

Having an Ultrasound for Developmental Dysplasia of the Hip – A Guide for Parents and Carers

Children's Services
Women & Children's Services

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries you may have.

Information for parents and carers

Introduction

The aim of this leaflet is to provide parents and carers all the relevant information about the use of ultrasound in Developmental Dysplasia of the Hip and answer some common concerns and questions.

What is Developmental Dysplasia of the Hip (DDH)?

Developmental Dysplasia of the Hip is a condition in babies where the hip joint is dislocated or underdeveloped. It is not common, occurring in about 5 in 1000 babies. Some babies may be at higher risk of DDH (e.g. family history, prematurity, those born by breech presentation).

How is it detected?

All babies have a physical examination of the hips after birth. If there is a possibility that your baby may have DDH they may be re-examined by another doctor. You will also be given an appointment to attend the "Hip Clinic".

The appointment for this clinic will usually be made when your baby is around four to eight weeks old. For premature babies this is four to eight weeks after the **expected** birth date.

What is the Hip Clinic?

This is a clinic held in the children's outpatient department. The aim is for the following things to be undertaken and completed on the day of the appointment:

- For your baby to be assessed by either a doctor or a qualified nurse practitioner
- To have an ultrasound scan. At Grimsby this will be performed in the Radiology Department. At Scunthorpe it will be performed in the consultation room
- To receive the results of the scan
- To be advised of any further action/treatment or to be discharged from the clinic

Please allow (at least) 2 hours for this appointment.

What is an ultrasound scan and why is it performed?

An ultrasound scan is a harmless procedure that uses sound waves to create a 'television' image of the area scanned. Ultrasound will show whether the baby's hip is well formed and if the bones are in the correct position.

How should I prepare my baby for ultrasound?

There is no preparation required. You will be able to remain with your baby throughout. It is useful to bring spare nappies / wipes as your baby's nappy will need to be open/removed during the scan.



Information for parents and carers

What will happen during the procedure?

Your baby will lie on their side on an examining table. The Sonographer (person trained to perform the scan) will put some gel on an instrument that looks like a microphone (known as a transducer). They will then move the transducer over the hip area to take some pictures. The procedure usually takes about 5-10 minutes.

Benefits

The test will allow your Consultant to know if your baby has a problem with their hip(s) in order for the most appropriate treatment to be given.

Risks

Ultrasound used for diagnostic purposes is not harmful to your baby.

When will we get the results?

In the majority of cases you will receive the results whilst in the clinic.

If you are being seen at Grimsby following the ultrasound you will be sent back to the Hip Clinic with the results of the scan.

At Scunthorpe you will remain in the examination room.

The results will be discussed with you by either a doctor or the nurse practitioner. If the ultrasound is normal your baby will be discharged. If the results do not look normal, a nurse practitioner or a doctor will discuss what course of action may be necessary and advise appropriately.

If necessary what further treatment is available?

The doctor will discuss this with you, but your baby may require a repeat ultrasound at a later date. Some babies who have DDH may need to be referred to a Consultant at another hospital. If this is necessary it will be discussed with you by your Consultant or a member of their team.

What if I have further questions?

Please ask the nurse, Sonographer or doctor if you have any further questions or concerns. If you are unable to attend your appointment please contact us as early as possible to re-book.

Contact Details for Further Information

If you wish to change your outpatient appointment please contact:

For Diana, Princess of Wales Hospital

03033 306536 (option 2 – Children's Services)

For Scunthorpe General Hospital

03033 306537 (option 4 – Children's Services)



Information for parents and carers

References

www.patient.co.uk

Developmental Dysplasia of the Hip. March 2010.

Patient Advice and Liaison Service (PALS)

The Patient Advice and Liaison Service offers confidential advice, support and information on any health related matters.

If you have a comment, concern, complaint or compliment about the care or service you have received from the Trust you can contact the PALS team as follows:

Telephone: 03033 306518

Email: nlq-tr.PALS@nhs.net

There are also offices at both the Diana Princess of Wales Hospital (near the main entrance) and Scunthorpe General Hospital (on the C Floor, near the outpatient department), should you wish to visit.

Please note: PALS should not be contacted for clinical advice relating to the content of this leaflet. The service should be contacted directly in the first instance.

Northern Lincolnshire and Goole NHS Foundation Trust

Diana Princess of Wales Hospital
Scartho Road
Grimsby
DN33 2BA

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
DN15 7BH

Goole & District Hospital
Woodland Avenue
Goole
DN14 6RX

03033 306999

www.nlg.nhs.uk

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