

Further information

If you need any more information or advice please contact: 111.

Call 111 if you need medical help fast, but it's not life-threatening – for example, if you:

- Think you need to go to the hospital.
- Don't know who to call for medical help.
- Don't have a GP to call.
- Need medical advice or reassurance about what to do next.



For health needs that are urgent, you should call your GP. If a health professional has given you a number to call for a particular condition, you should continue to use that number.

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NHS

**Birmingham Women's
and Children's**
NHS Foundation Trust

Advice Sheet for

Transient Synovitis (Irritable Hip)

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Information for Parents:

Transient Synovitis (Irritable Hip)

Irritable hip (or transient synovitis) is the most common cause of a limp in children. It is due to inflammation of the lining of the hip joint. The cause is unknown, although in some cases your child may have had a recent viral infection. Sometimes this condition occurs after a fall or injury it is most often seen in children aged between 3 and 10 years old and affects more boys than girls.

Signs and symptoms

Your child may have a limp or difficulty crawling or standing and may complain of pain in the hip, groin, thigh or knee. Usually only one side is affected. A small number of children with irritable hip go on to have further episodes.

Treatment

It is a mild condition that will usually get better on its own. Rest and painkillers are usually all that is needed. It should start to improve in around three days and be better in two weeks.

If your child is in pain, painkillers, such as paracetamol or non-steroidal anti-inflammatory drugs (NSAIDs), e.g. ibuprofen can help relieve pain and reduce inflammation. Ibuprofen should be used with caution if your child has a history of asthma or wheeze which seems to get worse with NSAID use.

Antibiotics are not required as this is not an infection.

Usually, no tests are required as long as the history and the examination confirm the diagnosis of irritable hip. Occasionally, children can undergo further tests such as an X-ray, ultrasound or blood tests.

Home care

- It is important that you encourage your child to rest at home
- Your child should not attend school or nursery until they have recovered
- Your child will naturally adopt the most comfortable position for themselves.
- Allow your child to gradually go back to their usual activities as they improve, but they should not play sport or undertake any strenuous activities until completely better.

Follow-up

We may make you an appointment in our Emergency Department clinic to see your child again and check that they are improving, especially if they are not walking on the affected leg.

Otherwise, you should return to the Emergency Department or see your GP if your child:

- Develops a fever
- Develops an obvious swelling or redness of any part of the hip or leg
- Has increasing or persistent pain despite giving them painkillers
- Is not starting to improve within three days or has not fully recovered in two weeks.

Key points to remember

- Irritable hip (or transient synovitis) is the most common cause of limp in children
- It is generally a mild condition that will get better on its own and usually within one to two weeks.
- If your child is in pain, painkillers, such as paracetamol or non-steroidal anti-inflammatory drugs (NSAIDs), e.g. ibuprofen, can help relieve pain and reduce inflammation.

Data Protection - Looking after and sharing information about your child

We have a duty of care to help patients and families understand how information about them is kept and shared and we include the following information in all our patient leaflets:

Information is collected about your child relevant to their diagnosis, treatment and care. We store it in written records and electronically on computer. As a necessary part of that care and treatment we may have to share some of your information with other people and organisations who are either responsible or directly involved in your child's care. This may involve taking your child's information off site. We may also have to share some of your information for other purposes; such as research etc. Any information that is shared in this way will not identify your child unless we have your consent. If you have any questions and/or do not want us to share that information with others, please talk to the people looking after your child or contact PALS (Patient Advice and Liaison Service) on 0121 333 8403.