

# Infant Hip Ultrasound Examination

Children's Services

## Why has my baby been referred to the Hip Screening Clinic?

Your baby has been referred to have an ultrasound scan to check that their hips are developing normally.

Your baby's hips are checked as part of the 'newborn baby check' carried out routinely within 72 hours of birth as part of a national screening programme called the Newborn Infant Physical Examination (NIPE). You may have been referred because signs suggesting an abnormality of the hip joint were noted during this check.

You also may have been referred because your baby has certain risk factors that can be associated with problems within the hip joint.

Risk factors that are associated with an increased risk of hip abnormality include:

- They were breech (bottom down) after 36 weeks of gestation
- Family history of developmental dysplasia of the hip - a parent or sibling being treated for hip dysplasia as a child

Other reasons for referral that do not fall into these categories include:

- Lack of fluid in the womb
- Tight neck or foot abnormalities, including positional talipes
- Female and had a birth weight of over 4kg
- Had "clicky" hips on examination

An appointment will be sent to you and we try to scan all babies referred before they are six weeks of age.

Some babies need an urgent appointment made to the hip screening clinic and your baby may have a scan within two weeks if during the NIPE examination the hips were found to be unstable and movement of the legs was limited.

**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## Why should I bring my baby for a hip scan?

Problems with the hips can usually be corrected in a relatively simple way if the problem is detected early. This is why we ask you to bring your baby when they are so small. If hip problems go undetected, it is much more difficult to correct when your baby is older, with more likelihood of long term complications. Early recognition of hip problems allow for effective treatment, preventing long-term disability.

A hip problem found later may need an operation to prevent problems in the future.

If treatment is delayed beyond two years, it is possible that the hip joint and movement of the joint when walking will become painful and there is a risk of developing arthritis of the hip at a young age.

## What is an ultrasound examination?

This is a simple non-painful examination which uses high frequency sound waves, transmitted through the body from an ultrasound probe. The sound waves build up a picture on a television screen. It uses the same technology as the scans performed during pregnancy.

## What preparation is needed?

There is no preparation for this test, but a feed before the examination may help your baby feel more settled, as some babies can become restless during the examination. You may wish to arrive a little early for your appointment in order to do this.

If your baby is bottle fed or uses a dummy, then please bring these with you. Please also bring spare nappies/wipes.

## Where is the clinic and how long will it take?

The hip screening clinic is in women and children's ultrasound D4 and the ultrasound examination will usually take between 10 - 15 minutes. You can stay with your baby throughout. There are no side effects or after effects.

## Who performs the examination?

The ultrasound will be performed by a sonographer. An ultrasound assistant will also be present in the room. A physical examination may also be performed by a paediatric orthopaedic consultant.

## What will happen during the procedure?

You will be asked to partially undress your baby and for the scan they will then be placed on their side in a specially designed cradle. Warm, clear ultrasound gel will be applied to the skin over the hip joint and the ultrasound probe will be moved gently over the skin while pictures are taken. The baby will then be turned over and the same process repeated for the other hip. Both hips are always examined, the gel can be wiped off the skin and baby can be dressed.

## When will I get the results?

The sonographer or consultant will discuss the scan findings with you at the time of the examination.

Your baby's results will usually fall into one of the three categories below:

- If your baby's hips are normal (mature) then no treatment or follow up will be required
- Some hips are still immature at this early stage of their development and a rescan will be needed for the hips to be reviewed as your baby grows. The timing of the follow-up scan will be discussed with you at the examination
- If your baby's hip joints are found to be very shallow or dislocated, your baby will be seen in the next available consultant clinic. The paediatric orthopaedic consultant will review your baby and begin treatment with a Pavlik harness (a padded harness that holds a baby's legs out to the side in a bent position. This is to keep the hips in the right position to develop a normal hip socket), if necessary

## What is developmental dysplasia of the hip (DDH)?

The hip is a ball and socket joint. In some babies the hip joint does not develop properly. The ball of the hip joint may sit out of the joint, or the socket may not be deep enough for the ball to sit in properly. This is called developmental dysplasia of the hip (DDH). The severity of the condition is different for each baby. About 1 or 2 in every 1,000 babies has a hip problem needing treatment. In fact, many more babies (about 6%) will have immature hips that will get better without treatment. DDH is more common in first pregnancies and four times more common in girls than boys. The signs of hip abnormality include clicking or clunking of the joint, unequal leg length, asymmetric thigh creases or reduced hip movement.

## What can I do to help my baby?

You do not need to treat your baby any differently. If you do not receive a letter with an appointment by the time your baby is four to five weeks of age, please call to confirm an appointment has been made. Things that could hinder normal hip development are: tight swaddling or spending long periods of time in car seats. Anything that pulls the hips straight or restricts their natural movement should be avoided.

## Car parking

Please be aware that car parking can be difficult at busy periods. We suggest you allow plenty of time to park before your appointment.

## Further information

[www.nhs.uk/conditions/developmental-dysplasia-of-the-hip](http://www.nhs.uk/conditions/developmental-dysplasia-of-the-hip)

[www.steps-charity.org.uk](http://www.steps-charity.org.uk)

[www.hipdysplasia.org](http://www.hipdysplasia.org)

[www.nct.org.uk/parenting/hip-dysplasia-babies](http://www.nct.org.uk/parenting/hip-dysplasia-babies).

If you have any concerns about your baby's hip ultrasound or if your baby is nearly 6 weeks old and you have not received an appointment, please contact the scan department on 01902 695920 Monday to Friday 9am - 5pm.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。