

## N201 CLASS PREP: INFANT MUSCULOSKELAL

- Click on the link to watch a video on Developmental Dysplasia of the Hip (DDH)  
<https://youtu.be/whDkHL8xeao?si=ahb2FjK71SayB258>.
- Review pgs. 1467 – 1470 in your Maternal Child Nursing Care Book then complete the following questions:

1. What is developmental dysplasia of the hip (DDH) in babies?

A developmental condition around time of birth that can be anywhere from severe like complete dislocation of the hip to a mild form where the hip is in socket but the socket itself is shallow.

2. How can doctors tell if a baby might have hip dysplasia?

During every physical exam, the provider moves baby's legs and hips around to see if it comes out of socket or not, but for mild conditions; it will require an ultrasound.

3. Describe the Ortolani and Barlow's tests

Ortolani- the hip is abducted, and pressure is applied to the thigh from behind. If the joint is dislocated, a palpable area will be assessed when relocating bone.

Barlow's- The provider grabs the infant's thigh and puts posterior/lateral pressure and will try to dislocate the femoral head. If hip is dislocated, a clunk will be felt when it pops out of place.

4. How is hip dysplasia usually treated in infants?

First the hip has to be settled into the socket. A Pavlik harness can be used to keep the femoral head in the socket. There are many different devices/braces that can be used that are non-surgical. Surgery may be needed if braces are not working. The first surgery option is closed reduction, then the surgeon will go to open reduction if needed and the infant will have a spica cast.

5. What are some nursing considerations related to the care of infant requiring the wear of a Pavlik harness or hip spica cast?

It is important to teach the family how to apply clothing, how to position infant and how to breastfeed if applicable. It is important to teach safety for the infant in the cast or harness. Always keep the area clean and dry, don't use any lotions under the harness. Avoid putting the legs together when in the harness as well. Neuro checks and pain management for the cast.