



Understanding Children's Experiences of Self-wetting (incontinence) in Humanitarian Contexts

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AUSTRALIA / UNITED KINGDOM



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#WaWF23

What is Self-Wetting?

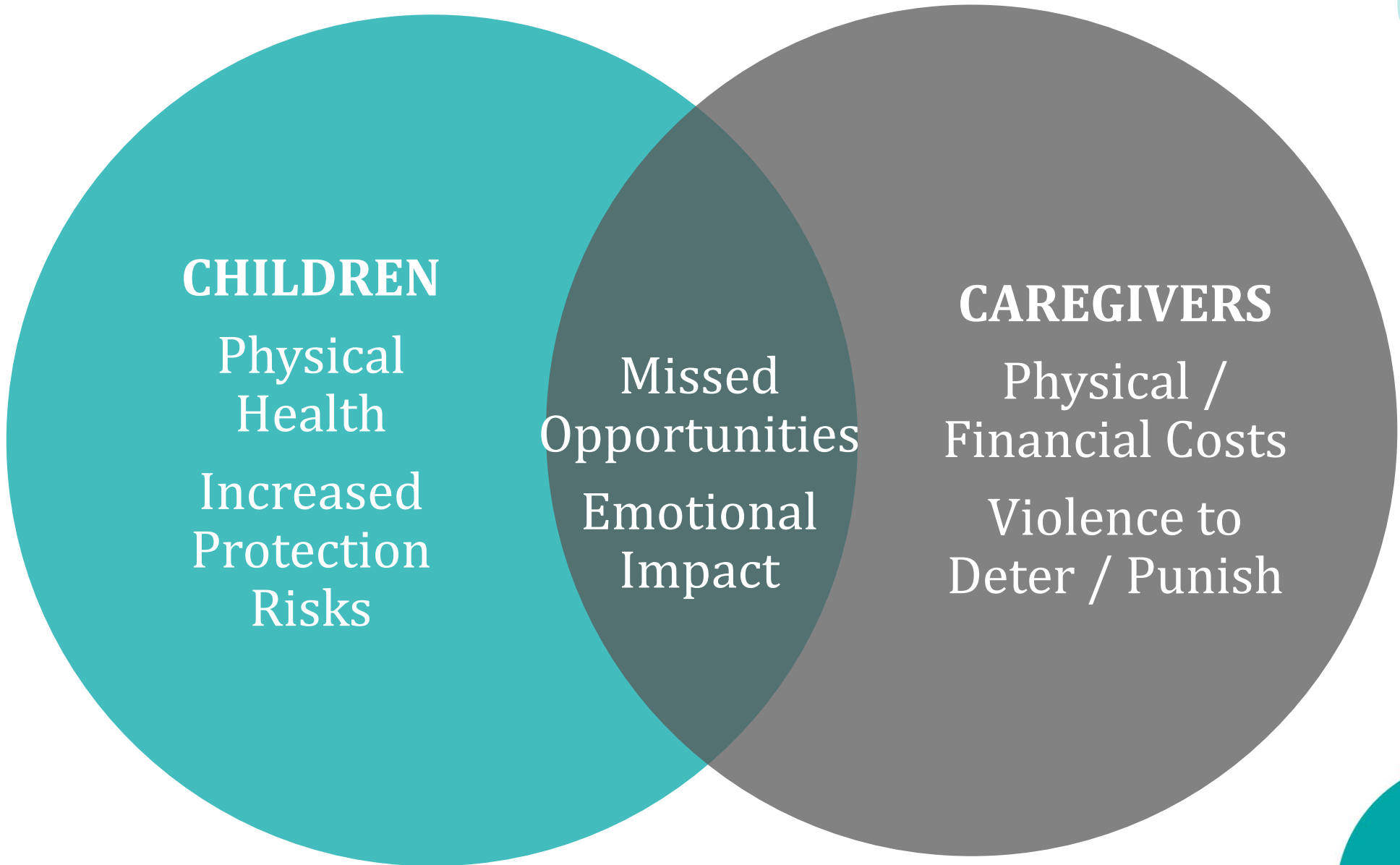
Urinary Incontinence

Medical condition of the involuntary loss of urine

Social Urinary Incontinence

Leakage of urine due to not being able, or not wanting, to use the sanitation facilities available

The Impact of Self-Wetting



OVERALL OBJECTIVE

“understand the barriers to inclusion that caregivers and children (aged five to 11) living with self-wetting face, so that more holistic, effective and inclusive WASH programmes can be developed”

PROJECT AIMS

1. Develop a research methodology to engage children aged five to 11 in discussions on self-wetting;
2. Better understand the experiences of children who self-wet, and their caregivers;
3. Provide guidance for better practice.

