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PREVALENCE OF NOCTURNAL ENURESIS AND RELATED FACTORS IN CHILDREN AGED 5-13 IN ISTANBUL

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Background & Aim: Enuresis (nocturnal enuresis) is a health problem frequently encountered in childhood and refers to involuntary urination into the bed during sleep that occurs at an age at which bladder control would be expected. This study was carried out in two socio-demographically different districts of the province of Istanbul, Turkey, among children ages 5-13, for the purpose of determining the relationship between the incidence of nocturnal enuresis and certain demographic characteristics.

Method: The study design is descriptive and relational. The research was conducted at two health centers in two districts in the province of Istanbul that are thought to exhibit different socio-demographic characteristics. Data was collected by the researchers by means of a questionnaire.

Findings: Enuresis was a complaint expressed by 16.2% of the

cases in the study group; 8.3% reported intermittent bedwetting. The data collected in the two districts pointed to a significant difference in terms of the frequency of enuresis in favor of the district where socio-demographic features were inferior ($p<0.005$). When family histories were explored in cases of children with enuresis, it was found that the mothers of 76.2% had the problem of enuresis while 14.9% had enuretic fathers. Thus statistically, the presence of enuresis in the family history was seen to have had a markedly significant impact on the occurrence of enuresis in the child ($p<0.00$).

Conclusion: It was concluded that familial predisposition to the condition constituted a more significant risk factor for enuresis compared to socio-demographic or economic characteristics.

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