



Dear Dr. GP/ Pediatrician,

re: Referring for telehealth treatment
Nonorganic enuresis (nocturnal)

When you have patients bedwetting past 6 years of age?

You can now refer to Dry Time Kids in Cheltenham for evidence-based professional enuresis treatment delivered **safely via telehealth** service delivery. Dry Time Kids provides the Practitioner-Assisted Bell-and-Pad Alarm Treatment shown to have up to a **97% success rate** (see below for details).

Children can be dry in as little as **6-8 weeks**, with improvements in self-esteem, sleep quality and social participation. Having a child that is dry at night makes a real difference to families. As families are confined to the home, now may be a perfect time to undertake treatment.

Referral:

Nonorganic Enuresis is considered a Mental Disorder treatable under Better Access (*ICD-10 & DSM-V). Following your usual medical assessment please consider writing a referral letter and a Mental Health Care Plan for nonorganic enuresis.

Evidence?

- (1) A recent 2017 retrospective medical chart review of 3,512 treatments established a **treatment efficacy of 92%** in Practitioner-Assisted Ramsey Coote Bell-and-Pad Alarm Therapy in children with enuresis between the ages of 5 and 16 years in the psychology clinic.
- (2) The evidence is well established for alarm therapy. There is Level I evidence for CBT, specifically, for **behaviour therapy** (in the form of alarm therapy) to treat children and adolescents (5 to 16 years of age) with nocturnal enuresis.
- (3) Clinic data for the past 3 years at Dry Time Kids reveals a **97%** success rate for children completing the onsite treatment.

Kind Regards,

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*Conditions classified as Mental Disorders for the purposes of the Better Access to Mental Health Care are informed by the World Health Organisation ICD-10 Chapter V Primary Care Version. Nonorganic enuresis (F98.0) is found in Other behavioural and emotional disorders with onset usually occurring in childhood and adolescence."

*Apos, E., Schuster, S., Reece, J., Whitaker, S., Murphy, k., Golder, J., Leiper, B., Sullivan L., and Gibbs. S. (2017) Enuresis management in Australian children - A retrospective review of 3,512 treatments with bell and pad alarm. *Journal of Paediatrics* 2017.

*Australian Psychological Society (2018) Evidence-based psychological interventions in the treatment of Mental Disorders from the Australian Psychological Society, A Review of the literature. Note: Level 1 evidence being evidence from Systematic review of all relevant randomised controlled trials.