The Research Team

Leading:



Partnering:



Supporting:

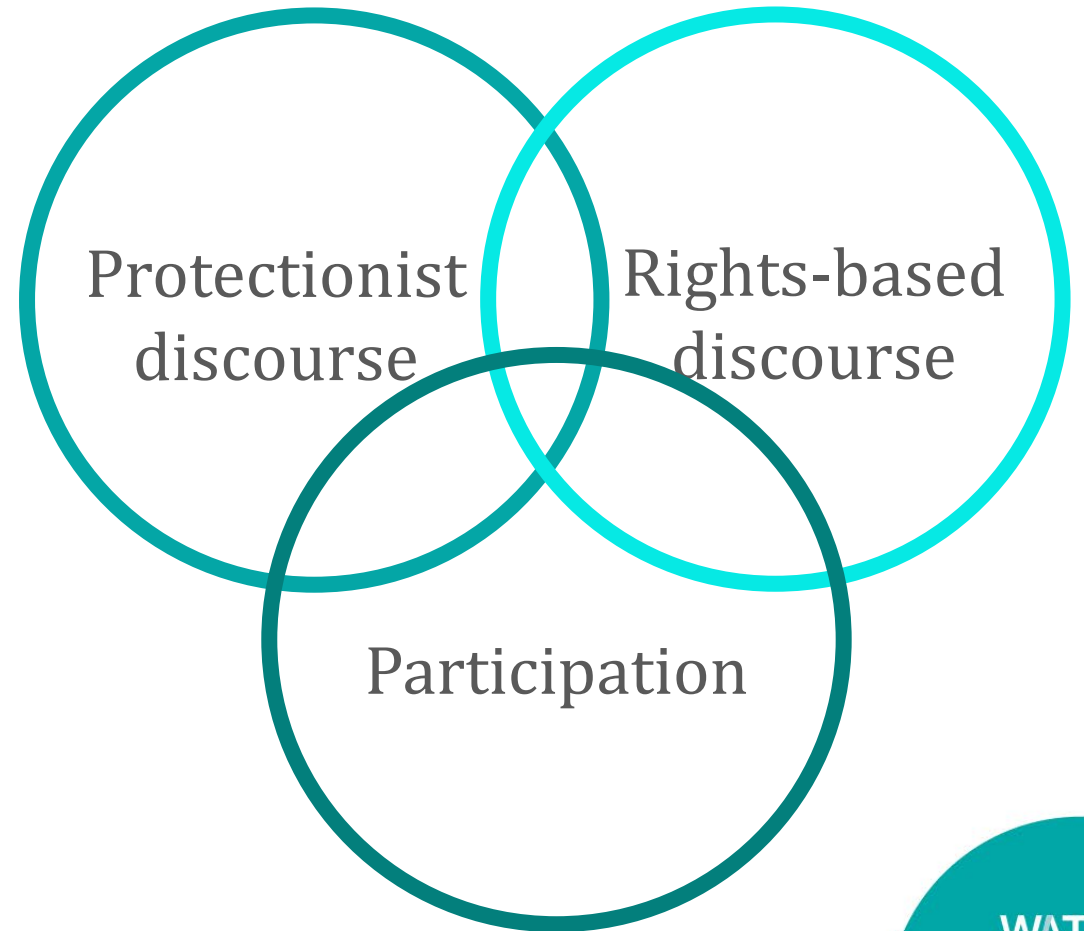


Advisory Committee:

Including humanitarian specialists; incontinence specialists; and specialists in conducting research with children

Highlighted Challenges:

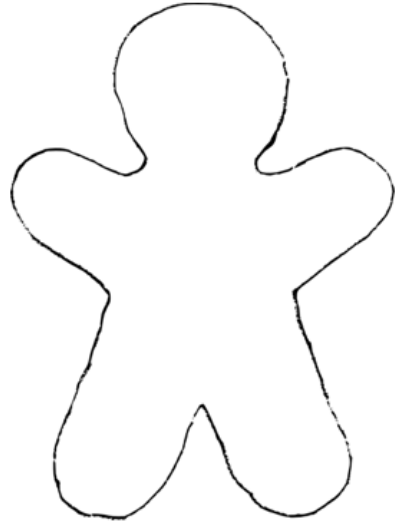
- a) In a humanitarian setting;
- b) With children;
- c) On a personal and sensitive health issue



The Story Book methodology

Rin

Run



Raan räär ke
yeen:



Län nhieer:

MC ee pioc

MC yee yepiöu yök yedë?



