

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?

- Developmental dysplasia of the hip is a condition where a baby's hip joint is not formed normally. The femoral head and the acetabulum don't fit together well, which can cause the hip to be loose, partially dislocated, or fully dislocated.

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

-Doctors look for signs such as uneven thigh or gluteal folds, one leg appearing shorter, limited hip abduction, or a noticeable "click" or "clunk" when moving the hips, and they may also use specific physical assessment tests like the Ortolani and Barlow maneuvers or an US if the exam is unclear.

3. Describe the Ortolani and Barlow's tests

-The Barlow test checks whether the hip can be dislocated by gently pushing the baby's hip backward and inward. A positive result occurs when the hip can be pushed out of the socket, indicating instability. The Ortolani test checks whether a dislocated hip can be reduced by lifting and abducting the hip. A positive result is felt as a "clunk" when the thigh bone moves back into the socket.

4. How is hip dysplasia usually treated in infants?

-Hip dysplasia in infants is usually treated with a Pavlik harness, which is most effective for babies younger than six months and works by holding the hips in flexion and abduction to allow proper joint development. If the harness is not successful or if the infant is older, treatment may involve traction, a closed reduction procedure, and placement of a hip 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?

-Nursing care for infants with a Pavlik harness or hip spica cast focuses on keeping the device clean and dry, protecting the skin, preventing irritation or breakdown, proper positioning, and teaching parents how to safely handle, diaper, and transport their child without adjusting the device themselves.