



Clinical Thresholds

Condition or Treatment	Tonsillectomy
Commissioning Threshold	<p>Refer to secondary care if all of the following criteria are met:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sore throats are due to acute tonsillitis. This should be evidenced by a history of pyrexia, tender anterior cervical lymph nodes and/or tonsillar exudates <p>AND</p> <ul style="list-style-type: none"> <input type="checkbox"/> Episodes of sore throat are disabling and result in prevention of normal functioning (for example time off work or school) resulting in a significantly diminished quality of life <p>AND</p> <ul style="list-style-type: none"> <input type="checkbox"/> 7 or more clinically significant sore throats in the preceding year <p>OR</p> <ul style="list-style-type: none"> <input type="checkbox"/> 5 or more such episodes in each of the preceding 2 years <p>OR</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 or more such episodes in each of the preceding three years <p>Other indications for tonsillectomy may include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Marked tonsillar asymmetry, for which there is clinical suspicion of sinister pathology <input type="checkbox"/> Obstructive sleep apnoea <input type="checkbox"/> Halitosis thought to be caused by the tonsils but ONLY where there is clear evidence of tonsillar debris
Referral Guidance	<p>Not routinely commissioned. Exceptional cases can be referred to the CCG's Individual Funding Request Panel for prior approval.</p> <div style="border: 1px solid black; border-radius: 10px; padding: 5px; width: fit-content; margin: 10px auto;"> <p style="text-align: center; margin: 0;">Referral Form</p> </div>
Effective from	April 2013
Summary of evidence / rationale	The literature on surgery for recurrent tonsillitis is limited. Most published studies refer to a paediatric population. The small amount of information about adult sore throat and the effect of tonsillectomy are not scientifically robust but suggest that surgery is beneficial for recurrent sore throats.
Date	October 2014
Review Date	October 2016
Contact for this policy	<p>Dr Bruce Willoughby GP / Governing Member Brucewilloughby@nhs.net</p>

References:

1. http://cks.nice.org.uk/sore-throat-acute#!annual_know_upd
2. Scottish Intercollegiate Network (SIGN) guideline for the Management of sore throat and indications for tonsillectomy [SIGN, 2010] and the Centor clinical prediction score [Centor et al, 1981; Aalbers et al, 2011; ESCMID Sore Throat Guideline Group et al, 2012]. <http://www.sign.ac.uk/guidelines/fulltext/117/index.html>