

**Nocturnal Enuresis at a Primary Health Care Setting: Analysis of 117 Cases**

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**Objective:** To evaluate the social and personal characteristics, symptomatology, associated factors and management of nocturnal enuresis.

**Design:** Retrospective case-series study.

**Setting:** Primary health care center, Al Khobar, Saudi Arabia.

**Method:** One hundred and seventeen medical records of confirmed nocturnal enuresis from 1<sup>st</sup> January 2009 to 30 December 2009 were reviewed. Diagnosis of nocturnal enuresis was based on detailed history and physical examination.

**Result:** Males were 76 (65%), 96 (82.1%) were of school age. Sixty-eight (58%) patients had positive family history of enuresis in one of the parents while 69 (59%) showed positive family history in one of the siblings. Seventy-two (62%) children were punished for bedwetting. Patients who improved with instructions and medications were 77 (66%). Ninety-five (81%) patients were enuretic for most of the nights. A significantly higher proportion of patients aged 7-18 years improved by instructions plus medication.

**Conclusion:** Parents of enuretic children seek medical care when the child is too old. Health education of parents is needed to explain the condition and treatment options and advice against punishment.

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