



NOTES

ELIMINATION DISORDERS

GENERALLY, WHAT ARE THEY?

PATHOLOGY & CAUSES

- Repeated voluntary/involuntary passage of feces/urine into inappropriate places
 - **Encopresis:** feces
 - **Enuresis:** urine
- Disorders can be functional; often explained by/causing distress

CAUSES

- Genetic, environmental

SIGNS & SYMPTOMS

- Repeated voluntary/involuntary passage of feces/urine into inappropriate places

DIAGNOSIS

- Repeated voluntary/involuntary passage of feces/urine into inappropriate places
- > five years old
- Not caused by other condition/substance

TREATMENT

MEDICATIONS

- Laxatives, desmopressin, to manage elimination

PSYCHOTHERAPY

- E.g. cognitive behavioral therapy

ENCOPRESIS

osms.it/encopresis

PATHOLOGY & CAUSES

- Repeated voluntary/involuntary passage of **feces into inappropriate places**
- Often functional, caused by overflow due to withholding feces (e.g. fear of defecation); constipation-related
- When feces deposited in abnormal places, may be neurodevelopmental/induced by fear of toilets

CAUSES

- Genetic, environmental
- Often associated with psychiatric comorbidities

SIGNS & SYMPTOMS

- Repeated passage, voluntary or uncontrolled, of feces into inappropriate places

DIAGNOSIS

- Repeated passage, voluntary or uncontrolled, of feces into inappropriate places
- Occurs at least once a month for three months in a row

- Age: > four years old
- Not caused by other condition/substance (except constipation)

TREATMENT

MEDICATIONS

- Daily laxatives (stool softeners: 1g/kg polyethylene glycol per day)

PSYCHOTHERAPY

- Behavioral therapy
 - Encourage toilet usage, normalize bowel movements

OTHER INTERVENTIONS

Dietary

- Avoid constipating foods
- Adequate hydration
- Increase fiber intake; fiber tablets

Remove fecal impaction

- Polyethylene glycol/mineral oil
- Rectal enema

ENURESIS

osms.it/enuresis

PATHOLOGY & CAUSES

- Repeated voluntary/involuntary passage of urine into inappropriate places
- Can be nocturnal, diurnal, both
- Can involve poor bladder control (physiological developmental reasons)/exceeding bladder capacity

CAUSES

- Genetic, environmental; stress-related
 - Often associated with psychiatric comorbidities
 - More common in biological males

SIGNS & SYMPTOMS

- Repeated voluntary/involuntary passage of urine into inappropriate places

DIAGNOSIS

- Repeated voluntary/involuntary passage of urine into inappropriate places
- “Clinically significant”: occurs > two times per week for > three consecutive months or affects day-to-day life
- Age: > five years old
- Not caused by other substance

TREATMENT

MEDICATIONS

- Desmopressin (reduce urine production)

PSYCHOTHERAPY

- Behavioral therapy (e.g. bedtime alarm therapy), bladder program