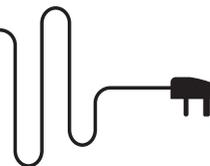


This graphic summarises NHS England's recommendation to stop routine use of some interventions. They say that these treatments either have inconclusive evidence of usefulness (category 1), or should be done only when specific clinical criteria are met (category 2).



Interventions	Rationale	Targets	Potential activity reduction (moderate scenario)	Activity 2017-18	Proposed activity reduction	
Category 1 Interventions which should not be routinely commissioned or performed						
Snoring surgery in the absence of obstructive sleep apnoea	Two systematic reviews of a combined 72 primary research studies found no evidence that surgery to the palate provides any additional benefit to non-surgical treatments	37	733	22 953	32 103	95%
Dilatation and curettage for heavy menstrual bleeding in women	Little evidence indicates that dilatation and curettage works to treat heavy periods; the one study identified by NICE showed effects were only temporary	13	255	22 953	32 103	95%
Knee arthroscopy for patients with osteoarthritis	Seven clinical trials and three case studies have shown that knee wash out for people with osteoarthritis did not reduce pain or improve how well their knees worked	599	11 972	22 953	32 103	95%
Spinal injections for nonspecific low back pain without sciatica	NICE recommends against spinal injections for non-specific low back pain. Alternatives such as pain management, physiotherapy, and radiofrequency denervation have been shown to work	1 494	29 976	22 953	32 103	95%
Category 2 Interventions which should only be routinely commissioned or performed when specific criteria are met						
Breast reduction	The evidence highlights that breast reduction is successful only in specific circumstances and the procedure can lead to complications—for example, not being able to breastfeed	1 918	3 159	22 953	32 103	39%
Removal of benign skin lesions	Little evidence indicates that removing benign skin lesions to improve appearance is beneficial	56 096	104 967	22 953	32 103	47%
Grommets for glue ear in children	Evidence suggests that grommets offer only short term hearing improvement in children with no other serious medical problems or disabilities	4 982	8 661	22 953	32 103	42%
Tonsillectomy for recurrent tonsillitis	Most cases of recurrent sore throats can be treated with conservative measures. Tonsillectomy is only beneficial for some cases of recurrent, documented, disabling tonsillitis, and only if the SIGN criteria are met.	22 953	32 103	22 953	32 103	29%
Haemorrhoid surgery	Now only to be offered in cases of: Grade 1 or 2, recurrent, not improved with conservative measures Grade 3 or 4, recurrent and symptomatic, or symptomatic external	5 265	8 461	22 953	32 103	38%
Hysterectomy for heavy menstrual bleeding	NICE guidelines say hysterectomy should not be used as preferred treatment solely for heavy menstrual bleeding (based on 2 reviews, 4 RCTs, and 1 cohort study, as well as the views of patients and the public)	12 663	18 173	22 953	32 103	30%
Chalazia removal	Evidence shows that alternative measures (warm compresses, drops or ointment, steroid injection) or a "watch and wait" approach leads to resolution of many chalazia without the risks of surgery	1 787	6 755	22 953	32 103	74%
Shoulder decompression with arthroscopy for subacromial shoulder pain	A 2017 trial found that differences between subacromial decompression and placebo (arthroscopy) were not clinically significant. There is some evidence that certain patients can benefit	10 816	19 730	22 953	32 103	45%
Carpal tunnel syndrome release	Mild acute symptoms usually get better over time or with treatments like splinting at night and pain relief. In persistent and severe cases intervention (corticosteroid injection or surgery) may be indicated	26 867	43 979	22 953	32 103	39%
Dupuytren's contracture release	Dupuytren's often returns after 3-5 years. The procedure works best in patients with less severe tightening or where the tightening is across the finger joints. Options include physiotherapy and splinting	10 018	14 704	22 953	32 103	32%
Ganglion excision	Little evidence shows ganglion excision to be effective. Most ganglia get better on their own; excision can cause complications that are similar to, or worse than, the original problem, and they can recur	4 279	7 558	22 953	32 103	43%
Trigger finger release	The proposal is that surgery is offered only where alternative measures (splinting, analgesia, steroid injection) have not been successful and persistent or recurrent triggering, or a locked finger occurs	5 116	8 220	22 953	32 103	38%
Varicose vein surgery	NICE guidance states that less invasive treatments like endothermal ablation or ultrasound guided foam sclerotherapy should be tried before surgery. Interventional treatment is preferred over compression hosiery	15 294	28 795	22 953	32 103	47%

