

used in patients with small bladder capacity. Usually ineffective as monotherapy, anticholinergic drugs can improve the treatment when used in combination with other treatments, such as desmopressin, imipramine, or enuresis alarms ([Caldwell, Deshpande, and Von Gontard, 2013](#)). Drugs are considered second-line management for enuresis, and parents should be cautioned not to think that these agents will cure the condition; parents are also advised of the drug's side effects ([Elder, 2016](#)).

Nursing Care Management

No matter what techniques are used, the nurse can support both children and parents who are coping with the problem of enuresis, the treatment plan, and the difficulties they may encounter in the process. Essential to the success of any method is the supportive management of parents and their children. Both need encouragement and patience. The problem is discussed with both the parent and the child because all treatments involve and require the child's active participation. In some treatment interventions, the child is in charge of the intervention; therefore parents must learn to support the child rather than intervene themselves. Parents should also be taught to observe for side effects of any medications used. Parents should encourage the child to maintain a regular bowel evacuation regimen; constipation can contribute to nocturnal enuresis ([Elder, 2016](#)). A calendar with wet and dry nights may be helpful to motivate the child to stay dry and maintain a positive perspective on the problem.

Many parents believe that enuresis is caused by an emotional disturbance and fear that they have somehow produced the situation by improper childrearing practices. They need reassurance that bedwetting does not represent willful misbehavior. Parents need to understand that punishment such as scolding, shaming, and threatening is contraindicated because of its negative emotional impact and limited success in reducing the behavior. Children need to believe that they are helping themselves, and they need to sustain feelings of confidence and hope. Encourage parents to be patient, to be understanding, and to communicate love and support to the child.

Communication with children is directed toward eliminating the emotional impact of the problem, relieving feelings of shame and