

# Occupational Therapy Toileting Service

For children with chronic constipation, soiling/incontinence/encopresis, toilet refusal, day bladder challenges and night wetting.

The Occupational Therapy Toileting Service helps children with bowel and bladder difficulties and challenges.

These complex conditions affect both a child's physical function as well as behaviour. Children of any age can be affected. The aim of this program is to support and educate parents and their children to be able to manage this condition as independently as possible. The child health occupational therapist can offer advice and support to children, parents, carers and other staff working with the child:

- over the phone
- at appointments
- home visits
- school visits.

The hospital occupational therapist can see parents and children:

- during hospital admissions.

## What does the occupational therapist do?

Occupational therapists work with children and families to maximise independence in everyday tasks. The occupational therapist will draw on knowledge of child's development and behaviour as well as the medical nature of the condition.



## The occupational therapist will:

1. Take a detailed history.
2. Check and develop the parents understanding of the condition and management.
3. Check and develop the child's understanding using age appropriate and fun learning activities.
4. Offer advice about toilet set up, sitting routines, techniques and record keeping. Information is tailored to suit each child and family's needs.
5. Make suggestions to enhance the child's motivation.
6. Encourage a positive and realistic outlook of the future.
7. Work closely with other professionals involved with child.



**Partnering with Consumers - Standard 2**  
Consumers and/or carers provided feedback on this patient information.



**Service Delivery - Standard 11**  
Patients and the community have access to safe, high quality healthcare services that are appropriate, effective and meet their needs.



**Provision of Care - Standard 12**  
The intention of this standard is to ensure high quality care is delivered to consumers / patients throughout the care continuum.



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## Which children are seen by the child health occupational therapist?

Children are eligible for this service if they are:

- two years or older
- have bowel or bladder dysfunction
- are receiving care from a GP or paediatrician for this condition.

## Which children are not seen by the child health occupational therapist?

- children under two years of age
- children with Hirshprungs disease, Spina Bifida or other neurological or organic conditions
- children with generalised developmental delay or pervasive development disorders
- children with significant behavioural or emotional issues
- children with disabilities who are home and community care eligible.

## Which children are seen by the hospital occupational therapist?

- any child admitted to the ward for a bowel clear out.

Families will be advised of a more suitable service if appropriate.

## How do children/families access the child health occupational therapist?

- The child health occupational therapist will conduct a phone review after discharge from hospital if the child is eligible.
- Children who attend Nambour Hospital Incontinence Clinic may see an occupational therapist at the clinic and receive follow up if needed.
- All parents are encouraged to attend the Pondering Poos or Wondering about Wees parent information workshops. An occupational therapist presents information and many child friendly resources at this session. Contact Nambour Community Health for more information and to enrol.
- After attending a Pondering Poos or Wondering about Wees parent information workshop, families can contact the child health occupational therapist directly or be referred by a health care provider if further support is desired.

## Contact information Child, Youth and Family Health Central Access

(07) 5319 4824

You can contact your Child Health Service on the above phone number Monday to Friday 8.30am - 4.00pm (except public holidays) for advice and support.

We are located at  
Centenary Square, Nambour.

