

## Shared Decision Making – osteoarthritis of the hip

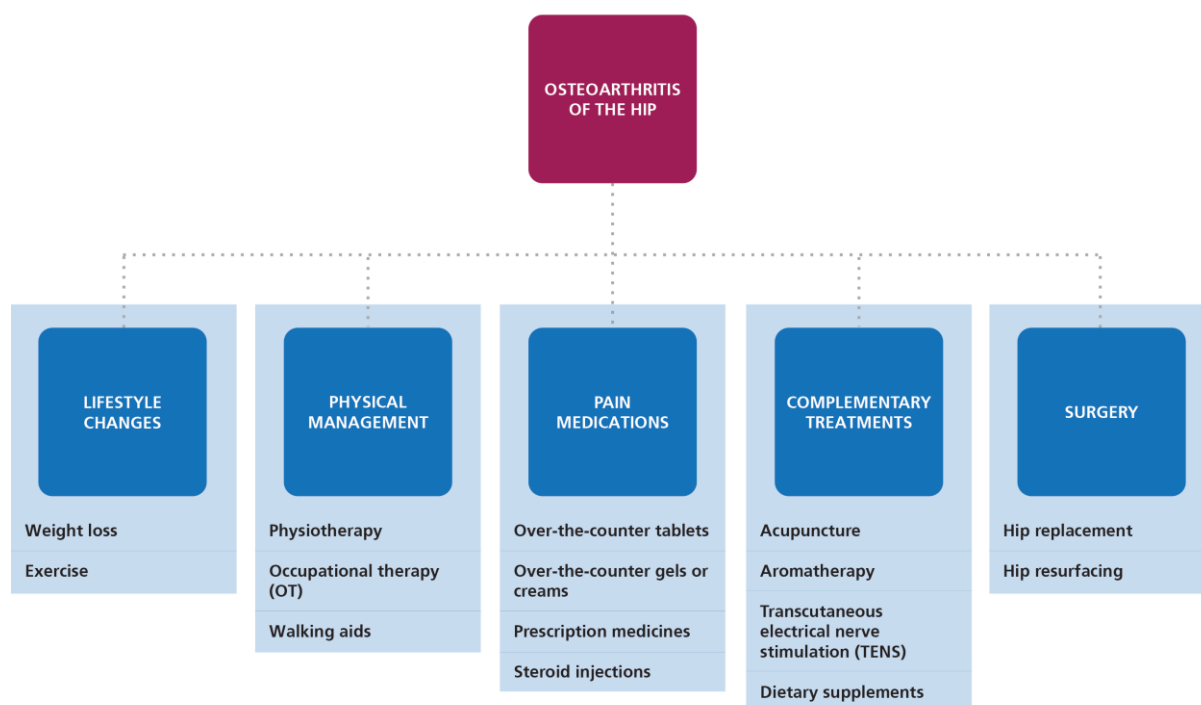
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### Deciding what to do about Osteoarthritis of the Hip

This short decision aid is to help you decide what to do about your hip osteoarthritis. You can use it on your own, or with your doctor, to help you make a decision about what's right for you at this time.

**There are five main options if you have Osteoarthritis of the Hip. The choices are:**

- Lifestyle changes, including weight loss and exercise
- Physical management, including physiotherapy and occupational therapy
- Treatments to manage pain, including tablets you take by mouth, injections into the joint and self-help support
- Complementary treatments, including acupuncture and nutritional supplements
- Surgery, including hip resurfacing and total hip replacement. Surgery is usually for people with severe symptoms who have tried other treatments first.



## What are my options?

	Lifestyle changes	Physical Management	Treatment to Manage Pain	Complementary Treatments	Surgery
<b>What is the treatment?</b>	Including weight loss and exercise.	Including physiotherapy and occupational therapy.	Including tablets, you take by mouth, injections into the joint and self-help support.	Including acupuncture and nutritional supplements.	Total hip replacement surgery is usually for people with severe symptoms who have tried other treatments first.

	Lifestyle changes	Physical Management	Treatment to Manage Pain	Complementary Treatments	Surgery
<b>What is the effect on whether your Hip Arthritis gets worse?</b>	If you are overweight, losing some of this excess weight will help relieve some of the strain on your joints. This may help avoid further damage to your hip joint.	Physical therapy does not prevent your hip arthritis getting worse. Strengthening your muscles may protect the joint from damage.	Pain treatments such as paracetamol, NSAIDs, corticosteroid injections and self-help support will not stop your hip arthritis getting worse. Effective pain treatment can stop your pain from getting worse.	There is no evidence that complementary treatments can stop your hip arthritis from getting worse. There hasn't been much research in this area.	Surgery is usually for people who have severe symptoms and have tried other treatments without success. Surgery replaces the damaged joint or its surface. The new joint will age and may eventually need to be replaced. Surgery can improve the position of the joint which can relieve stress on other joints in the body.

