



How you can be **BOSS OF THE BLADDER**



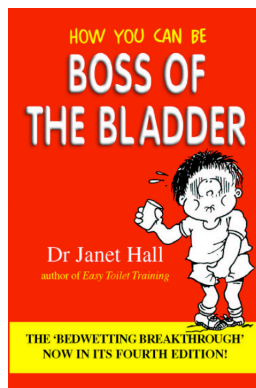
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HELP CHILDREN GET DRY WITH MEDICARE 2710

No child should have to endure the **emotional** and **psychological effects** that prolonged bedwetting can cause.

Finally, Enuresis is recognised as a serious health issue for children and adolescents that can be treated effectively by a psychologist and claimed through Medicare.

As you are aware, under the new Medicare Health Care Scheme, patients managed by a GP under a GP Health Care Plan may be eligible for psychology services. **Enuresis** is included under the medicare items for Mental Disorders and at our **Boss of the Bladder Clinic** we are the **specialist psychologists** experienced in treating Enuresis, along with faecal incontinence and other behavioural-related toileting issues.



We provide a personalised program for children from the ages of 5 through to adolescence to help them achieve permanent dryness at night and/or during the day. Our program is original in its approach to coaching children and adolescents to become permanently dry. It promotes confidence in children and parents through learning the facts from Dr Janet Hall's book, "**How You Can Be Boss of the Bladder**".

Please do not hesitate to contact me on 9419 3010 to discuss our services further, or to assist you with the mental health care plan as part of your assessment and referral. I have attached a proposed six session psychological treatment plan to assist you with completing a mental health care plan. A patient review follows upon completion of the sixth session.



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PSYCHOLOGICAL TREATMENT PLAN FOR ENURESIS

For Use with the Mental Health Plan Medicare Item 2710 GP Assessment

Please find below a proposed six session psychological treatment plan for enuresis.
A patient review then follows upon completion of the sixth session.

Session 1

- Assessment interview undertaken with parent to gather background history and parental management of condition and expectations.
- Engagement with child (establish rapport and gain trust)
- Psycho-education through Dr Hall's book "How You Can Be Boss of the Bladder"
- Treatment Plan proposed to parent and child including daily log/diary sheet.
- Establish therapeutic contract (agree to homework tasks, daily record sheet, regular appointment times and phone consultations)
- Relevant consent forms signed.

Session 2 - 5

- Motivational interview with child, focusing on coaching them to be confident and take responsibility for being dry. Teaching cognitive techniques such as self-reward and self-instructional statements.
- Diary review of daily progress; - comparing number of dry versus wet beds and patch sizes of urine.
- Checking in with parent at beginning and end of session for progress and planning reports.
- Set homework tasks, including bladder capacity/training.
- Ongoing review of homework.

Session 6

- A review is made to parents and child, - often within 6 weeks child is successfully dry (has had 14 consecutive dry nights in a row).
- If child is dry, certificate and reward is given, and no further appointment is required.
- Ongoing recommendations for independent self-management for child and parents if not successfully dry yet.

Upon completion of final session, psychologist to provide brief report, including any further recommendations for psychological intervention, to referring doctor for case review. Ongoing case management to be discussed where indicated, in agreement with the patient, referring doctor and treating psychologist.

* The above proposed treatment plan may be modified or varied by the treating psychologist as required.