



**Dorset
Clinical Commissioning Group**

NHS England / NHS Dorset Clinical Commissioning Group

Knee Arthroscopy for Patients with Osteoarthritis Criteria Based Access Protocol



Supporting people in Dorset to lead healthier lives

NHS DORSET CLINICAL COMMISSIONING GROUP

KNEE ARTHROSCOPY FOR PATIENTS WITH OSTEOARTHRITIS CRITERIA BASED ACCESS PROTOCOL

1. INTRODUCTION AND SCOPE

- 1.1 Arthroscopic washout of the knee is an operation where an arthroscope (camera) is inserted in to the knee along with fluid. Occasionally loose debris drains out with the fluid, or debridement, (surgical removal of damaged cartilage) is performed, but the procedure does not improve symptoms or function of the knee joint.
- 1.2 More effective treatment includes exercise programmes (e.g. ESCAPE pain), losing weight (if necessary) and managing pain. Osteoarthritis is relatively common in older age groups. In younger people with osteoarthritis, other procedures such as osteotomy may be appropriate.
- 1.3 Arthroscopic knee washout (lavage and debridement) for patients with osteoarthritis is not commissioned by NHS Dorset Clinical Commissioning Group in line with NHS England Evidence Based Interventions Guidance for CCGs, November 2018.

2. DEFINITIONS

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

3. ACCESS CRITERIA

- 3.1 Arthroscopic knee washout (Lavage and debridement) should not be used as a treatment for osteoarthritis because it is clinically ineffective.
- 3.2 Referral for arthroscopic lavage and debridement should not be offered as part of treatment for osteoarthritis, unless the person has knee osteoarthritis with a clear history of mechanical locking.
- 3.3 Where symptoms do not resolve after non-operative treatment, referral for consideration of knee replacement, or joint preserving surgery such as osteotomy is appropriate.

4. LIFESTYLE ADVICE

- 4.1 More effective treatment includes exercise programmes (e.g. [ESCAPE pain](#)), losing weight (if necessary) and managing pain. Osteoarthritis is relatively common in older age groups.

5. CASES FOR INDIVIDUAL CONSIDERATION

- 5.1 NHS Dorset Clinical Commissioning Group recognises that there will be occasions when patients may have good clinical reasons for being treated as exceptions to the above.

The IPT Policy is available on the NHS Dorset Clinical Commissioning Group website or upon request. 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:

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

6. CONSULTATION

This protocol is a new policy written to reflect the NHS England Evidence Based Interventions Policy (11th January 2019) following national consultation July 2018 to November 2018.

- 6.1 Prior to approval from Dorset CCG's Clinical Reference Group this Protocol was reviewed by the MSK Task and Finish Group which includes commissioners, clinicians and other relevant stakeholders.
- 6.2 An Equality Impact Assessment for this Criteria Based Access Protocol is available on request.

7. RECOMMENDATION AND APPROVAL PROCESS

- 7.1 This access protocol has been approved on behalf of the Clinical Reference Group in line with processes agreed by the CCGs Governing Body.

8. COMMUNICATION/DISSEMINATION

- 8.1 Following approval of Criteria Based Access Protocols at Clinical Reference Group each Protocol will be uploaded to the CCG's Intranet, Internet and added to the next GP Bulletin.

9. IMPLEMENTATION

9.1 Following review of this Criteria Based Access Protocol it was agreed there would be no formal implementation plan other than communication and dissemination as outlined in Section 8 above.

10. DOCUMENT REVIEW FREQUENCY AND VERSION CONTROL

10.1 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.

GLOSSARY

N/A

FREQUENTLY ASKED QUESTIONS

N/A

A DOCUMENT DETAILS	
Procedural Document Number	165
Author (Name and Job Title)	Tracy Hill Principal Programme Lead
Recommending group	MSK Task and Finish Group
Date of recommendation	January 2019
Date of approval by CCC	
Version	1.0
Review frequency	3 years
Review date	February 2022

B CONSULTATION PROCESS			
Version No	Review Date	Author and Job Title	Level of Consultation
1.0	January 2019	Tracy Hill Principal Programme Lead	MSK Task and Finish Group NHSE Consultation July 2018 to November 2018

C VERSION CONTROL					
Date of recommendation	Version No	Review date	Nature of change	Approval date	Approval Committee
January 2019	1.0	February 2019	Changed in line with national policy (January 2019)		

D ASSOCIATED DOCUMENTS	
<ul style="list-style-type: none"> NHS England Policy for Evidence Based Interventions, January 2019 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 Guidance	https://www.nice.org.uk/guidance/ipg230/evidence/overview-pdf-492463117	June 2017
NICE Guidance	https://www.nice.org.uk/guidance/ipg230/chapter/1-Guidance	
NICE Guidance	https://www.nice.org.uk/donotdo/referral-forarthroscopic-lavage-and-debridement-should-not-be-offered-as-partof-treatment-for-osteoarthritis-unless-the-person-has-kneeosteoarthritis-	

	with-a-clear-history-of-mechanical-locking-not http://www.escape-pain.org/	
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F	DISTRIBUTION LIST			
	Internal CCG Intranet	CCG Internet Website	Communications Bulletin	External stakeholders
	✓	✓	✓	✓