	Lifestyle changes	Physical Management	Treatment to Manage Pain	Complementary Treatments	Surgery
<b>What is the effect on pain?</b>	Lifestyle changes, such as taking more exercise and losing weight, may help to reduce pain and increase your ability to get round. But there's not enough evidence to show this.	Physiotherapy, occupational therapy, and mobility aids can be helpful for reducing the pain of arthritis. But there's not enough evidence to show this.	<p>Many types of medicine can lessen the pain of osteoarthritis, including paracetamol and NSAIDs.</p> <p>Corticosteroid injections into the joint help some people. However medication will not work for everyone and some people have pain despite treatment. Self-help support programmes, such as cognitive behavioural therapy (CBT) may help you to manage pain better.</p>	Some patients say that they benefit from complementary treatments, while others say that they provide no pain relief. Some studies have suggested acupuncture may help relieve the pain of hip and knee osteoarthritis. [8]	Hip replacement usually helps reduce pain a lot, or gets rid of it altogether. Not everyone is satisfied with the results.

	Lifestyle changes	Physical Management	Treatment to Manage Pain	Complementary Treatments	Surgery
<b>What is the effect on your quality of life?</b>	Using self-management techniques can help you feel more in control of your arthritis. Exercising and losing weight will benefit your overall health too.	Some patients say these treatments improve their quality of life and help them to be independent	Medication can be effective at relieving pain and this can have a big impact on quality of life. These treatments do not work for everyone and can have side effects.  Self-help support programmes may help improve quality of life	Some patients say these treatments improve their quality of life. There is not enough evidence to say whether complementary treatments work.	Surgery can improve quality of life for people with hip osteoarthritis. [10]

	Lifestyle changes	Physical Management	Treatment to Manage Pain	Complementary Treatments	Surgery
<b>What is the effect on how easily you can get around?</b>	We don't know if lifestyle changes can improve how easily you can get around.	Around <a href="#">30 in 100</a> people find walking and other aids help them get around more easily.	Pain medications can ease the pain of osteoarthritis which, in turn, can help you to move around more easily. Self-help support programmes may help you keep more active.	There is not enough evidence to say whether any complementary treatments help you get around more easily.	A hip replacement usually makes it much easier to get around, compared with how you were before the operation.

	Lifestyle changes	Physical Management	Treatment to Manage Pain	Complementary Treatments	Surgery
<b>What are the unwanted side effects and complications?</b>	Generally, taking enough exercise and eating a healthy diet is safe.	These are generally safe treatments with few risks. Physiotherapy can be uncomfortable and may hurt	NSAIDs can cause stomach bleeds. Opioid painkillers can cause constipation. Some people who take	Complementary treatments can have side effects and may react badly with other medicines. There is a risk	If you are overweight or you smoke, you are more likely to develop side effects after surgery. You

		<p>at first. This should soon ease.</p>	<p>opioid painkillers for a long time become dependent on them. This means they get withdrawal symptoms when they try to stop taking them.</p>	<p>of infection from acupuncture.</p>	<p>may want to discuss with your health professional getting support to lose weight or to stop smoking prior to considering surgery. Surgery can cause complications including blood clots, infections, bleeding, and a risk of death. There is also a chance that the surgery will not work. Your recovery may also take longer than expected due to complications, such as infection or blood clots. Sometimes patients need to have further surgery or treatment because of these complications. It is likely that you will feel some discomfort while recovering from surgery.</p>
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	Lifestyle changes	Physical Management	Treatment to Manage Pain	Complementary Treatments	Surgery
<b>What is the time you will spend in hospital or on treatment?</b>	Lifestyle changes require daily commitment. You won't need to spend time in hospital for this.	<p>You may need to go to hospital to have physiotherapy and occupational therapy sessions. But you won't need to stay in hospital.</p> <p>You will need to attend a number of sessions.</p>	<p>You can buy simple painkillers, such as paracetamol, from your pharmacy.</p> <p>Your GP may also prescribe pain medication. You might need to take medicines every day to manage your pain. Self-help support programmes vary in length.</p>	Often, complementary therapists recommend a course of treatment. These can vary in length and be expensive.	<p>Most people go home about three to five days after the operation. For the first four to six weeks after the operation you will need a walking aid, such as crutches, to help support you. You will need about six weeks off work. Most people are able to get back to their normal activities within two to three months.</p> <p>[10]</p>

## What are the pros and cons of each option?

People with hip osteoarthritis have different experiences about the health problem and views on treatment. Choosing the treatment option that is best for the patient means considering how the consequences of each treatment option will affect their life.

Here are some questions people may want to consider about treatment for osteoarthritis of the hip:

- Do they find the pain from their hip intolerable?
- Do they want be able to do more everyday things than they can at present?
- Are they willing to spend time in hospital, or having treatment?
- Are they willing to take the risk of side effects or complications from treatment?

## How do I get support to help me make a decision that is right for me?

People using this type of information say they understand the health problem and treatment choices more clearly, and why one treatment is better for them than another. They also say they can talk more confidently about their reasons for liking or not liking an option with health professionals, friends and family.

## References

8. Witt CM, Jena S, Brinkhaus B, et al. Acupuncture in patients with osteoarthritis of the knee or hip: a randomized, controlled trial with an additional non-randomized arm. *Arthritis and Rheumatism*. 2006; 54: 3485-3493.
10. Lieveense AM, Bierman-Zeinstra SM, et al. Influence of obesity on the development of osteoarthritis of the hip: a systematic review. *Rheumatology (Oxford)*. 2002; 41: 1155-1162.