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Factors associated with remission of primary nocturnal enuresis and changes of parental perception towards management strategies: A follow-up study

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Nocturnal enuresis is a common disorder that affects the social life and mental health of a child. The objective of this study was to understand the remission rates, shifts in treatment methods used by parents and parents' attitudes towards their children with primary nocturnal enuresis. A total of 408 children aged 6-12 years, diagnosed with primary nocturnal enuresis from a 2004 epidemiological study in Taiwan, were enrolled in this follow-up study. After a 5.5 year follow-up period, the remission rates of the children of each age group were evaluated, and the corresponding treatment methods were employed daily. Furthermore, the major risk factors that influenced the remission rates in these children were investigated. The overall remission rate was 93.1% among all age groups and the median age of remission was 9.9 years (95% C.I. = 9.5-10.2 years). The most common coping strategy was limiting water intake before sleep (42.3%). However, if enuresis continued to worsen as their children mature, parents will consider medical intervention. A Cox proportional hazards regression model revealed that girls, young children, those with fewer instances of bed-wetting, and light sleepers had higher remission rates than those of their counterparts. Children who were deep sleepers or affected by severe enuresis had a low probability of achieving dryness. However, girls and young children had a higher probability of achieving remission than their counterparts.

Biography

Yu-Jun Chang completed her PhD from China Medical University. She is a Senior Research Fellow of Epidemiology and Biostatistics Center of Changhua Christian Hospital. She has published more than 75 papers in reputed journals and is serving as the Lead Guest Editor of the special issue "Cardiovascular Emergencies" of BioMed Research International.

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