Medical Journal 340: c2585. Available from www.bmj.com	This article summarises the NICE guideline and includes copies of the Bristol stool chart and the dosing for laxatives
British National Formulary for Children (2010) Lactulose . Available from www.bnf.org	Advice about giving lactulose, which is recommended for disimpaction and maintenance if polyethylene glycols are not well tolerated.
British National Formulary for Children (2010) Stimulant laxatives . Available from www.bnf.org	Advice about giving stimulant laxatives, which are recommended for disimpaction and maintenance if polyethylene glycols are not well tolerated. Stimulant laxatives recommended by NICE are sodium picosulfate, bisacodyl, senna and docusate sodium.

<p>British National Formulary for Children (2010) Macrogols. Available from www.bnf.org</p>	<p>Advice about giving macrogols, which are recommended for disimpaction and ongoing maintenance. At the time of publication (October 2010) Movicol paediatric plain is the only macrogol licensed for children in 12 years.</p>
<p>Patient UK (2009) Constipation in childhood www.patient.co.uk</p>	<p>This website describes the presentation, diagnosis, investigations, management, treatment and indications for referral.</p>
<p>Map of Medicine (2008) Constipation in children http://healthguides.mapofmedicine.com/choices/map/constipation_in_children1.html</p>	<p>This webpage shows the patient pathway in an algorithm or map. By clicking on the 'i' you can see more information about each stage, for example more information about the assessment.</p> <p>This map references the NICE draft consultation document on constipation in children and young people, so some elements of the map may be out of date.</p> <p>The map says that for young children (under 1 year) requiring treatment of impaction; and all children requiring treatment of constipation, a change to diet and water intake should be the initial treatment. This is not recommended by NICE. NICE recommendation 1.5.1 states 'Do not use dietary interventions alone as first-line treatment for idiopathic constipation.' NICE also gives instructions in table 4 about the recommended laxative doses for disimpaction for children younger than 1 year.</p> <p>Please note the Map of Medicine has not received NHS evidence accreditation for producing high quality information.</p>
<p>Rogers J (2007) Bowel care series: part 2 Assessment of functional constipation in children. Nursing Times 103 (43): 26–7. Available from www.nursingtimes.net</p>	<p>This document provides an overview of the assessment needed to diagnose functional constipation. It provides a child-friendly stool chart and references for further reading.</p>
<p>Clayden GS, Keshtgar AS, Carcani-Rathwell I et al. (2005) Best practice. The management of chronic constipation and related faecal incontinence in childhood. Archives of Disease in Childhood Education & Practice 90: ep58–67. Available from www.ep.bmj.com</p>	<p>This article gives details about the causes of constipation and overflow soiling. It also discusses disruptive behaviour and low self esteem in children and young people with constipation.</p> <p>This was written before the NICE guideline. The first-line medications this article suggests (lactulose and sodium picosulphate) are not the first-line medications recommended by NICE.</p>
<p>Dale A (2005) How to manage constipation and soiling in young children. Pulse 65 (25): 71. Available from www.pulsetoday.co.uk</p>	<p>This article is helpful in directing healthcare professionals to the information and support they should provide to parents and children and the information that should be passed on to the schools.</p>

Resources for parents, carers, patients

Document	Relevance
Information for parents and carers	
Childhood Constipation www.childhoodconstipation.com	<p>This website is an information resource for parents, carers, healthcare professionals and children.</p> <p>It provides links to the NICE guideline and 'Understanding NICE guidance', which is a guide to the recommendations written in everyday language.</p> <p>There is also an 'extra information' section that includes a template for food diaries and additional information about constipation.</p> <p>Please note this website is sponsored by an educational grant from Norgine.</p>
Medicines for Children (2010) Information for parents and carers – Movicol for constipation . Available from www.medicinesforchildren.org.uk	This leaflet contains information about giving Movicol for constipation.
British Medical Journal Clinical Evidence (2009) Constipation in children – Patient leaflet . Available from www.medicinesforchildren.org.uk	<p>This article provides information about what happens if a child is constipated, the symptoms, what treatment works and what will happen to the child.</p> <p>The article suggests increasing dietary fibre first, and introducing laxatives if this doesn't work. The NICE guideline recommends modifications to diet and laxatives together as first-line treatment.</p>
NHS Choices (2009) Constipation and soiling in children . Available from www.nhs.uk	This website provides a brief summary about constipation in children. It highlights that it needs to be dealt with quickly to prevent it becoming worse.
Patient UK (2009) Constipation in children . Available from www.patient.co.uk	This website provides advice about why constipation occurs and how it can be prevented. It also has a diagram explaining how impaction occurs and the cause of overflow.
NHS Tameside and Glossop (2008) Childhood constipation. A guide for parents . Available from www.childrenfirst.nhs.uk	This leaflet provides information about interventions that can help treat constipation: including emotional, behavioural, medication and diet interventions.

Resources for children and young people

PromoCon. Booklets for children and young people. Available from www.promocon.co.uk	Talking about constipation . This booklet for young children helps explain to them why constipation and soiling happen, and what they can do help treat it. Mr Poo's great escape . This booklet has been written by a parent to help children overcome the fear of opening their bowels and help with the transition from nappies to the toilet.
See also the ERIC parents and carers section for more information for parents and carers about childhood constipation.	

