

# Haemophilia Joint Health Score Assessment

**This leaflet explains what the Haemophilia Joint Health Score (HJHS) is and why the physiotherapist completes it as part of your clinic appointment. If you have any further questions, please speak to a doctor or nurse caring for you.**

## What is the HJHS?

This is an internationally used assessment of your elbow, knee and ankle joints which helps us to track your individual joint health over time. These joints are typically the ones which can bleed in people with Haemophilia. Joint bleeds can cause changes within the joint which can lead to joint pain, stiffness and weakness. The HJHS is designed for use by Physiotherapists. The score has been validated and developed over the years, each time making improvements; the current version is HJHS 2.1.

The form assesses in detail different aspects of your joints health. Each joint receives a numeric score which can be compared to itself over the years. The individual joint scores are added together and are combined with a score of your general function. This gives us an overall total. The scores can also be used in research to help us identify where treatment needs to be improved.

The Physiotherapists are specifically trained to complete this joint assessment.

It is the best validated tool currently available and is used by all Haemophilia centres both nationally and internationally.

## Why do we use the HJHS?

Monitoring the long-term health of joints in a person with Haemophilia provides important outcome information for assessing the effectiveness of your current treatment regime. Your treatment regime is designed to prevent bleeds into your joints and the fewer bleeds you have, the less likelihood there will be of any changes within the joint.

It has been shown that even small subtle bleeds lead to changes within the joints.

These changes are irreversible so the goal is to prevent them in the first place and to maximise your rehabilitation after a bleed to ensure your joints perform at their best.

We can compare your scores over the years and they help to identify any problematic joints and how they respond to different management or treatment plans. St George's Trust expects us to perform and record these scores and we submit our data annually.

## How often do I have this assessment?

We aim to perform the assessment once a year (calendar year April to the end of March) and we try to incorporate it within your clinic visit to avoid you having to return. In the rare occasion that you do not see a physiotherapist at your clinic appointment we may contact you to attend an appointment to have a joint score.

## How long does it take?

The assessment varies depending on your individual joint and whether you have any joint changes from previous bleeds. It can be as short as 20 minutes or up to around 45 minutes.

## Do I need to undress?

We need to see each of the joints and surrounding area, so for the elbow a short sleeve top would be adequate. For the knee and ankle ideally shorts and bare feet suffice or if you are happy you can take off your trousers, we can provide a towel for your modesty.

## Where do I go to have this assessment?

The Physiotherapist will normally take you in to the physiotherapy department which is very close to the consultant clinic and allows more space and time.

## Contact us

If you have any questions or concerns about the joint assessment please contact the Haemophilia team on 020 8725 0763 Monday to Friday 9am to 5pm or contact the physiotherapy team directly via email on [haemophiliaphysio@stgeorges.nhs.uk](mailto:haemophiliaphysio@stgeorges.nhs.uk)

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

## **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

## **AccessAble**

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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