

## Consent- What does this mean?

Before any health professional examines or treats you they must have your consent or permission. Consent may be implied (e.g. offering a wrist for taking a pulse) or written (where you sign a form agreeing the treatment/operation). Young people are presumed to be able to give consent depending on their maturity and the nature of the decision.

Where a child is not competent to give consent, only a person (or body) with parental responsibility may consent on the child's behalf. More detailed information is available [www.dh.gov.uk](http://www.dh.gov.uk)

## Information we hold about you and your rights under the Data Protection Act

Please refer to the booklet 'Your Healthcare Information – Your Rights! Our Responsibilities!' for further guidance.

## How to comment on your treatment

We aim to provide the best possible service and staff will be happy to answer your questions. However, if you have any concerns you can also contact the Patient Experience Service on 0800 917 6039 or E-mail [portsmouthhospitals.patientexperience@porthosp.nhs.uk](mailto:portsmouthhospitals.patientexperience@porthosp.nhs.uk)

Other sources of information:

NHS Direct online:

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Helpline: 0845 4647

# Irritable hip

## Information for parents



Shipwreck Ward  
Queen Alexandra Hospital, Cosham  
Tel: (023) 9228 6391

## Specialist Support

If you require this leaflet in another language, large print or another format, please contact the Health Information Centre Tel: (023) 9228 6757, who will advise you.

This leaflet has been provided to answer some of the questions you may have about **Irritable hip**.

### **What is irritable hip?**

It is an inflammation of the hip joint (also known as transient synovitis). Your child may complain of pain in the hip or knee and may limp when walking. Even standing may become uncomfortable.

### **What causes irritable hip?**

Fluid in the hip joint - this can be caused either by a viral infection, such as a cough or cold, or by an injury to the hip.

### **What are the treatments?**

Complete rest is essential either by bed rest alone or with simple traction. This allows the hip to recover. Your child will be kept comfortable and pain free with painkillers and other medicines to reduce the inflammation.

### **What is traction?**

Your child will have a sticky bandage around their leg up to their thigh, which is then attached to a weight that hangs over the bed by a string and pulley. Your child should only have to stay in hospital for three or four days. There are usually no complications.

### **Are any tests needed?**

Yes. X-rays will be taken to look for any abnormality in the bone.

Blood tests will also be necessary to look for evidence of infection.

Your child will be examined by the doctor, who will check the range of movement within the hip and the severity of your child's condition. Regular checks will be made to assess improvement.

A bone scan may be needed if your child's condition shows no sign of improvement. This test will be explained to you if the scan is necessary.

An ultrasound scan may also be necessary. This examination is completely painless and involves running a small instrument across the hip joint. The procedure lasts about 20 minutes.

### **When can my child go home?**

Your child will be able to go home when:-

- They can walk without complaining of pain
- Their blood results show that the infection has gone
- They have a good range of hip movement

### **Caring for your child at home**

An outpatient appointment will be made for your child 4-6 weeks after they go home. If your child returns to normal in this time and you have no further concerns, then you might prefer to cancel the appointment. Please let us know if that is what you decide to do.

Once your child is back to their normal self, they can return to school. Swimming is good for this sort of condition - other activities can be re-introduced as your child gets better.

### **Will the irritable hip come back?**

After treatment there are usually no further problems, but sometimes it can happen again.

If your child complains of pain again in the hip, then you should go and see your GP. Another stay in hospital may then be necessary.

If you have any questions or concerns, please Shipwreck Ward, A8 at Queen Alexandra Hospital. Tel: (023) 9228 6391 or your GP.