

NHS Dorset Clinical Commissioning Group

Surgical Intervention for Simple Snoring Criteria Based Access Protocol



Supporting people in Dorset to lead healthier lives

NHS DORSET CLINICAL COMMISSIONING GROUP

SURGICAL INTERVENTION FOR SIMPLE SNORING CRITERIA BASED ACCESS PROTOCOL

1. INTRODUCTION AND SCOPE

- 1.1 As many as one in four people in England snore regularly. Snoring can affect people of all ages, including children, although it's more common in adults aged 40-60. Twice as many men than women snore.
- 1.2 Snoring is caused by the vibration of soft tissue in your head and neck as you breathe in and out during sleep. This includes the nasal passages, the soft palate in the roof of your mouth, and your tonsils.
- 1.3 While you sleep, your airways relax and narrow. This affects air pressure within your airways and causes the tissue to vibrate. This can also occur if your airways are partially blocked – for example, if you have a cold.
- 1.4 Your chances of snoring can also be increased by factors such as being overweight, drinking excessive amounts of alcohol, and smoking.
- 1.5 Surgical treatment of simple snoring (where snoring is not complicated by episodes of breathing cessation) is regarded as a procedure of low clinical priority.
- 1.6 This protocol is applied in accordance with the Policy for Individual Patient Treatments.

2. DEFINITIONS

- 2.1 Any definitions related to this Criteria Based Access Protocol are included as a Glossary at Appendix B.

3. ACCESS CRITERIA

- 3.1 Although there is some evidence to suggest short-term clinical efficacy with Laser-Assisted Uvulopalatoplasty (LAUP), Radiofrequency Ablation (RFA) or soft-palate implants when compared with standard surgical management, there remains a lack of evidence on the complications and the long-term outcomes of these procedures. NICE recommend they only be used in the context of audit or research.

4. EXCLUSIONS

- 4.1 Surgical intervention for simple snoring is not routinely commissioned by NHS Dorset CCG.

5. CASES FOR INDIVIDUAL CONSIDERATION

- 5.1 Should a patient not meet the criteria detailed within this protocol, the Policy for Individual Patient Treatments (which is available on the NHS Dorset Clinical Commissioning Group website or upon request), recognises that there will be occasions when patients who are not considered for funding may have good clinical reasons for being treated as exceptions. In such cases the requesting clinician must provide further information to support the case for being considered as an exception.
- 5.2 The fact that treatment is likely to be effective for a patient is not, in itself a basis for exceptional circumstances. In order for funding to be agreed there must be some unusual or unique clinical factor in respect of the patient that suggests that they are:
- significantly different to the general population of patients with the particular condition; and
 - they are likely to gain significantly more benefits from the intervention than might be expected for the average patient with the condition
- 5.3 In these circumstances, please refer to the Individual Patient Treatment Team at the address below:

First Floor West
Vespasian House
Barrack Road
Dorchester
DT1 1TG
Telephone no: 01305 368936
Email: individual.requests@dorsetccg.nhs.uk

6. LIFESTYLE ADVICE

- 6.1 Patients complaining of simple snoring should be counselled without referral to secondary care. Advice should be given on the following lifestyle changes where appropriate:
- Weight reduction if above recommended BMI;
 - To stop smoking;
 - Reduce or stop alcohol intake;
 - Keeping the nose clear (including therapies such as nasal sprays or strips);
 - Use of ear plugs for bed partners whilst asleep;
 - Self-training to alter their sleep position to avoid lying on back (e.g. sewing lump into back of pyjamas/nightdress as temporary training method);
 - Obtaining a mandibular advancement device to be worn at night from their orthodontist. This patient must be advised that this device is not funded by the NHS.

7. CONSULTATION

- 7.1 Prior to approval from Dorset CCG's Clinical Commissioning Committee this Protocol was reviewed by the Planned and Specialist CDG which includes commissioners, clinicians and other relevant stakeholders.
- 7.2 An Equality Impact Assessment for this Criteria Based Access Protocol is available on request.

8. RECOMMENDATION AND APPROVAL PROCESS

- 8.1 This access protocol has been approved on behalf of the Clinical Commissioning Committee in line with processes agreed by the CCG's Governing Body.

9. COMMUNICATION/DISSEMINATION

- 9.1 Following approval each Criteria Based Access Protocol will be uploaded to the CCG's Intranet, Internet and added to the next GP Bulletin.

10. IMPLEMENTATION

- 10.1 Following review of this Criteria Based Access Protocol it was agreed there were no new aspects to be included in this version and therefore no requirement for an implementation plan.

11. DOCUMENT REVIEW FREQUENCY AND VERSION CONTROL

- 11.1 This Criteria Based Access Protocol requires a review every three years, or in the event of any changes to national guidance or when new guidance is issued.

FREQUENTLY ASKED QUESTIONS

N/A

GLOSSARY

N/A

A DOCUMENT DETAILS	
Procedural Document Number	133
Author (Name and Job Title)	Jenny Jones, Programme Officer
Clinical Delivery Group (recommending group)	Planned and Specialist
Date of recommendation by CDG	April 2017
Date of approval	10 April 2017
Version	3.0
Review frequency	Every 3 years
Review date	April 2020

B CONSULTATION PROCESS			
Version No	Review Date	Author and Job Title	Level of Consultation
3.0	April 2017	Jenny Jones, Programme Officer	

C VERSION CONTROL					
Date of recommendation	Version No	Review date	Nature of change	Approval date	Approval Committee
April 2017	3.0	April 2020	Change to new format	April 17	CCC

D ASSOCIATED DOCUMENTS	
<ul style="list-style-type: none"> Policy for individual patient treatment, NHS Dorset Clinical Commissioning Group Making sense of Local Access Based Protocols, NHS Dorset Clinical Commissioning Group 	

E SUPPORTING DOCUMENTS/EVIDENCE BASED REFERENCES		
Evidence	Hyperlink (if available)	Date
NICE Interventional Procedures Guidance (IPG476)	https://www.nice.org.uk/guidance/ipg476	Jan 2014
NICE Interventional procedures guidance (IPG240)	https://www.nice.org.uk/guidance/ipg240	Nov 2010
NHS Choices Snoring – symptoms, causes and treatments	http://www.nhs.uk/Conditions/Snoring/Pages/Introduction.aspx	Current

F DISTRIBUTION LIST			
Internal CCG Intranet	CCG Internet Website	Communications Bulletin	External stakeholders
✓	✓	✓	✓