

## 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?

DDH is the dislocation of the hip during childbirth, as the femoral head is not fully covered by the socket portion. This results in the continuous dislocation of the femoral head.

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

Doctors diagnose a baby by flexing the hips and checking for displacement. An ultrasound is ordered to truly diagnose a child with DDH.

3. Describe the Ortolani and Barlow's tests

The Ortolani screening is used to detect a dislocation of the hip, reinserting the femoral head into the hip, flexing the hip and knees of an infant to 90 degrees, and applying gentle pressure while abducting the leg. A positive screening is a palpable click as the femoral head relocates. The Barlow's test is done by stabilizing the opposite side of the pelvis and adducting the hip to the midline while applying gentle pressure, and then repeated on the other side. If the hip is unstable, the femoral head will slip over the posterior rim of the acetabulum.

4. How is hip dysplasia usually treated in infants?

A device called the Pavlik harness allows the femoral head to lie in the socket by encouraging pressure within the socket, enabling the femoral head to develop deeply into the socket.

A closed reduction of the hip can also be performed by putting the ball into the socket. If the hip does not fit into the socket, surgeons remove excess material from the area. The child will then be placed in a spica cast for 6-12 weeks, allowing the socket to mold around the ball, fitting it into position.

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

The nurse should educate the parents on how to clothe their child, along with positioning during breastfeeding. The nurse should also demonstrate how to place the child in the car and perform hygiene routines, and facilitate a safe environment. Patient care and teaching methods should be done based on equipping parents with safe practices for their child.