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Functional Urinary Disorders in Children: Epidemiological Profile and Management

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Urinary disorders in children are very common. If left untreated, they can affect quality of life as well as nephrological prognosis. The objective of our study is to evaluate these functional urinary disorders in children to propose an appropriate therapeutic approach.

METHODS

This is a retrospective descriptive study involving 125 children referred to the Physical Medicine and Rehabilitation Department of CHU Ibn Rochd in Casablanca for the management of functional urinary disorders between January 2022 and January 2024. The parameters analyzed include: Socio-demographic characteristics of the patients, Urinary symptoms, Urodynamic data and therapeutic management implemented.

RESULTS

The average age was 8 ± 0.5 years, with a female predominance. The most common urinary symptoms were: Primary nocturnal enuresis (68%), Urgency (58.4%), Urge incontinence (52%), Pollakiuria (44%). Urinary tract infection was found in 48% of patients, while 41.6% had constipation and 26.4% presented with anal incontinence. A family history of urinary disorders was reported in 32% of cases. Neurological examination revealed no abnormalities, and vesicorenal ultrasound showed no upper urinary tract anomalies. However, a significant post-void residual volume was noted in 23.2% of patients. Urodynamic exploration, performed in 82 patients, revealed: a reduced bladder capacity (62.4%) and detrusor overactivity (53.6%). Therapeutic management combined multiple approaches: Therapeutic educational measures and treatment of irritative factors in all patients, pharmacological treatment with prescription of anticholinergic drugs in 61.6% of patients, administration of an ADH analog in six patients, intermittent catheterization in 20% and perineal rehabilitation in 78 children.

CONCLUSION

The management of urinary disorders in children requires a systematic and thorough analysis of multiple parameters to propose a comprehensive and tailored therapeutic approach.

Statement of Disclosures

None

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