

## SHIP8 Clinical Commissioning Groups Priorities Committee

No. 36

**Policy Recommendation: Tonsillectomy - adults and children**

**Date of issue: July 2018**

The SHIP Clinical Commissioning Groups (CCGs) have had a Policy that had been developed through working practices but had not been reviewed according to the ethical framework using an evidence base. The Commissioning Groups requested a review of the national guidance and evidence of clinical effectiveness for tonsillectomy. Surgical techniques were beyond the scope of this review, including studies that compare the clinical effectiveness of tonsillectomy vs tonsillotomy. It is important to note that these recommendations do not alter the management of suspected malignancy or surgical emergencies.

Tonsillectomy is not routinely funded. Prior approval may be considered under the following conditions:

- in children and adults for cases of two or more quinsy requiring hospital intervention; **or**
- in children with diagnosed obstructive sleep apnoea where other treatments have failed or are inappropriate; **or**
- in children and adults for tonsillitis if all of the following criteria are met:
  - Sore throats are due to tonsillitis **and**
  - There are 7 or more episodes per year of sore throat requiring treatment such as antibiotics or 5 or more episodes a year for two years or 3 or more episodes a year for three years **and**
  - There have been symptoms for at least a year **and**
  - Episodes of sore throat are disabling and preventing normal functioning

This statement can be read with the minutes of the meeting to provide information as to the rationale of the decision made.

**Statement Review Date: July 2023**