

Different Electrotherapeutic Approaches used for the Treatment of Nocturnal Enuresis: A Narrative Review

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ABSTRACT

Nocturnal Enuresis (NE) can be defined as infrequent and uncontrolled urination during sleep in children aged 5 years or more without any central nervous system abnormalities. NE is a common condition that causes stress among both children and their families. However, behavioural therapy is the first line of treatment for children experiencing NE but some electrotherapeutic strategies have been most commonly used to treat children with NE like Transcutaneous Electrical Nerve Stimulation (TENS), interferential (IF) electrical stimulation, and laser. The needle acupuncture also has been used as an alternate treatment for NE. This review aimed to evaluate the effectiveness and patient response to various electrotherapeutic methods used for treating NE in children. In this study, we have

collected information about NE from published articles from year 2014 to 2024. Searches were carried out from the following databases and search engines: PubMed, Google Scholar, Scopus, and ResearchGate. Several electrotherapeutic approaches have been identified to treat NE. According to studies, TENS, IF electrical stimulations, and needle acupuncture are useful in reducing wet nights. Electrotherapeutic modalities are somewhat helpful in reducing the frequency of wet nights in children with NE. However, no complete cure has been achieved still. IF electrical stimulations seems more effective than other therapeutic methods.

Keywords: Omit, Electrical stimulations, Interferential electrical stimulation, Needle acupuncture, Transcutaneous electrical nerve stimulation