



Treatment for pediatric Voiding dysfunction

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Description

Voiding dysfunction is a broad term used to describe various urinary problems in children. It refers to difficulties with the process of urination, including issues with storing and emptying urine. These problems can significantly impact a child's quality of life and may require medical intervention and management. In this article, we will discuss the causes, symptoms, diagnosis, and treatment of voiding dysfunction in children.

Voiding dysfunction in children can have multiple causes, including physical, psychological, and behavioral factors. Some common causes include, Urinary Tract Infections (UTIs) can cause pain and discomfort during urination, leading to voiding difficulties. Chronic constipation can lead to stool impaction, which puts pressure on the bladder and affects normal voiding patterns. Certain anatomical abnormalities, such as urethral strictures or posterior urethral valves in boys, can interfere with the normal flow of urine. Conditions like spina bifida or spinal cord injuries can disrupt the nerve signals between the bladder and the brain,

causing voiding dysfunction. Emotional stress, anxiety, or trauma can affect a child's ability to relax the pelvic floor muscles and properly control urination.

The symptoms of voiding dysfunction can vary depending on the underlying cause and the child's age. Some common signs and symptoms include Children with voiding dysfunction may have to urinate more frequently than normal. They may experience a strong and sudden urge to urinate, often leading to urinary accidents if they cannot reach the bathroom in time.

Children may have a sensation of incomplete bladder emptying after urination. Voiding dysfunction can cause daytime urinary incontinence, where a child may unintentionally leak urine during the day. Bedwetting is another common symptom, where children have difficulty controlling their bladder during sleep. Recurrent UTIs may occur as a result of incomplete bladder emptying or poor urinary flow. Fluid and diet management are essential aspects of maintaining a healthy lifestyle. Proper management of fluid intake and a balanced diet can help support overall health, prevent certain medical conditions, and promote optimal functioning of the body. Here are some key points to consider, It is important to drink enough fluids to maintain proper hydration. The general recommendation is to consume about 8 cups of water per day, but individual needs may vary based on factors like age, activity level, climate, and overall health.

Examining the abdomen, genitals, and lower back to check for any physical abnormalities or signs of infection. Analysing a urine sample to check for signs of infection, such as the presence of bacteria or white blood cells. Keeping a record of the child's voiding

habits, including frequency, volume, and any associated symptoms. X-rays, ultrasounds, or voiding cyst urethrograms may be used to visualize the urinary tract and identify any structural abnormalities. These tests assess bladder function and may involve measuring urine flow rate, bladder pressure, and evaluating the coordination between the bladder and the urethra.

Conclusion

The treatment of voiding dysfunction in children typically involves a multidisciplinary approach, addressing

the underlying cause and managing symptoms. The following interventions may be recommended. Timed voiding schedules, where children are encouraged to urinate at regular intervals, can help retrain the bladder and improve control. Strengthening the pelvic floor muscles through exercises like Kegels can enhance bladder control. To diagnose voiding dysfunction in children, healthcare professionals may perform various evaluations and tests, including gathering information about the child's symptoms, voiding patterns, and any underlying medical conditions.