

## EFFICACY OF BIOFEEDBACK THERAPY IN ENURESIS NOCTURNA

### Hypothesis / aims of study

to evaluate the efficacy of biofeedback therapy in enuresis nocturna

### Study design, materials and methods

Fifty pediatric patients, who were older than 5 years of age and not dry more than 6 months, were admitted with complaint of enuresis nocturna between 2012 and 2013, were included to the study. In all patients, urine analysis, blood creatinine level, fasting blood glucose level, blood electrolytes level were measured following the detailed anamnesis and physical examination including especially neurological evaluation. Ultrasonographic imagine method was used to evaluate urinary system and residual urine level in all patients. Voiding habits and defecation features were asked in detail in patients' histories. Biofeedback therapy was applied to the patients four sessions, half an hour for each time, with 1 week interval. All patients were informed and advised to do the same exercise for half an hour everyday at home. The voiding charts were filled out by all patients and evaluated

### Results

Fifty patients, 27 female and 23 male, with mean patient age of 9.4 (6-15) were evaluated. Mean follow-up was 13.8 (4-24) months. 54 % of patients (n:27) had blood relation. There was no significant correlation between frequency of enuresis at the beginign and gender, age and blood relation ( $p>0.05$ ). Frequency of enuresis nocturna was significantly decreased after the treatment ( $p:0.003$ ).

### Concluding message

Biofeedback is an effective treatment method, which is feasible, cheap and reliable without side effects.

### Disclosures

**Funding:** to evaluate the efficacy of biofeedback therapy in enuresis nocturna **Clinical Trial:** Yes **Public Registry:** No **RCT:** No **Subjects:** HUMAN **Ethics Committee:** Canakkale Onsekiz Mart University Local Ethic Comitte 2012/135 **Helsinki:** Yes **Informed Consent:** Yes