

## Priorities Forum Statement

**Number 40**

**Subject: Adenoidectomy**

**Date of decision: February 2016**

**Date refreshed: September 2018**

**Date review due: September 2021**

**Relevant OPCS codes:**

E201-02, E208-09

### GUIDANCE

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

- Evidence of adenoid hypertrophy with persistent hearing loss- with deficit estimated to be >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 grommets<sup>1</sup>, 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 review<sup>2</sup> in 2005 found that, in children, including those that are obese, “adeno-tonsillectomy was curative for 75-100%”. However, a Cochrane review<sup>3</sup> 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.*