

Evidence Based Interventions and Clinical Standards Policy

Patient information leaflet: hip pain

The purpose of this leaflet is to tell you how you and your doctor decide what is the best treatment for your hip pain, and when you might be referred for a hip replacement operation.

Why is hip pain included in the Evidence Based Interventions and Clinical Standards Policy?

We want to ensure that all residents living in north central London with hip pain have fair and equal access to hip replacement operations.

We also want to make sure that when you have a hip replacement operation it takes place at a time that gives you the best outcomes for the future.

We brought doctors, consultants, surgeons and other medical professionals from across north central London together to examine and discuss the latest medical practice and national guidance available. We developed our guidelines about when is the best time to refer a patient for a hip replacement operation based on this information.

Our guidelines follow standard NHS best practice and are in place throughout the country.

What should I do if I have hip pain and think I need an operation?

It is important that you discuss all your symptoms with your doctor and that together you discuss the different options that are available and agree what is right for you.

Let your doctor know if your pain is stopping you going about daily activities.

What other options are available to relieve hip pain?

There are always risks in having an operation so it is important to try other options first to reduce your pain.

Your doctor may suggest that you try these options first:

- losing weight
- taking exercise

- seeing a physiotherapist for special exercises
- taking pain killers

I have tried those options, what's next?

If you are still in pain your doctor can refer you for a hip replacement operation if you meet these four conditions:

- You have osteoarthritis, this is a joint disease that affects bone joints and that gets worse over time. You are stiff, have difficulty moving and you cannot take part in your usual daily activities
- You have tried exercising, losing weight, following physiotherapy exercises and taking painkillers and these did not reduce the pain
- You have had an X-ray that shows your hip joint is damaged and getting worse
- You and your doctor agree that you have tried all the other options and that these do not work. You and your doctor agree that a hip replacement operation could be the best option for you

Your doctor will make a referral for you with a hospital consultant to discuss you having a hip replacement operation.

Useful links

Healthcare services in north central London are bought by our five Clinical Commissioning Groups, (Barnet, Camden, Enfield, Haringey and Islington). For more information go to your Clinical Commissioning Group's (CCG) website:

- Barnet CCG, <http://www.barnetccg.nhs.uk>
- Camden CCG, <http://www.camdenccg.nhs.uk/>
- Enfield CCG, <http://www.enfieldccg.nhs.uk/>
- Haringey CCG, <http://www.haringeyccg.nhs.uk/>
- Islington CCG, <http://www.islingtonccg.nhs.uk/>

See also North London Partner's website:

<http://www.northlondonpartners.org.uk/EvidenceBasedFAQs>

Arthritis Research: www.arthritisresearchuk.org
<https://www.arthritisresearchuk.org/shop/products/publications/patient-information/surgery/hip-replacement-surgery.aspx>