Resources for schools and teachers

Document	Relevance
PromoCon (2006) Managing bowel and bladder problems in schools and early years settings . Guidelines for good practice. Available from www.promocon.co.uk	This booklet describes several bladder and bowel problems in detail. Page 13 is the only page relevant to this guideline. It is particularly aimed at schools. The page makes suggestions about how to help children who are constipated in the school environment.
See also the ERIC schools section for more information for schools about childhood constipation.	

Resources from NICE

Resource	Relevance
The guideline Constipation in children and young people: NICE clinical guideline 99 (2010). Available from www.nice.org.uk/guidance/CG99	
The NICE version	This contains all the recommendations presented in an easy-to-read manner.
The full guideline	This contains all the recommendations, details of how they were developed, and summaries of the evidence they were based on. This is produced by the National Collaborating Centre commissioned by NICE to work on this guideline.
The quick reference guide	This is a summary of the recommendations for healthcare professionals.
‘Understanding NICE guidance’	This is a version of the guidance written for patients and carers.
Implementation resources	
Costing report	Costing report to estimate the national savings and costs associated with implementation.
Costing template	Costing template to estimate the local costs and savings involved.
Slide set	The slides highlight key messages for local discussion.
Frequently asked questions for staff in children's centres	This document will help staff in children's centres implement and further develop their understanding of the guideline. It includes information to help people answer frequently asked questions about aspects of the NICE guideline.
History-taking questionnaires <ul style="list-style-type: none"> • For children younger than 1 year • For children 1 year and older 	These questionnaires help healthcare professionals take a history in children and young people presenting with suspected constipation.
Discharge advice template	A template that clinical services can use to produce a discharge advice sheet for parents or carers of a child or young person with constipation. The sheet contains information on factors that influence the management of constipation at home. It can be adapted to incorporate local contact details and services.
Audit support	Audit support for monitoring local practice.
Baseline assessment tool	An Excel spreadsheet that can be used by organisations to identify whether they are in line with practice recommended in NICE guidance, and to help them plan activity that will help them meet the recommendations.

Related NICE guidance	
<p>National Institute for Health and Clinical Excellence (2009) When to suspect child maltreatment. NICE clinical guideline 89.</p> <p>Available from www.nice.org.uk/guidance/CG89</p>	<p>This NICE clinical guideline covers the alerting features in children and young people (under 18 years) of physical, sexual and emotional abuse, neglect and fabricated or induced illness.</p> <p>The guideline does not specifically look at:</p> <ul style="list-style-type: none"> • risk factors for child maltreatment • identifying child maltreatment and procedures for supporting the child or young person • education and information for parents and children and young people • training for healthcare professionals <p>child protection procedures.</p>
<p>National Institute for Health and Clinical Excellence (2009) Coeliac disease. NICE clinical guideline 86</p> <p>Available from www.nice.org.uk/guidance/CG86</p>	<p>This NICE clinical guideline offers best practice advice on the recognition and assessment of coeliac disease and the care of children and adults who are undergoing diagnostic tests for coeliac disease.</p>
<p>National Institute for Health and Clinical Excellence (2007) Urinary tract infection in children. NICE clinical guideline 54</p> <p>Available from www.nice.org.uk/guidance/CG54</p>	<p>This NICE clinical guideline is about the care and treatment of babies, children and young people younger than 16 years with a urinary tract infection (UTI).</p> <p>The advice covers the investigations and treatment that should be given to the baby, child or young person, and the information that should be offered to their families.</p>

Resources applicable only to nocturnal enuresis

This chapter provides links and information to resources that are applicable to nocturnal enuresis in children and young people.

Resources for healthcare professionals

Document	Relevance
See also the ERIC healthcare professionals section for more information for healthcare professionals about nocturnal enuresis.	
Clinical Knowledge summaries, (2010) Bed-wetting (enuresis) management . Available from www.cks.nhs.uk	<p>This website presents the management of bedwetting through the use of case scenarios. It allows quick access to different points in the assessment and treatment pathway via tabs on the left-hand side.</p> <p>Please note the scenarios recommend that treatment is not initiated until 7 years. However, the NICE guideline recommends that children younger than 7 years can be considered for treatment options.</p>
BNF for Children (2009) Nocturnal enuresis . Available from www.bnfc.org/bnfc	<p>This web page describes the use of desmopressin and how in certain situations this can be combined with an alarm.</p> <p>The page also describes the use of tricyclic antidepressants such as amitriptyline, imipramine and nortriptyline. Although the NICE guideline on nocturnal enuresis recommends only imipramine, this page is useful because it highlights the side effects of tricyclic antidepressants.</p>
Map of Medicine (2010) Enuresis – suspected . Available from www.mapofmedicine.com	This presents the management and specialist treatment of enuresis in a pathway format. This pathway goes beyond the scope of the NICE guideline by covering all forms of enuresis including daytime.
Water UK (2006) Ask About: Children . Available from www.water.org.uk	This website is produced by an organisation working on behalf of the water industry and contains information about water requirements for children. It also discusses healthy drinking and the benefits of reducing sugary drinks offered to children.

