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Devaraju S<sup>1</sup>, Nerli R<sup>1</sup>, Guntaka A<sup>1</sup>, Krishnamoorthy V<sup>2</sup>, Venkatesh P<sup>2</sup>

1. KLE University, 2. NU Trust

### DYSFUNCTIONAL ELIMINATION SYNDROME : 5 YEAR EXPERIENCE

Hypothesis / aims of study *Dysfunctional elimination syndrome* (DES) is used to reflect the broad spectrum of functional disturbances that may affect the urinary tract, including that of functional bowel disturbances. We report our series of children presenting to us with symptoms of DES and their management and outcome .

#### Study design, materials and methods

Children presenting to Urology dept during the period Jan 2005 – Dec 2009 with symptoms of DES formed the study group . Their presentation , laboratory studies , uroflowmetry , cystometry , imaging and outcomes were noted and analysed .

#### Results

103 children were diagnosed as DES . The mean age at presentation was  $7.6\pm 3.6$  . The symptoms included urgency (41.75%) , urge incontinence (39.81%) , day time frequency (35.92%) , night time frequency (14.56%) , poor stream (9.71%) . bed wetting (36.89%) , constipation (66.02%) , UTI (42.72%) . On examination 6.8% had distended bladder , 28.16% had loaded bowels , 16.5% had impacted stools . Urine examination revealed abnormalities in 56.31% , mean Sr creatinine was  $0.55\pm 0.15$  . Ultrasound showed hydronephroureterosis in 30.10% , 14.56% had vesicoureteric reflux . The children were treated with behavioural modification , laxatives , and anticholinergics .Resolution of VUR was seen in 100% of affected children . Relief of Constipation and other symptoms was seen in all .

#### Interpretation of results

Proper institution of laxatives , enema and behavioural modification brought resolution of symptoms , recurrent UTI , VUR .

#### Concluding message

management of the underlying dysfunction should be given priority in the treatment protocol of children with conditions such as VUR, incontinence, and UTI, because successful management may significantly improve outcome.

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<b><i>What were the subjects in the study?</i></b>	<b>HUMAN</b>
<b><i>Was this study approved by an ethics committee?</i></b>	<b>Yes</b>
<b><i>Specify Name of Ethics Committee</i></b>	<b>KLES Kidney Foundation Ethical Committee</b>
<b><i>Was the Declaration of Helsinki followed?</i></b>	<b>Yes</b>
<b><i>Was informed consent obtained from the patients?</i></b>	<b>Yes</b>