

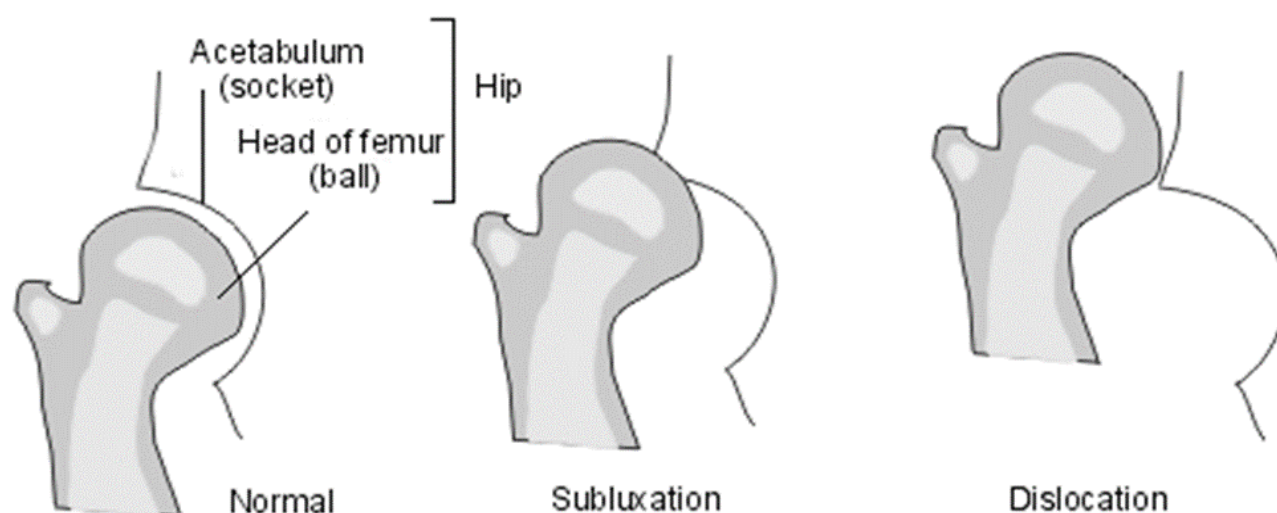


Your baby's referral to the Hip Screening Clinic

Your baby's routine newborn examination has shown that they need to be referred to the Hip Screening Clinic. This leaflet has been designed to provide you with information about the appointment.

Introduction

Your baby's hips are checked as part of the 'newborn baby check' which is undertaken within 72 hours of birth. The top of the thigh bone (femur) usually fits snugly into the socket of the pelvis (acetabulum). For normal development they need close contact (like an egg in an egg cup). If they do not fit snugly this can be a sign of Developmental Dysplasia of the Hips (DDH). The types of dysplasia are explained below.



The top of the thigh bone (femur) usually fits snugly into the socket of the pelvis (acetabulum).

If there is some contact, this is referred to as 'subluxation'.

Sometimes, the top of the bone slides above and behind the socket so that there is no contact; this is known as 'dislocation'.

If the top of leg bone moves in and out of the socket of the pelvis, this is referred to as an **unstable hip joint**.

'**Clicky hips**' is a term used which means that the hip joint ligaments are loose due to the hormones released to assist in delivery and may remain this way for up to two weeks after birth but corrects itself and does not usually affect your baby's hips in the future.

Why do these conditions happen?

Hip dysplasia that requires treatment occurs in 2-3 babies per thousand and is four times more common in girls than boys¹. It can be caused by their position during pregnancy

and birth, a family history or hormones released during pregnancy can relax the baby's ligaments, making the hip joint looser. There is nothing that you could have done, or not done, during pregnancy to prevent this.

The sooner we can identify and treat these conditions, the more chance of treatment being successful.

Why has my baby been referred?

An urgent referral is required if the newborn examination shows that your baby

- has a dislocated hip or hips
- has hips that are unstable or dis-locatable
- if movement of the legs is limited.

If your baby has been urgently referred then you will either be seen by a specialist (paediatric doctor, nurse specialising in orthopaedics or consultant orthopaedic surgeon) prior to discharge home or alternatively at the infant Hip Screening Clinic within two weeks of being discharged.

Routine referrals to the Hip Screening Clinic are made for babies who:

- have clicky hip/s
- were born in the breech position (or were breech after 36 weeks of pregnancy)
- have a family history (parents or siblings) of DDH or hip problems in early childhood
- were a multiple birth (e.g. twins, triplets). If one baby is referred the other/s will also be referred.

For a routine referral, you should receive an appointment to bring your baby to the Hip Screening Clinic within 6-12 weeks of being discharged. Babies who are born in the breech position or have a family history (parents or siblings) are usually seen within 6 weeks from birth. If you do not receive an appointment by this time, please contact The CAT 5 team on **0118 322 7415** or email rbb-tr.CAT5@nhs.net.

What will happen at the Hip Screening Clinic?

Hip Screening Clinics are held at three locations, The Royal Berkshire Hospital, Bracknell Health Space and West Berkshire Community Hospital. You will receive details of the location, date and time in your appointment letter. However, ultrasounds scans are only carried out at The Royal Berkshire Hospital.

Your baby will be examined by a doctor or nurse specialising in DDH and may need to have an ultrasound of the hip joint. If your baby needs a scan, a follow up appointment will be made.

If your baby is found to have DDH, further treatment may be required. Your baby may need to wear a hip splint or Pavlik harness, but this will be discussed with you at the clinic appointment.

All babies have a routine screening with hips checked again at the 6-8 week and at 2 years old by the GP or Health Visitor.

Contacting us

If you require any further information, please do not hesitate to ask your midwife on the ward or call Marsh or Iffley Ward on **0118 322 7319 / 7323** if you have been discharged.

Further information

Further information can be found on the following websites:

<http://www.hipdysplasia.org>

<http://www.nct.org.uk/parenting/hip-dysplasia-babies>

Hip Dysplasia (DDH) - STEPS Charity (www.stepsworldwide.org)

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

A Lee, Paediatric Trauma and Orthopaedic Nurse Consultant, August 2013

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