

THGPCG 0-19 Waltham Forest : Toilet Training & Children's Continence Support for 0-19 service



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Introduction



Brief overview of how Health Visitors and School Nurses in Waltham Forest support families with toilet training and continence, including the local referral pathway.

Health Visiting Team Role in Toilet training (0-5)

2-year health review is the key point of contact.

- To discuss toilet training readiness and provide tailored advice.
- Topics covered are i.e. recognizing readiness cues, establishing routines, positive reinforcement.

Ongoing support:

- Revisit toilet training at subsequent follow up contacts if families raise concerns or professional concerns.

Resources provided:

- Leaflets for parents.
- Signposting to ERIC (Children's Bowel & Bladder Charity) and Bladder and Bowel UK.

Referral if difficulties persist:

- Families referred to **Lloyd Park Children's Centre** for structured toilet training support.
- Refer to GP if i.e.
 - Constipation, urinary tract infections, or red flag symptoms (pain, blood, recurrent accidents).
 - Concerns about underlying medical conditions affecting bladder/bowel control.

Refer to continence service (NELFT):

- From age 5 years if continence has not been achieved despite appropriate support and no underlying medical cause identified.

School Nursing team role in Continence (5-19)



- **Tier 1 Support:** provides basic advice to promote healthy bladder and bowel habits. This includes guidance on fluid intake, dietary advice, and initial support for issues such as nocturnal enuresis, constipation, and toilet training difficulties. Families are provided with resources including ERIC and Bladder & Bowel parent/child leaflets, fluid diaries, and advice on establishing toileting routines.
SN they also order, and review containment products as needed.

- **Health Education:** Promote good bladder and bowel habits within the school setting.
- **Signposting & Referral:** Direct families to , Specialist Continence Services, or GPs when issues are complex or persistent.
- **Liaison with Schools:** Work with teachers and school staff to support children's needs and ensure appropriate accommodations are in place.

Referral from THGPCG to Continence Service and GPs



If continence issues remain unresolved after six months of Tier 1 support, children and young people (CYP) are referred to the NELFT Children's Continence Service for specialist input.

This includes for i.e.

- Persistent constipation or soiling
- Daytime and/or nighttime wetting beyond the expected age
- Suspected underlying bladder or bowel dysfunction

The 0–19 team may also refer to or liaise with the GP regarding continence issues, for i.e.

- Review of prescribed medications
- Review or initiation of laxatives
- Investigation of any underlying medical issues related to continence or toilet difficulties



GP Referrals into 0–19 Service

- GPs can refer into the 0–19 Service for Health Visiting and School Nursing support.
- Referrals can be emailed via the Single Point of Access (**SPA**).
thgpcg.wf0-19spa1@nhs.net
- For children under 5, they will be allocated to the named Health Visitor . If no HV is already assigned, one will be allocated to provide toileting support.
- For children and young people (CYP) attending school ,GP to ask for the name of school so SPA can allocate directly to the named School Nurse.
- If the child is not in school , SPA will allocate to the **EOTAS** (Education Other Than At School) School Nurse for follow-up.

GPs can also refer to Lloyd Park Children's Centre for toilet training support, as referrals are welcomed from different professionals

Summary

Health Visitors → Support early toilet training, provide relevant resources, and refer to Lloyd Park if issues remain unresolved.

School Nurses → Deliver Tier 1 continence support for school-aged children.

Complex or unresolved cases → Escalate to NELFT Specialist Continence Nurse and to the GP.

Key Message : GPs play a vital role in identifying medical issues early and supporting families. Working in partnership is key if GPs have concerns, they should refer to the Health visiting and School Nursing team so we can provide that initial support.