

Bedfordshire and Hertfordshire Priorities Forum statement

Number: 40

Subject: Adenoidectomy

Date: February 2016

Date review due: February 2019

Guidance

Adenoidectomy combined with grommets may be considered in children who fulfil the criteria for grommets (statement number 18) as follows:

- The child has experienced persistent hearing loss for more than a year with deficit estimated to be more than 25 decibels;

OR

- 6 or more episodes of acute otitis media in previous 12 months (a 3 month course of low dose daily antibiotics may be considered first);

OR

- The child has a developmental impairment (eg speech/ language/ cognitive/ behavioural) likely to be due to, or exacerbated by, clinically suspected hearing loss.

In a Cochrane review of grommets¹, the reviewers note some improvement in outcomes that look at adenoidectomy and grommet insertion compared to grommet insertion alone.

The other indication for adenoidectomy (usually in conjunction with tonsillectomy) is:

Sleep apnoea (usually diagnosed with by strong clinical suspicion by an ENT surgeon – sleep studies are not likely to be a cost-effective diagnostic tool in most cases). A literature review² in 2005 found that, in children, including those that are obese, “adenotonsillectomy was curative for 75-100%”. However, a Cochrane review³ noted that there is no randomised trial data relating to adeno-tonsillectomy for obstructive sleep apnoea in children and more research is needed.

In all cases, there should be evidence that the surgeon has obtained adequate informed consent, including discussing the potential risks and benefits of surgery.

References

1. Cochrane Database of Systematic Reviews. Grommets (ventilation tubes) for hearing loss associated with OME in children
2. Ryan, C.F (2005). Sleep 9: An approach to treatment of obstructive sleep apnoea/hypopnoea syndrome including upper airway surgery. *Thorax* (60);595-604.
3. Lim, J and McKean, M (200). Adenotonsillectomy for obstructive sleep apnoea in children. Cochrane Database of Systematic Reviews Issue 3.

Human Rights and Equalities Legislation has been considered in the formation of this policy statement.