

The efficacy of standard urotherapy in the treatment of nocturnal enuresis in children: A systematic review

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What is urotherapy?

- Urotherapy is recommended as first-line treatment in current ICCS guidelines for nocturnal enuresis
- The ICCS defines standard urotherapy as:
 - Information and demystification
 - Instruction in how to resolve lower urinary tract dysfunction
 - Lifestyle advice
 - Registration of symptoms and voiding habits
 - Support and encouragement

Potential problems with urotherapy:

- Urotherapy can be frustrating for the patient and may postpone the initiation of more effective interventions

Aims of this study:

- This study aimed to review the evidence base for the use of urotherapy in enuresis

Type of study and methods:

- This was a systematic literature review conforming with PRISMA-P guidelines and registered with PROSPERO (the international prospective register of systematic reviews)

Findings:

- 39 relevant studies were included, mostly of low quality and with considerable heterogeneity
- 22 RCTs reported a range of 0% to 92% of children being dry with urotherapy
- The 3 highest quality RCTs found low levels of resolution (5–33%)
- Comparisons with control groups reported inconsistent results

Conclusions and clinical implications:

- Evidence regarding the use of urotherapy for children with enuresis is inconsistent and often poor quality
- There is a need for further, high quality studies in well-defined enuresis populations
- The authors believe that there is currently insufficient evidence to recommend standard urotherapy as first-line therapy for children with primary nocturnal enuresis

