



July 3rd, 2017

Specialist nurse helping children

Young children and teenagers in South Tyneside and Sunderland with bladder and bowel problems have the support of a new specialist nurse.

Claire Waters, who has joined the bladder and bowel service team at South Tyneside NHS Foundation Trust, is passionate about raising awareness of the importance of early recognition of the signs and symptoms of incontinence and the treatment.

"Bladder and bowel problems in children and young people are very common," she said. "It is thought up to 28 per cent are affected at any one time. In fact, this figure could be much higher as many cases go undiagnosed because it can be an embarrassing subject.

"Public education and raising awareness are a very important part of my role. For example, many parents and professionals who work with children don't know the recommended amount of fluid required daily to maintain a healthy bladder and bowel. I have seen very poorly children admitted to hospital with severe constipation, which is traumatic for them and their families."

Mrs Waters' career in paediatric nursing began at Newcastle General Hospital, caring for children with brain disorders and autoimmune deficiencies and disorders. She then worked on a children's surgical ward at Newcastle's Royal Victoria Infirmary, where she developed an interest in bladder and bowel surgery in particular.

She describes her new role with South Tyneside NHS Foundation Trust as her 'dream job'. "It seemed like a natural progression and a fantastic opportunity to be able to use all my ward-based knowledge in the community to ensure children and families receive safe, high quality nursing care and support for a variety of continence difficulties, which can make a positive difference to their lives."

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Pictured above: Claire Waters, South Tyneside NHS Foundation Trust's bladder and bowel service children's specialist nurse

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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