

Patients with developmental dysplasia of the hip experienced a considerable impact on their everyday lives in several areas of identity, meaningfulness, control over pain and coping with pain.



Experiences of living with developmental dysplasia of the hip in adults not eligible for surgical treatment: a qualitative study

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Background

In Denmark, some patients with developmental dysplasia of the hip (DDH) may not be eligible for or wish to undergo hip-preserving surgery.

Aim

To explore the experiences of living with DDH in adults who are not eligible for hip-preserving surgery

Methods

1. Semistructured interviews with 17 patients with DDH purposefully selected out of a population of 30 patients from a feasibility study.
2. Analyzed using a Ricoeur-inspired phenomenological-hermeneutic approach.

Results

Three themes illustrating the experiences of living with developmental dysplasia of the hip.

Implications

It may be relevant when treating patients with DDH to consider their experiences, and approach these patients from a biopsychosocial point of view.

Emotional well-being

"I had an extremely active social life in football. I'm cut off from that a bit because I can't participate. I find that a bit hard on my mental health sometimes."

Female in her 20s

Unpredictability of pain

"It would be absolutely amazing to just see a clearer pattern when something hurts and when it doesn't. ...And get some tools... or something I can do myself before it really starts to hurt."

Female in her 30s

Impact on identity

"I have always been extremely physically active, but now I'm always the one watching from the sideline. It's really frustrating."

Male in his 40s

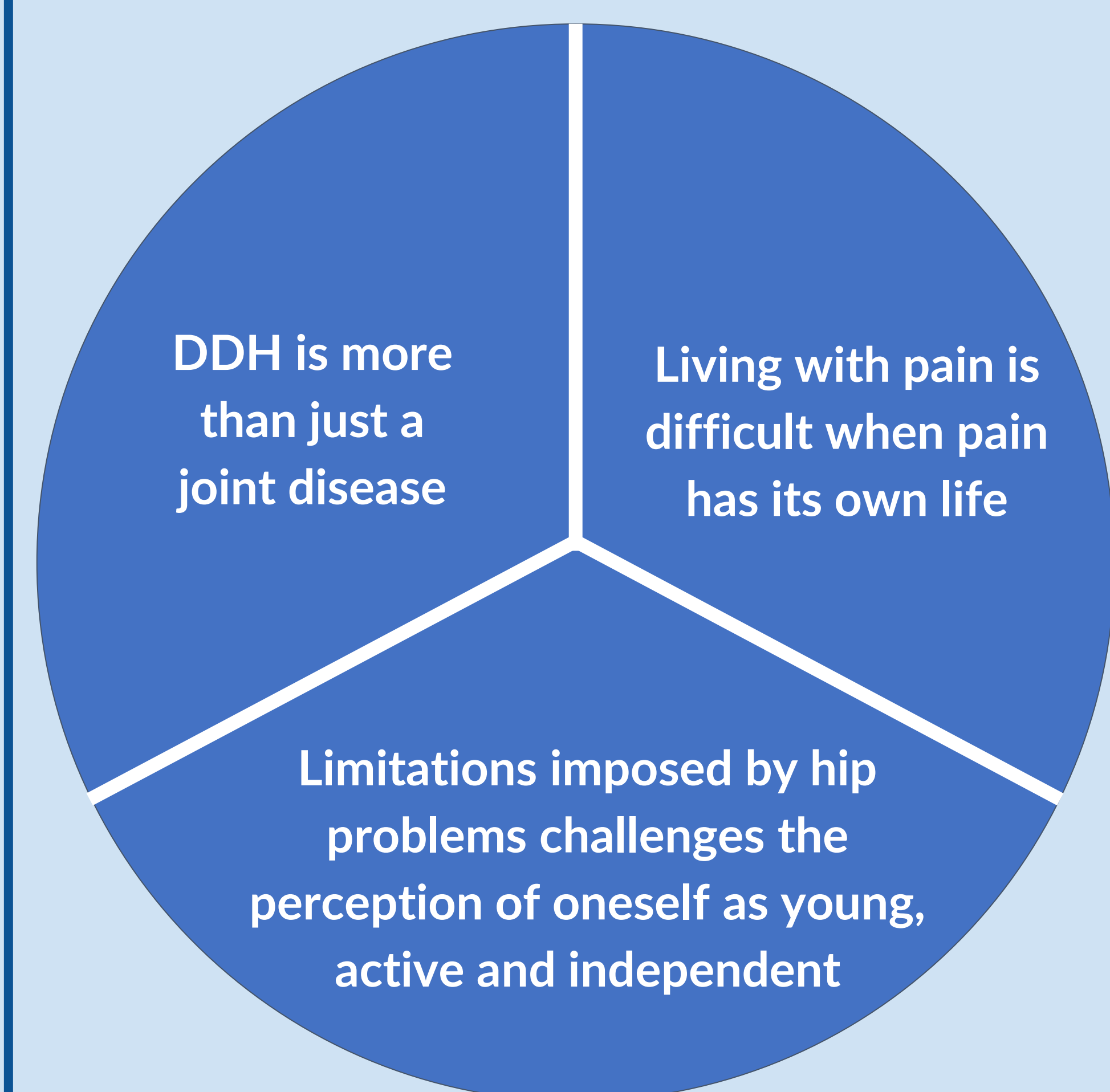


Figure: Three themes of the experiences of living with DDH.

Table: Analytical results

Theme 1: DDH is more than just a joint disease

- Understanding of disease
- Medical history
- Earlier treatment
- Movements associated with pain
- Activity limitations
- Quality of sleep
- Emotional well-being

Theme 2: Living with pain difficult when pain has its own life

- Unpredictability of pain
- Loss of control
- Coping behaviors
- Perception of pain

Theme 3: Limitations imposed by hip problems challenges the perception of oneself as young, active and independent

- Meaningful activities
- Impact on identity
- Hopes and dreams
- Adjusting expectations
- Self-efficacy

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