

# Healthy Bladder and Bowel Specialist Nurse Clinic

Information for parents, relatives and carers

The bladder and bowel team are specialist children's nurses who provide treatment, support, and advice for children with bladder and bowel difficulties.



The team specialises in the treatment of: Constipation, Daytime wetting, Night-time wetting (also known as enuresis) and Toileting support.

① For more information, please email the Bowel and Bladder Team at [yhs-tr.bowelandbladderadmin@nhs.net](mailto:yhs-tr.bowelandbladderadmin@nhs.net)

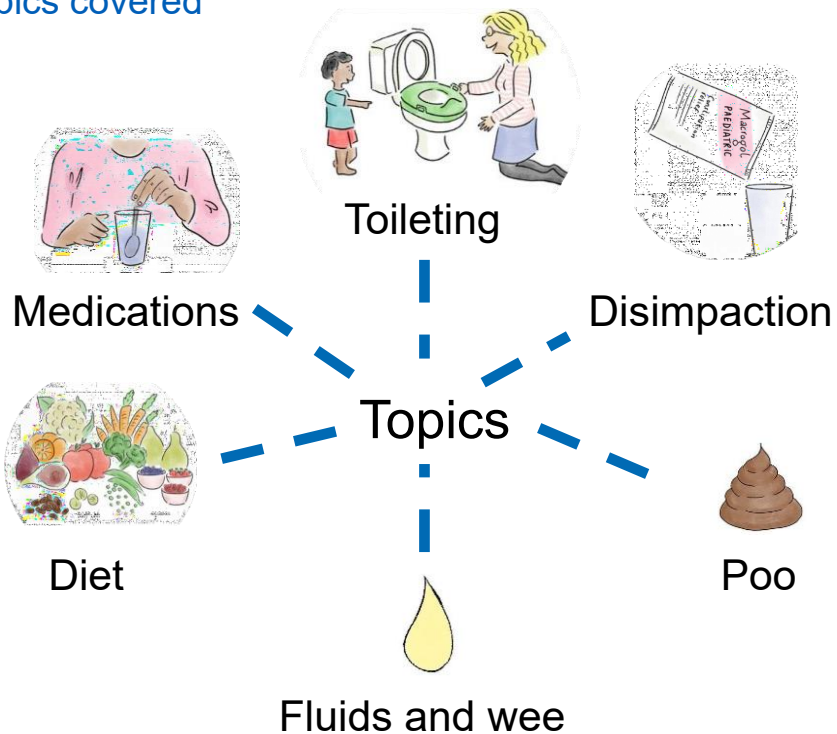
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# About the Clinic

Your initial appointment will be an in-person group session lasting around two hours. This appointment will be informative, interactive and you will have lots of opportunities to ask questions to the team.

We will cover all the important aspects of how to support your child at home to improve the health of their bladder and bowels including:

## Topics covered



## **What is a Bladder and Bowel Specialist Nurse Clinic?**

This is a one off face to face session that forms part of your child's new patient appointment. It will be led by members of the bladder and bowel team. There will be about twenty parents and carers present. There will be interactive stations.

## **Can I bring my Child?**

This appointment is for parents and carers which means your child does not need to attend. Unfortunately, we do not have the space or facilities to accommodate children whilst the appointment takes place. Therefore, we highly recommend alternative childcare.

## **How long will it last?**

The appointment will be structured as 15-minute stations covering all the key aspects of bladder and bowel health. There will be time for breaks and conversations with the bladder and bowel team to make sure you go away with an individualised plan for your child. Please allow two hours overall.

## **What do I do if I need a prescription?**

Any new prescriptions recommended by the team will be requested by the nursing team electronically on the day to your GP.

