

ENVIDIUS ENURESIS CLINIC



Progress Folder (T10.V5.0)

SITTA Method: Short and Intensive Treatment with one of Two Alarms

for the treatment of Enuresis in Bon Secours Cavan

Please bring this chart and your alarm with you at each clinic visit unless told otherwise

┌		┐
	Name	
	Date of birth	
	Address	
	
└		┘

Progress Folder



Body Worn Alarm T10



Dairy - Reminders and Actions for the next visit:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____

Location

Envidius Private Paediatric Clinic, Bon Secours, Drumalee, Cavan, H12 Y8W5

Contact details

Clinic Reception: 049 433 2697

Mobile for calls: 086 373 0387

Appointments SMS: 086 180 3128 / 087 412 3813

Email: envidiusppclinic@privateclinic.ie

Website: www.envidius.ie

Appointments for Envidius Clinic Cavan

Day	Date	Time	Week	Place
Tuesday / Thursday Friday				F2F Envidius Clinic Video Phone E-mail
Tuesday / Thursday Friday				F2F Envidius Clinic Video Phone E-mail
Tuesday / Thursday Friday				F2F Envidius Clinic Video Phone E-mail
Tuesday / Thursday Friday				F2F Envidius Clinic Video Phone E-mail
Tuesday / Thursday Friday				F2F Envidius Clinic Video Phone E-mail
Tuesday / Thursday Friday				F2F Envidius Clinic Video Phone E-mail
Tuesday / Thursday Friday				F2F Envidius Clinic Video Phone E-mail
Tuesday / Thursday Friday				F2F Envidius Clinic Video Phone E-mail
Tuesday / Thursday Friday				F2F Envidius Clinic Video Phone E-mail
Tuesday / Thursday Friday				F2F Envidius Clinic Video Phone E-mail

Notes:

Contents

Dairy - Reminders and Actions 1
Appointments for Envidius Clinic Cavan 2
SITTA METHOD PROGRESS.....4
 Child’s Dry Nights Record Body Worn Alarm Wk 1-4 5
 Child’s Dry Nights Record Body Worn Alarm Wk 5-8 6
 Child’s Dry Nights Record Body Worn Alarm Wk 9-12 (Xtra) 7
 Child’s Dry Nights Record Body Worn Alarm Wk 1-4 (Example)..... 8
 Follow-Up Child’s Dry Nights Record Body Worn Alarm..... 10

SITTA METHOD PROGRESS

Documentation to monitor progress of a child with enuresis
using the SITTA method of getting dry using a body worn
alarm (M024)

Body worn Alarm



Envidius Enuresis Clinic

Child's Dry Nights Record Body Worn Alarm Wk 1-4

Name Date of birth Address	Current treatment: None / Malem 24 / Other Alarm Period starting: / / 20... Period ending: / / 20... Date First Initial Success: / / 20... Date Second Initial Success: / / 20...
---	---

If your bed was dry in the morning, write DRY in the box and note if you slept through or woke up (by yourself) to wee. If the bed wasn't dry, please mark the following:

- The size of the wet patch with large/medium/small; If bed is dry but just a drop in pants write: **drop**
- If you woke up yourself; either before or after hearing the alarm (= you parent didn't have to wake you);
- If you are using an alarm, please mark the time(s) the alarm was triggered and you got up;
- If you wet a second time, write this down too and record this under "More wets";
- Mark when you have achieved 14 dry nights in a row (First Initial Success) and when you started the Overlearning. Record the date when you have a Second Initial Success and stop using the alarm.

		MON	TUES	WED	THU	FRI	SAT	SUN	Note
Week 1	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Week 2	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Week 3	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Week 4	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Total number of dry nights (Please add):									

Envidius Enuresis Clinic

Child's Dry Nights Record Body Worn Alarm Wk 5-8

Name Date of birth Address	Current treatment: None / Malem 24 / Other Alarm Period starting: / / 20... Period ending: / / 20... Date First Initial Success: / / 20... Date Second Initial Success: / / 20...
---	---

If your bed was dry in the morning, write DRY in the box and note if you slept through or woke up (by yourself) to wee. If the bed wasn't dry, please mark the following:

- The size of the wet patch with large/medium/small; If bed is dry but just a drop in pants write: **drop**
- If you woke up yourself; either before or after hearing the alarm (= you parent didn't have to wake you);
- If you are using an alarm, please mark the time(s) the alarm was triggered and you got up;
- If you wet a second time, write this down too and record this under "More wets";
- Mark when you have achieved 14 dry nights in a row (First Initial Success) and when you started the Overlearning. Record the date when you have a Second Initial Success and stop using the alarm.

