

## Hip Osteoarthritis - Option Grid

Your clinician has discussed a diagnosis of Osteoarthritis of the Hip. At Healthshare we encourage a shared decision-making process involving you, the patient, in the most appropriate treatment for your condition. The option grid below is based on current evidence.

Frequently Asked Questions	Conservative management	Joint Injections	Hip replacement surgery
Will this reduce the pain I have in my hip ?	Over the counter pain relief is effective for 50% of patients.	Some patients get good symptomatic pain relief.	Approximately 84% of patients experience relief of pre-operative pain. Approximately 10% of patients experience no significant pain relief. *2
Will this treatment help improve my ability to be active?	Pain relief can help with functional rehabilitation with an aim to strengthen and condition the hip	Yes. Most patients get symptomatic pain relief that allows exercise, strength and conditioning under guidance from a Physiotherapist. *1	The majority of patients experience improvements in function and activity level. Some patients see little change in their ability to perform some strenuous activity.
Are there any risks to this treatment?	Pain relief medication will have its associated risks but Physiotherapy and exercise will have a low risk.	There is a small risk to cartilage damage especially in weight bearing joints. Less than 1% of patients will experience complications such as infection, bleeding, or increased pain. *2	Wound infection needing treatment occurs in 3% of patients. Joint infection occurs in less than 1% of patients. Rare but possible surgical complications include dislocation, fracture and leg length inequality. The risks of surgery increase with co-morbidities.
How long will it take me to feel better after the treatment?	Patients may get relief of pain after a couple of days with medication. Exercise is likely to take longer.	Most patients who experience relief feel better after the first week.	Pain relief is gradual. Hip replacement will involve an inpatient stay of up to 3-5 days. Most patients walk unaided after 3 months. Full recovery can take up to a year.
Will I need to have more treatment or surgery?	Rehabilitation will be a medium to long term solution and is likely to involve lifestyle changes. Your clinician will be able to discuss alternative treatments.	Patients experience varying periods of pain relief and should use the window to maximize rehabilitation strategies from a Physiotherapist.	Most hip replacements can last 20 years or more with approximately 10% of patients requiring revision surgery.
What are the outcomes for people with arthritis who have this treatment?	Many patients cope well with medication, being active and losing weight. Reducing pain will allow patients to feel the benefit of exercise. *1	Some patients have good relief by having injections. These can be repeated up to 3 times in one year.	Surgery is considered after conservative measures have failed. Approximately 95% of patients feel satisfied after having hip replacement surgery.*2

1 – Cui Z et al (2014) The efficacy of steroid injection in total knee or hip arthroplasty. *Knee Surgery, Sports Traumatology, Arthroscopy*

2 - 1 — NICE guidelines Osteoarthritis; Care and Management (Clinical guideline CG177)