



## Toilet skills assessment tool

[www.hse.ie/continencecare](http://www.hse.ie/continencecare)

Child's name:	Parent's name:	Parent/carer contact no:
Child's DoB:     /     /	Child's address:	
Name of assessor of 2 <sup>nd</sup> Assessment  Title & contact no.	Date of 1 <sup>st</sup> assessment     Date	PHN:
Past medical history, disability functional issues	Referred by:  Date of referral:	GMS (medical card) number:  Long term illness number:
	Receiving Domiciliary Care Allowance? yes <input type="checkbox"/> no <input type="checkbox"/>  Other:	Other HCP's providing care
Toilet training; Current status and Hx of toilet training attempt	Child's primary mode of communicating e.g. verbal, PECS:	Child lives with:
	GP details - name:  Contact no:	School details:
	Current products? (name and size)	
<b>Typical Diet</b>		
Breakfast	Lunch	Dinner
Snacks -		
Oral or enteral fed –		
Fluids (see recommended fluid intake per age group below) -		
<b>Suggested fluid intake of water-based drinks per 24 hours</b>		
Age 1-3 years → 900 ml -1000 ml		Age 4-8 years → 1200 ml – 1400 ml
<i>Note:</i> If a dietitian or medical professional has given advice about fluid intake for an individual child or young person, that advice should be followed. (NICE 2010)		

Signed \_\_\_\_\_ date \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

Assessment (the second scoring column is included in case a repeat assessment is needed later)				
Bladder function (passes urine)	Score	Advice offered	1 <sup>st</sup>	2 <sup>nd</sup>
1) More than once per hour	3	Check fluid intake and adjust if necessary If age 5+ and frequency persists, consider assessment for Overactive Bladder (OAB) or immature bladder		
2) Between one / two hourly	2	Indication of developing bladder maturity		
3) More than two hourly	0	Maturing bladder – consider toilet training		
Bladder control	Score	Advice offered		
1) Never or rarely passes urine in toilet or potty	3	Complete baseline chart to identify urination intervals and start sitting on the toilet when bladder is more likely to be full		
2) Passes urine on toilet or potty sometimes	2	Consider removal of nappy (if worn) and introduction of formal toilet training programme		
3) Can initiate a request to pass urine	0	Good evidence of bladder maturity - start on toilet training programme		
Night wetting	Score	Advice offered		
1) Every night	3	If aged 5 or over and dry in the day consider referral to the enuresis service		
2) Occasionally – odd dry night	2	Indication of developing bladder maturity		
3) Never wet	0	Mature bladder – consider toilet training		
Sitting on toilet	Score	Advice offered		
1) Refuses to sit	4	Consider behaviour modification programme		
2) Sitting with or without help	2	Liaise with OT if necessary re: toilet adaptation or equipment		
3) Sits long enough to pass urine	0	Start toilet training		
Going to the toilet	Score	Advice offered		
1) Gives no indication of need to go	4	Consider introducing strategies to raise awareness of wet/dry/soiled		
2) Gives some indication, by (include words or signals used):	2	Introduce positive reinforcement for target behaviour		
3) Sometimes goes of own accord	0	Consider formal toilet training programme		

<b>Bowel control</b>	<b>Score</b>	<b>Advice offered</b>		
1) Rarely or never opens bowels on toilet or potty	3	Complete baseline chart - identify frequency of bowel movements - start toilet sitting when bowel is more likely to be emptied (such as after meals)		
2) Opens bowels on toilet or potty sometimes	2	Consider toilet training program		
3) Opens bowels on toilet or potty every time	0	Evidence of bowel control, consider toilet training		
<b>Bowel function</b>	<b>Score</b>	<b>Advice offered</b>		
1) Opens bowels more than three times per day	3	Exclude underlying constipation		
2) Does not always have a formed stool	2	Address underlying bowel problem before commencing toilet training (check Bristol Stool score). May be subject to constipation or diarrhoea.		
3) Has regular formed bowel movements	0	Mature bowel – consider toilet training readiness		
<b>Night time bowel movements</b>	<b>Score</b>	<b>Advice offered</b>		
1) Occurs more than once per week	3	Assess for underlying constipation – treat as appropriate		
2) Never	0	Mature bowel		
<b>Behaviour that interferes with toileting process, like screaming when toileted</b>	<b>Score</b>	<b>Advice offered</b>		
1) Occurs frequently (once per day or more often)	4	Consider liaison with CDNT/CAMHS re behaviour modification programme		
2) Occurs occasionally (less than once daily)	2	Consider assessment to identify 'trigger' factors for behaviour e.g. sound of hand dryer		
3) Never occurs	0	Consider bladder/bowel maturity and toilet training readiness		
<b>Response to basic commands, like 'sit down'</b>	<b>Score</b>	<b>Advice offered</b>		
1) Never responds to commands	4	Consider introducing 'routine/social stories' to gain co-operation		
3) Usually responds	0	Consider toilet training readiness		

Name \_\_\_\_\_ DOB \_\_\_\_\_

Handling clothes	Score	Advice offered		
1) Cannot handle clothes at all	4	If child physically able introduce programme to encourage child to pull pants up/down independently		
2) Attempts to pull pants down	2	Introduce positive reinforcement for target behaviour		
3) Pulls clothes up and down without help	0	Consider toilet training readiness		

Score:	Add up all scores to assess toileting skills at this time:
0- 16	Indicates toilet training readiness, <b>start</b> toilet training programme and removal of containment wear (if in use)
17-30	Indicates some toileting skills, should commence or continue a toilet skill development programme. Consider washable products.
31 and above	May have potential for acquiring toileting skills; may require containment products. Should be supported with skill development and reviewed regularly.

**Other helpful points to consider in relation to bowel health:**

What type of stool is common? (use Bristol Stool Chart, available here: [hse.ie/continencecare](https://www.hse.ie/continencecare))

Is there evidence of 'hiding' or 'holding on'?

**Plan of action / other comments:**

Taken from HSE PPPG: Guideline for the promotion of continence care & provision of containment products to children and young people  
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This assessment form is informed from evidence in UK guidance for the promotion of continence containment products to children and young people – A consensus document 2021 and also from an expert consensus group of Continence Nurses in Ireland who tested the revised tool in their primary care practice areas.