

Newborn Hip Screening

Information for parents



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The newborn hip screening programme aims to identify babies affected by Developmental Dysplasia of the Hips (DDH), a condition which occurs in 1-2 babies in every 1000 born in the UK.

Why is it important?

Usually the head of the thigh bone (femur) sits within a cup (acetabulum) on the pelvis to form the hip joint. In DDH the acetabulum (cup) is very shallow leaving the “ball and socket” joint unstable. This may occur in one or both hips.

Without treatment, DDH can lead to hip pain, early arthritis and disability, which makes detecting it early very important!

Why is my baby being scanned?

Most commonly those at risk of DDH are picked up during the Newborn Infant Physical Examination (NIPE).

All babies should have a NIPE after birth where they are examined top-to-toe and their parents are asked questions about their family’s medical history.

At the NIPE those who are felt to be at risk of DDH are those who:

- Were breech (bottom down) at birth or toward the end of the pregnancy.
- Are twins or triplets where at least one baby was breech
- Have a parent, brother or sister with DDH
- When examined had features which may be related to DDH.

Others may be invited for further testing at the discretion of the medical team.

What if the hips felt normal on the baby-check?

If your baby is at higher risk due to being breech, or having an affected family member, a scan will be ordered even if the hips were normal on examination.

DDH can develop over the first few weeks, which is why the first examination can be normal even in affected babies. This is why it is really important your baby has a hip scan, even if they seem OK at the initial examination. This is also why babies get their hips checked again at 6-8 weeks by the GP.

What will be involved?

If a baby is felt to be at risk of DDH then an ultrasound scan will be offered to investigate the possibility further. This is much like those you or your partner may have had during the pregnancy.

The scan is painless and does not involve any radiation.

How will I find out the results?

If the scan is normal you will usually be told on the day and this will be confirmed by a follow up letter.

If the scan shows that the hip joint is still immature and needs a bit more time to develop, or if there are signs of DDH, a referral will be sent to the baby hip specialists.

This team will then either arrange a repeat scan or a clinic appointment and you will be informed of this by letter.

What if I don't receive an appointment or need to change it?

An appointment for a scan should be arranged **within six weeks** unless your baby was born before 34 weeks, in which case it should happen just before the due date.

If you do not receive an appointment by this time, or need to rearrange it, please get in contact either by phone or by email:

0113 733 4974 or leedsth-tr.radiologyenquiriesLGI@nhs.net

*During the COVID-19 pandemic please **DO NOT** attend your appointment if:*

- You have a new, persistent cough
 - A high temperature
 - A loss or change to your sense of taste or smell
 - Have been advised to self-isolate
 - Instead please get in contact to rearrange your appointment
- Please also let us know if you can't attend your appointment and need it to be rescheduled.

Where can I learn more?

If you would like to find out more about DDH further information is available from the following sources:

www.NHS.uk

Search "NHS DDH" or copy the link into your browser:
www.nhs.uk/conditions/developmental-dysplasia-of-the-hip/

International Hip Dysplasia Institute

Search "International Hip Dysplasia Institute" or copy the link into your browser: **www.hipdysplasia.org/developmental-dysplasia-of-the-hip/**

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Produced by: Medical Illustration Services • MID code: 20210224_004/JG

LN005003
Publication date
04/2022
Review date
04/2024