



"INNOVATIVE ACHIEVEMENTS IN SCIENCE 2023"

NON-MEDUCATIONAL TREATMENT OF ENUREZIS IN CHILDREN

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INTRODUCTION

Enuresis is a pathological condition associated with a violation of the systems that control the functions of the act of urination during the day or night. It should be noted that enuresis is a condition that requires a mandatory multidisciplinary approach with the participation of not only a pediatrician and a neurologist, but also a urologist, surgeon and psychiatrist. Enuresis is the cause of insecurity and inferiority in children and their parents, neurosis-like disorders and the development of secondary disorders, such as microbial-inflammatory processes in the genitourinary tract. The problem of treating nocturnal enuresis in children today seems to be one of the most urgent in modern neurology. It will be determined by the fact that nocturnal involuntary urination is observed to a greater extent in persons with an insufficiently formed nervous system, but at the same time, in the course of practice, we observe that the failure of the nervous system is not one of the main causes of this pathology in children.

The purpose of the study: to evaluate the effectiveness of complex treatment of children with enuresis.

Materials and methods of research: 120 patients with primary nocturnal enuresis were examined to achieve the set goals and objectives. The control group consisted of 40 healthy children.

The children were divided into two groups: In the 1st group, traditional medication (M-cholinolytics, tricyclic antidepressants, NSAIDs, neurometabolites, vitamins, anabolic drugs) and physiotherapy (Shcherbak galvanization, therapeutic massage, hygienic gymnastics), as well as psychotherapy; in the 2nd group, in addition to traditional medical and physiotherapeutic treatment, a herbal medicine and a course of acupuncture were prescribed. All children were under dynamic observation for six months. The effectiveness of therapy was assessed by the frequency of reduction in the number of wet nights per week after the course of therapy. A complete response was defined as a reduction in wet nights of at least 80%, and a partial response was defined as a reduction in wet nights of 50% to 79% and no effect of less than 50%.



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Conclusions: when analyzing the results of treatment, it was found that the effect of using combination therapy is significantly higher and reaches 85% ($p < 0.001$), while with traditional therapy, the effectiveness was only 55%. The study also found that the effectiveness of enuresis therapy depends on the degree of implementation of the doctor's recommendations, which was assessed by us according to the diary of enuresis and the diary of urination. At the same time, patients must be highly motivated, which serves as a guarantor of the implementation of all recommendations given by the doctor and obtaining positive results from therapy.

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