Resources for parents, carers and patients

Document	Relevance
See also the ERIC parents and carers and children and young people sections for more information for these groups about nocturnal enuresis.	
Medicines for children: information for parents and carers www.medicinesforchildren.org.uk	This website contains information leaflets for parents and carers about desmopressin and imipramime .
Patient UK (2009) Bedwetting (nocturnal enuresis) . Available from www.patient.co.uk	This leaflet provides information and advice to parents and carers about bedwetting, including: <ul style="list-style-type: none"> • what it is • causes • general tips that can help • treatment options • further information and help.
Patient UK (2009) Bedwetting alarms . Available from www.patient.co.uk	This leaflet provides information about how to use a bedwetting alarm and tips for success. It also advises where parents can obtain an alarm. It states that the alarm is usually used in children older than 7. However, the NICE guideline on nocturnal enuresis recommends that an alarm can be considered in children younger than this depending on their ability, maturity, motivation and understanding of the alarm.
Patient UK (2009) Medicine treatments for bedwetting . Available from www.patient.co.uk	This leaflet provides information about desmopressin. It describes how it works and its advantages and disadvantages. The leaflet also discusses treatment with the tricyclic antidepressants imipramine, amitriptyline, and nortriptyline. NICE recommends only imipramine for bedwetting. Also, the leaflet does not make it clear that tricyclic antidepressants should not be used as first-line treatment, although the leaflet does highlight the side effects.
NHS Choices (2009) Bedwetting . Available from www.nhs.uk	This group of web pages provides information about bedwetting, including a general introduction along with a discussion of symptoms, causes, diagnosis and prevention. It discusses restricting fluid intake in the couple of hours before bedtime, which is a technique that the NICE guideline on nocturnal enuresis does not discuss. However, the NICE guideline does advise that adequate fluid intake is important in the management of bedwetting.

PromoCon (2004) Talk about bedwetting . Available from www.promocon.co.uk	This booklet is designed to help children understand about bedwetting. It discusses how to eat and drink well, and use alarms and desmopressin as treatment.
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Resources from NICE

Resource	Relevance
The guideline Nocturnal enuresis: the management of bedwetting in children and young people. NICE clinical guideline 111 (2010). Available from www.nice.org.uk/guidance/CG111	
The NICE version	This contains all the recommendations presented in an easy to read manner.
The full guideline	This contains all the recommendations, details of how they were developed, and summaries of the evidence they were based on. This is produced by the National Clinical Guideline Centre commissioned by NICE to work on this guideline.
The quick reference guide	This is a summary of the recommendations for healthcare professionals.
‘Understanding NICE guidance’	This is a version of the guidance written for patients and carers.
Implementation resources	
Costing template	Costing template to estimate the local costs and savings involved.
Costing statement	Details of the likely costs and savings when the cost impact of the guideline is not considered to be significant.
Slide set	Slides highlighting key messages for local discussion.
Audit support	Audit support for monitoring local practice.
Baseline assessment	An Excel spreadsheet that can be used by organisations to identify whether they are in line with practice recommended in NICE guidance, and to help them plan activity that will help them meet the recommendations.
Related NICE guidelines	
When to suspect child maltreatment . NICE clinical guideline 89 (2009). Available from www.nice.org.uk/guidance/CG89	The advice in this guideline covers the alerting features in children and young people (under 18 years) of: <ul style="list-style-type: none"> - physical, sexual and emotional abuse - neglect - fabricated or induced illness.

<p>Medicines adherence. NICE clinical guideline 76 (2009). Available from www.nice.org.uk/guidance/CG76</p>	<p>This guidance is about enabling patients to make informed choices by involving and supporting them in decisions about prescribed medicines</p>
<p>Urinary tract infection in children. NICE clinical guideline 54 (2007). Available from: www.nice.org.uk/guidance/CG54</p>	<p>This NICE clinical guideline is about the care and treatment of babies, children and young people younger than 16 years with a urinary tract infection (UTI). The advice covers the investigations and treatment that should be given to the baby, child or young person, and the information that should be offered to their families.</p>
<p>Type 1 diabetes. NICE clinical guideline 15 (2004). Available from www.nice.org.uk/guidance/CG15</p>	<p>This clinical guideline offers evidence-based advice on the diagnosis of type 1 diabetes in children, young people and adults. It also covers the care and treatment that should be available in the NHS, including transition to adult care.</p>

Useful organisations

- ERIC (Education and Resources for Improving Childhood Continence) www.eric.org.uk. Information and support on bedwetting, daytime wetting, constipation and soiling in children and young people (including those with special needs) for children, young people, parents and professionals. Helpline and information: 0845 370 8008 (10 am to 4 pm weekdays).
- PromoCon www.promocon.co.uk. PromoCon provides a national service (working as part of Disabled Living, Manchester) for people with bladder or bowel problems. Offers product information, advice and practical solutions to professionals and the public. Helpline and information: 0161 834 2001 (10 am to 3 pm weekdays).

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