Yeenö?

Bangladesh and Uganda Sessions



****CAVEAT: methodology was not always implemented as designed****

In emergency contexts

Implementation: Difficult to interpret the data (drawings, if children didn't speak)

Practicality: Resource-intensive (particularly human and time)

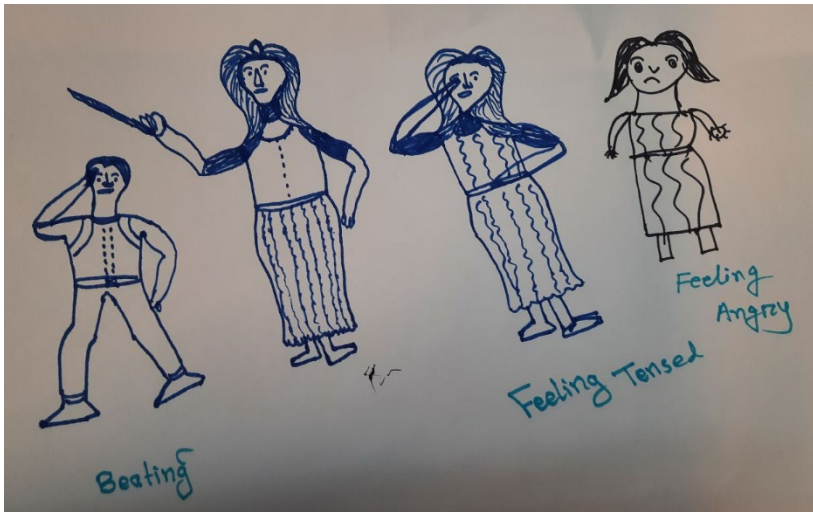
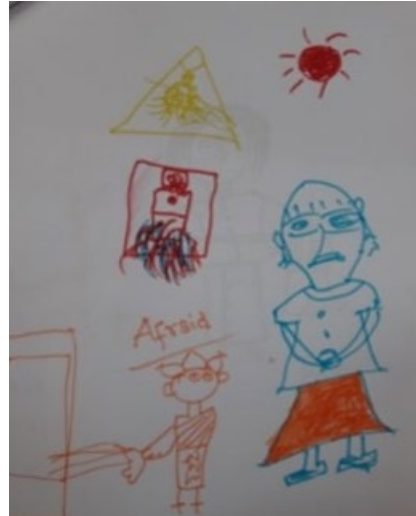
Acceptability: Some children struggled to do the activities (particularly younger group)

Adaptability: Takes time to adapt to context

Other Low Resource Contexts

- Created a safe space for these conversations
- No indications any children were upset or traumatized
- Prioritised children's frame of reference (interesting to look at alongside caregiver interviews)

Findings on Experiences



For the Story Book methodology

- a) For emergency contexts, trial a revised methodology, with fewer activities and simpler drawing activities
- b) Use future Story Book sessions to understand/normalize self-wetting in other contexts

For the WASH sector

- a) Provide sanitation facilities that children want, and are able, to use (see Rosato-Scott et al. 2021)
- b) Communication to support the normalisation of self-wetting (target audience to include caregivers and children)
- c) Include products in standardised hygiene kits to support the management of self-wetting
- d) Train humanitarian staff on the realities of self-wetting and ways of supporting individuals

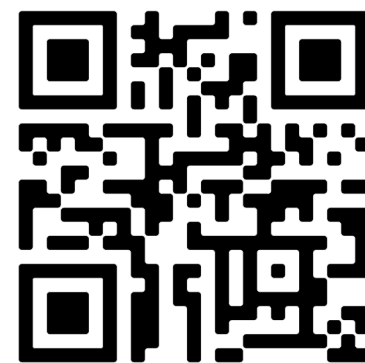
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Project website: <https://www.waterwomenworld.com/incontinence/children-and-self-wetting/>



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Interested in incontinence in low resource contexts generally? Have a read of Incontinence: We Need to Talk About Leaks. <https://doi.org/10.19088/SLH.2020.005>