



Clinical Thresholds

Condition or Treatment	Dupuytren's Contracture
Commissioning Threshold	<p>Referral to secondary care should only be made if there are any of the following circumstances:</p> <ul style="list-style-type: none"> • Contracture has developed • Early onset diathesis is suspected • Tender palm pits or Garrod's pads
Referral Guidance	<p>If the request meets the identified criteria the referral form needs to be completed and submitted via RSS.</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block; margin: 10px 0;">Referral Form</div>
Effective from	April 2013
Summary of evidence / rationale	<p>Dupuytren's contracture is a fairly common condition that causes one or more fingers to bend into the palm of the hand. The condition often occurs in later life, and is most common in men who are aged over 40. Around one in six men over the age of 65 are affected in the UK.</p> <p>The symptoms of Dupuytren's contracture are often mild and painless and do not require treatment. The condition most often starts with a firm nodule in the skin of the palm and may stay the same for months or years. In some patients, however, it may progress to the next stage in which cords of fibrous tissue form in the palm and run into the fingers or thumb, eventually pulling them into a permanently flexed position, making it difficult to perform activities of daily living. In about 50% of cases, the condition affects both hands, and in rare cases it can also affect the soles and toes of the feet.</p> <p>Although there is great variation in the rate of progress, it is usually possible to distinguish the more aggressive form of the disease early on. Surgery is the only effective method of treatment for Dupuytren's contracture. However, patients should be advised that probably 34% of people will have a recurrence following surgery.</p> <p>Dupuytren's contracture can return to the same spot on the hand or may reappear somewhere else. Recurrence is more likely in younger patients if the original contracture was severe or if there is a strong family history of the condition</p>
Date	October 2014
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Contact for this policy	<p>Dr Bruce Willoughby GP / Governing Member Brucewilloughby@nhs.net</p>

References:

1. NHS Choices

<http://webarchive.nationalarchives.gov.uk/+www.nhs.uk/conditions/dupuytren's-contracture/Pages/whatisitpage.aspx>