

Parent/Carer advice sheet

Newborn Hip Screening

All babies should have a Neonatal and Infant Physical Examination (NIPE) within 72 hours of birth. This is part of a national screening programme. The baby's hips are clinically assessed as part of this examination. This is to look for a condition known as developmental dysplasia of the hip (DDH). Any potential risk factors for DDH are also identified in this examination.

What is developmental dysplasia of the hip?

In DDH the socket of the hip joint is too shallow, and the rounded head of the femur is not held tightly within the socket. In severe cases the head of the femur can come out of the socket (dislocate).

What are the risk factors for DDH?

- Family history (parents/siblings) of DDH
- Baby in breech position (feet/bottom pointing down) in the last month of pregnancy
- Baby born in breech position
- You have twins or triplets, and one of the babies has a risk factor for DDH; each of the other babies will also be referred for an ultrasound

What happens in the examination?

A trained practitioner (midwife/paediatrician) will gently move the baby's hips to see if they feel stable. This will not hurt the baby. They will also enquire about any of the risk factors stated above.

What happens if there is an abnormality?

- If the hips feel unstable the baby will be referred to an orthopaedic surgeon for further assessment.
- If the hips are stable but risk factors are identified the baby will be sent for an ultrasound scan (US) which should happen within 6 weeks of age.
 - If the hips are abnormal on US the patient will be referred to the orthopaedic team.

How is DDH treated?

- Babies diagnosed with DDH early in life are treated with a fabric splint called a Pavlik harness. This holds the hips in a stable position and allows them to grow into the correct position. Most babies are successfully treated with this.
- If the harness is not successful or DDH is diagnosed after 6 months of age, surgery may be required.

What can you do to help your baby?

- If an US scan has been recommended it is very important to attend this appointment because early diagnosis will ensure the best results.
- If you cannot make the appointment, please call the radiology department on **01296316908** at the earliest opportunity to reschedule the appointment. Please note this can lead to a delay as US slots are booked up several weeks in advance.

How can I help reduce healthcare associated infections?

Infection prevention and control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites.

Further information is available on our website.

Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net

Legal Notice

Please remember that this patient advice sheet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

Approvals:

Paediatric Information and Guidelines Group – 11th January 2024

Paediatric Clinical Governance – 7th January 2024

Maternity Leaflets Group – 2021

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