

Further information

NHS Newborn and infant physical examination programme:

<https://www.gov.uk/topic/population-screening-programmes/newborn-infant-physical-examination>

Steps website:

<https://www.stepsworldwide.org>

Contact details

To change an appointment, please contact:

Ultrasound Outpatients Clinic

Telephone: (01603) 288469

Monday - Friday 08.00 -16.00

Email: ultrasound.rea@nuh.nhs.uk

If your baby requires treatment, you will be contacted by:

Children's Physiotherapy

Department Telephone:

(01603) 286333



BABY HIP SCREENING:

A Parent's Guide



Patient Information Leaflet for: Baby Hip Screening

Author/s: Dr Florence Walston
Approved by: PIF

Available via Trust Docs

Version: 1

Author/s title: Consultant Neonatologist
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Why have I been given this Leaflet?

This information leaflet is to inform you (parents/guardians) about why your baby has been referred a hip screening ultrasound and reassure you about what will happen during the test.

Why are babies' hips checked?

All babies' hips are checked following their birth as some babies are born with hip joints that are not formed properly (Developmental Dysplasia of the Hip - DDH). If untreated, this can lead to serious long term disability including problems with walking.

Babies who may have hip problems are referred for an ultrasound of their hips to look for DDH. This is not an uncommon problem and can be easily treated in the majority of cases.

Why has my baby been referred for this test?

Some babies are referred because during their routine hip examinations they have been found to have signs

which may indicate an unstable hip joint. Other babies are referred because they have "risk factors" meaning they are slightly more likely to have an unstable hip, for example: breech presentation or a family history of hip dysplasia.

The physical examination on its own does not give as much information about hip development as when it is combined with a scan. An ultrasound scan shows how the hip sockets are forming.

What will happen at the scan?

You will be sent an appointment for your baby to attend an ultrasound hip scan at around 4 weeks of age. The scan is safe and painless. It enables us to measure how the hip socket is developing.

If this scan shows your baby's hips are developing normally, they will not need to be seen again. This occurs with approximately 80% of the babies we scan.

However, some babies may have hips that are immature or poorly formed, in

which case a referral will be made to the physiotherapists at 'The Baby Hip Clinic' based at the Norfolk and Norwich University Hospital.

You will be assessed by 'The Baby Hip Clinic' either over the phone or at the hospital where scan results will be discussed, and a management plan will be made.

Immature hips will usually improve by themselves over the next few weeks with no treatment at all. However, if your baby's hips are poorly formed then treatment may be started within a week by the team of experienced physiotherapists and orthopaedic doctors at 'The Baby Hip Clinic'.

Please note

Early diagnosis and treatment are vital to help your baby avoid problems in the future. Help your baby have the best start in life – please attend your appointment. If you are unable to attend the appointment you are given, please call as soon as you can to reschedule.

Telephone contact information can be found on the 'Contact Details' section

on the reverse of this information
leaflet.

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