

Raising Awareness of Bladder Health in our Schools

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DETAILED DESCRIPTION

Children spend most of their waking hours at school and research indicates that the majority of children postpone voiding at school for both social and behavioral reasons. Very few teachers receive education regarding bladder health and are unaware of the potential health effects of urine holding behaviors in school children. A recent survey indicates that 88% of elementary school teachers encourage urine holding with one third of the teachers implementing punitive measures to discourage children from leaving the classroom for toileting.

Urine and stool holding at any age can lead to a variety of bladder problems including urinary urgency, daytime incontinence, bedwetting, urinary tract infections and bladder pain. Wetting at school is psychologically devastating for children and is the event that children fear most after death of a parent or going blind.

Up to 27 % (4.5 million) of girls between preK and 8th grade experience bladder problems. Furthermore many adult women with bladder problems can trace their problems back to childhood.

(Toilet Tactics Kit) Currently, the U.S. has no bladder health initiative in place for educating their families and schools about bladder health for school children (e.g. Toilet Tactic Kits developed by The Continence Society of Australia). There is clearly a need for bladder health education for families, parents, teachers, principals. School nurses are in a unique position to help in the development of school programs to encourage healthy toileting

PURPOSE

The purpose of this activity is to enable the learner to understand the scope of bladder problems seen in school children and to address the need for school nurses to help in raising awareness of bladder health and healthy toileting in our schools.

OBJECTIVES

At the completion of this presentation the participant will be able to:

- Understand the detrimental effect of urine and stool holding
- Understand the effect of school toileting behavior on bladder health
- Understand the need for educating students, parents, teachers and principals about bladder health and the need for healthy bladder and toileting programs in our schools

EVIDENCED BASED REFERENCES

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