		MON	TUES	WED	THU	FRI	SAT	SUN	Note
Week 5	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Week 6	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Week 7	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Week 8	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Total number of dry nights (Please add):									

Envidius Enuresis Clinic

Child's Dry Nights Record Body Worn Alarm Wk 9-12 (Xtra)

Name Date of birth Address	Current treatment: None / Malem 24 / Other Alarm Period starting: / / 20... Period ending: / / 20... Date First Initial Success: / / 20... Date Second Initial Success: / / 20...
---	--

If your bed was dry in the morning, write DRY in the box and note if you slept through or woke up (by yourself) to wee. If the bed wasn't dry, please mark the following:

- The size of the wet patch with large/medium/small; If bed is dry but just a drop in pants write: **drop**
- If you woke up yourself; either before or after hearing the alarm (= you parent didn't have to wake you);
- If you are using an alarm, please mark the time(s) the alarm was triggered and you got up;
- If you wet a second time, write this down too and record this under "More wets";
- Mark when you have achieved 14 dry nights in a row (First Initial Success) and when you started the Overlearning. Record the date when you have a Second Initial Success and stop using the alarm.

		MON	TUES	WED	THU	FRI	SAT	SUN	Note
Week 9	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Week 10	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Week 11	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Week 12	<i>Size:</i>								
	<i>Woke self:</i>								
	<i>Time up:</i>								
	<i>More wets:</i>								
Total number of dry nights (Please add):									

Envidius Enuresis Clinic

Child's Dry Nights Record Body Worn Alarm Wk 1-4 (Example)

NameEnda Xample Date of birth02/02/2013..... Address ...Cavan/Monaghan.....	Current treatment: None / Malem 024 / Other Alarm Period starting: 30 / 01 / 2021 Period ending: 27 / 02 / 2021 Date First Initial Success: / / 2021 Date Second Initial Success: / / 2021
--	---

If your bed was dry in the morning, write DRY in the box and note if you slept through or woke up (by yourself) to wee. If the bed wasn't dry, please mark the following:

- The size of the wet patch with large/medium/small; If bed is dry but just a drop in pants write: **drop**
- If you woke up yourself; either before or after hearing the alarm (= you parent didn't have to wake you);
- If you are using an alarm, please mark the time(s) the alarm was triggered and you got up;
- If you wet a second time, write this down too and record this under "More wets";
- Mark when you have achieved 14 dry nights in a row (First Initial Success) and when you started the Overlearning. Record the date when you have a Second Initial Success and stop using the alarm.

		MON	TUES	WED	THU	FRI	SAT	SUN	Note
Week 1	Size:	L	L	L	M	L	S S	M	Praised for efforts; Sean made up bed himself
	Woke self:	- MUM woke Sean	- MUM woke Sean	- DAD woke Sean	✓	- DAD woke Sean	✓ ✓	✓	
	Time up:	05:00	04:15	04:45	03:00	04:00	3:15 6:00	04:00	
	More wets:	-	-	-	-	-	Yes: 2	-	
Week 2	Size:	M	M	Dry	Dry	M	drop	Dry	3/14
	Woke self:	✓	✓	✓	✓	✓	✓	✓	
	Time up:	04:15	05:00	03:00	05:00	06:00	05:15	06:00	
	More wets:	-	-	-	-	-	-	-	
Week 3	Size:	Dry	drop	Dry	Small	Dry	Large*	Dry	*Party on Saturday
	Woke self:	-	-	✓	✓	-	✓	✓	
	Time up:	-	-	06:30	03:00	-	06:30	06:30	
	More wets:	-	-	-	-	-	-	-	
Week 4	Size:	Dry	Dry	Dry	Dry*	Dry	Dry	Dry	*Forgot to turn on alarm
	Woke self:	-	-	-	✓	-	-	-	
	Time up:	-	-	-	05:00	-	-	-	
	More wets:	-	-	-	-	-	-	-	
Total number of dry nights (Please add):		3	2	3	2	2	1	3	16/28

Page Left Intentionally Blank



Sitta pygmaea



Sitta pygmaea