## **What happens after the clinic appointment?**

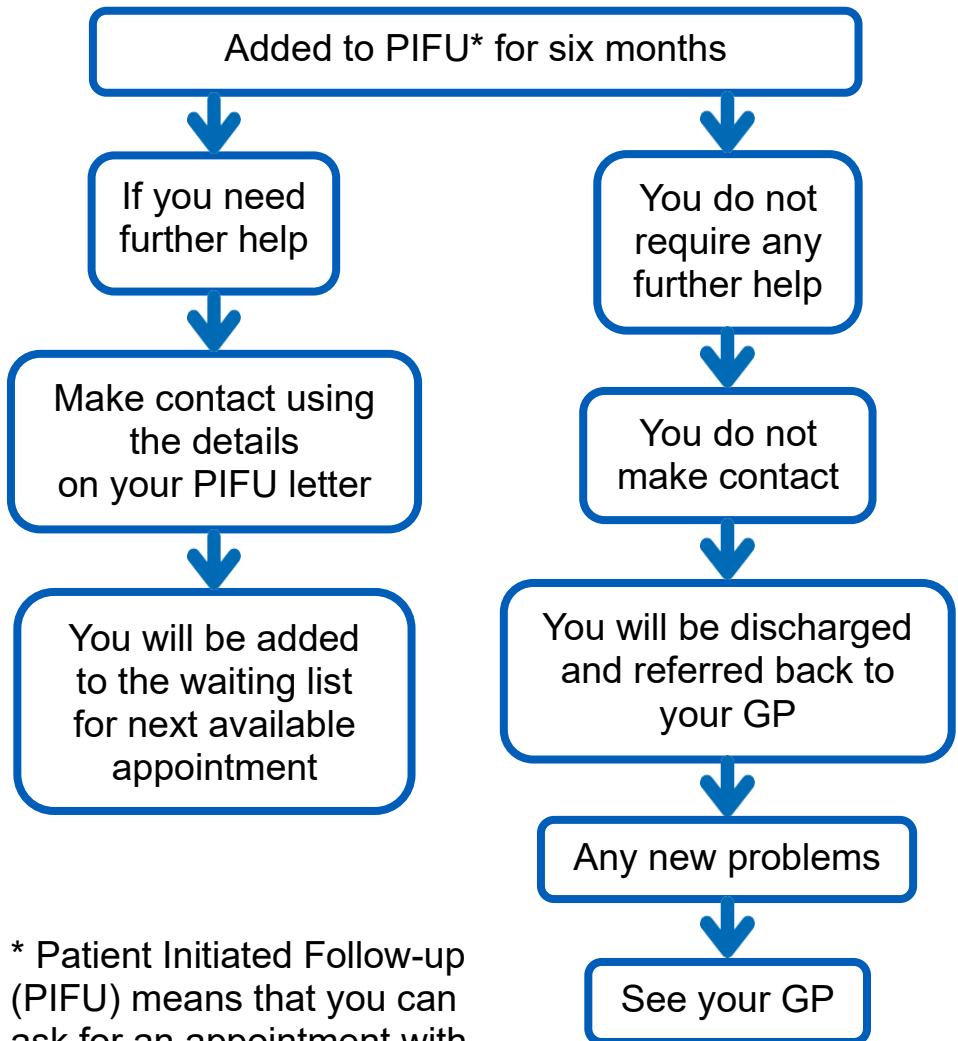
You will then have the opportunity to put in place everything you have learnt.

Following the appointment one of the nurses at the session may deem it is appropriate that a follow up review is arranged with a member of the team dependent on agreed treatment plans. Otherwise, your child will be added to the patient initiated follow up (PIFU) list. Once added to PIFU you will receive a letter that gives information on PIFU and contact details if you require an appointment.

During your time on PIFU you will be able to contact the team to book an appointment if one is required, if we do not hear from you during your time on PIFU then you will be discharged back to your GP.

If you want to attend the event again then you would be very welcome to, please inform the team so they can ensure your place is booked.

# What happens when my child is added to PIFU?



\* Patient Initiated Follow-up (PIFU) means that you can ask for an appointment with the Specialist Bladder and Bowel team during the time you are in the PIFU system.

## Clinic Locations

We run clinics at several locations please find below the address of each location.

Please check your clinic appointment letter or text reminder for your location.

### **Selby Community Centre–**

The Attic Room, Selby Community Centre, Scott Road, Selby, YO8 4BL

The Attic Room has its own separate entrance from the main centre doors with steps up to the first floor. There is a lift in the main community room.

### **Tesco Community Room Askham Bar York –**

Tesco Askham Bar, Tadcaster Road, Dringhouses, York, YO24 1LW.

The Community Room is located in the Tesco store on the first floor behind F&F. Go through the double doors sign in and log your car number plate.

### **Tadcaster Health Centre –**

Tadcaster Medical Centre, Crab Garth, Commercial Street, Tadcaster, LS24 8HD.

# B&B Specialist Nurse Clinic Feedback

## We asked

What is the most important thing you have learnt from attending this workshop and how will this support your child?

## Parents said

- To keep monitoring poo frequency and bladder capacity.
- General knowledge and medication.
- That bedwetting has a strong association with constipation.
- Getting the medication right!
- Looking after bowels can help bladder issues.
- How the bowel and indigestion of food works. Very interesting!
- How the bowel and constipation work and what we can do to help it function properly.
- Toilet tips.
- That GPs do not have enough information about treating constipation.
- There were some other toileting tools that I thought were great that we weren't already using.



- That laxatives can be missed and added to things like jelly, noodles, and hot chocolate!
- That we haven't been given the correct information from the start.
- How poo affects the bladder and ideas to help with toilet anxiety.
- How to approximately mix and administer Laxido and the fact that these can be added to other things to make consumption easier.
- That her wetting could be down to other factors – we will be looking more closely at bowels and bladder capacity.
- It's been really insightful, and that the bowel will take a good amount of time to recover.
- How a child's bladder works and tips on how to eventually get her using the toilet.

## How can I give Feedback?

We appreciate and encourage feedback.

Please note we may be in touch in the future to ask about your experience.

**Space for your notes and questions**

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please email the Bowel and Bladder team at [yhs-tr.bowelandbladderadmin@nhs.net](mailto:yhs-tr.bowelandbladderadmin@nhs.net).

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net). An answer phone is available out of hours.

## Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

<https://www.yorkhospitals.nhs.uk/coming-into-hospital1/patient-information-leaflets/>

The images in this leaflet were kindly produced for use in the NHS by artist Ellie Lewis

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