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| Policy title | Chronic rhinosinusitis (adults and children) v1.1 |
| Policy position | Criteria Based Access |
| Date of CCG recommendation | January 2021 |

Rhinosinusitis is defined as inflammation of the nose and paranasal sinuses. In acute rhinosinusitis, there is complete resolution of symptoms within 12 weeks of onset. Persistence of symptoms for more than 12 weeks is categorised as chronic rhinosinusitis.

The aetiology of chronic rhinosinusitis is largely unknown but is likely to be multifactorial, with inflammation, infection and obstruction of sinus ventilation playing a part.

Diagnosis is made by the presence of two or more persistent symptoms for at least 12 weeks, one of which should be nasal obstruction and/or nasal discharge, and/or facial pain/pressure or anosmia. Chronic rhinosinusitis is sub-categorised by the presence or absence of nasal polyps (CRSwNP or CRSsNP respectively).

- First-line treatment is with appropriate medical therapy, which should include intranasal steroids and nasal saline irrigation.
- In the case of CRSwNP a trial of a short course of oral steroids should also be considered.
- Where first-line medical treatment has failed patients should be referred for diagnostic confirmation and they then may be considered for endoscopic sinus surgery.

Recommended Primary Care Pathway as per the Royal College of Surgeons (RCS) Commissioning Guide (2016) Chronic Rhinosinusitis is detailed in Appendix 1.

Patients are eligible to be referred for specialist secondary care assessment in the following circumstances:

- A clinical diagnosis of CRS has been made (as set out in RCS/ENT-UK Commissioning guidance) in primary care and patient still has moderate / severe symptoms after a 3-month trial of intranasal steroids and nasal saline irrigation.

AND

- In addition, for patients with bilateral nasal polyps there has been no improvement in symptoms 4 weeks after a trial of 5-10 days of oral steroids (0.5mg/kg to a max of 60 mg)

OR

- Patient has nasal symptoms with an unclear diagnosis in primary care.

OR

- Any patient with unilateral symptoms or clinical findings, orbital, or neurological features should be referred urgently / via 2-week wait depending on local pathways.

No investigations, apart from clinical assessment, should take place in primary care or be a pre-requisite for referral to secondary care (e.g. X-ray, CT scan). There is no role for prolonged courses of antibiotics in primary care.

Patients can be considered for endoscopic sinus surgery when the following criteria are met:

- A diagnosis of CRS has been confirmed from clinical history and nasal endoscopy and / or CT scan.

AND

- Disease-specific symptom patient reported outcome measure confirms moderate to severe symptoms e.g. Sinonasal Outcome Test (SNOT-22) after trial of appropriate medical therapy (including counselling on technique and compliance) as outlined in RCS/ENT-UK commissioning guidance 'Recommended secondary care pathway'.

AND

- Pre-operative CT sinus scan has been performed and confirms presence of CRS. Note: a CT sinus scan does not necessarily need to be repeated if performed sooner in the patient's pathway.

AND

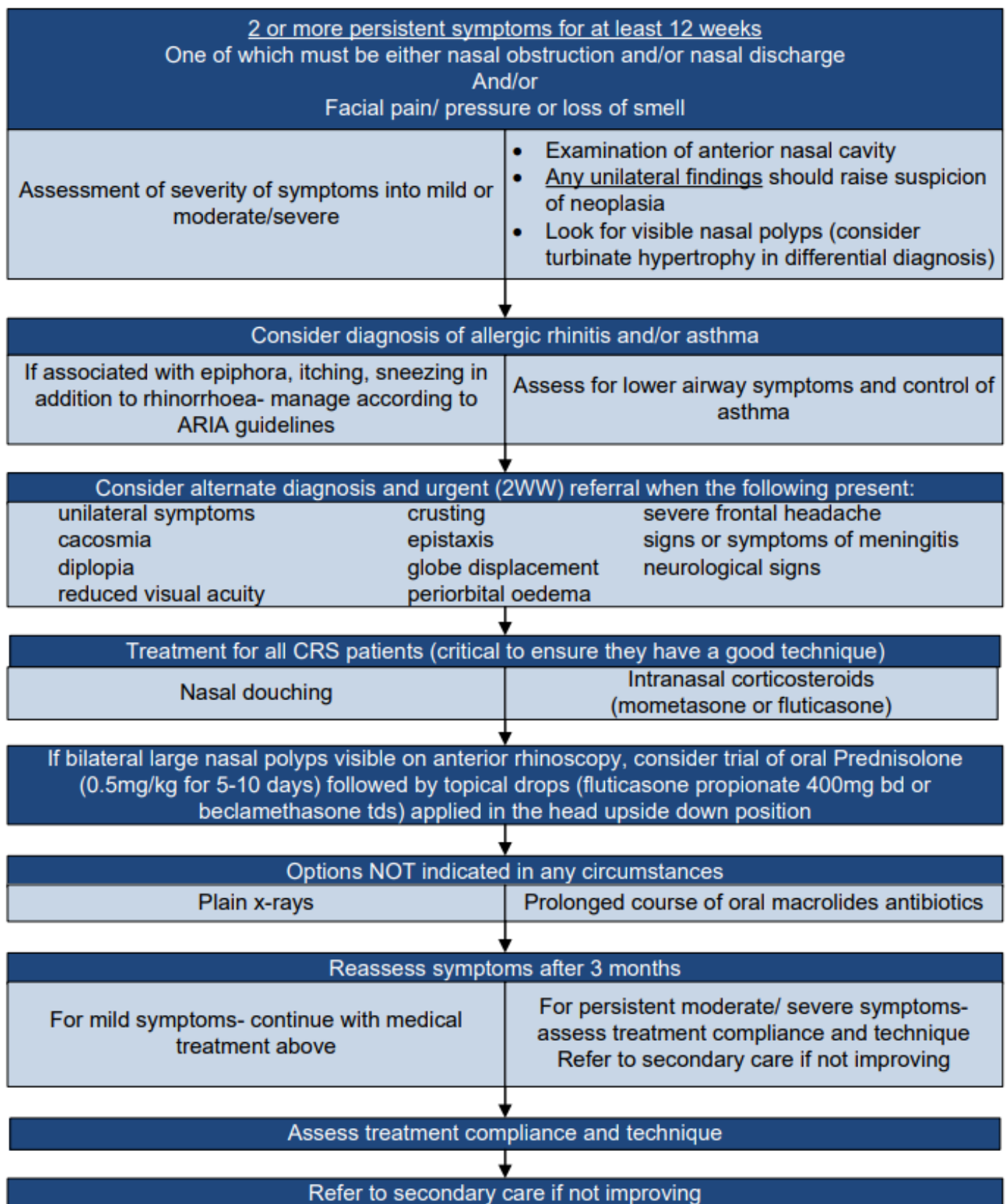
- Patient and clinician have undertaken appropriate shared decision making consultation regarding undergoing surgery including discussion of risks and benefits of surgical intervention.

OR

- In patients with recurrent acute sinusitis, nasal examination is likely to be relatively normal. Ideally, the diagnosis should be confirmed during an acute attack if possible, by nasal endoscopy and/or a CT sinus scan.

Appendix 1: Recommended Primary Care Pathway

(Royal College of Surgeons Commissioning Guide: Chronic Rhinosinusitis, 2016)



References:

NHS England Evidence-Based Interventions List 2 Guidance (2020)

Royal College of Surgeons Commissioning Guide: Chronic Rhinosinusitis (2016)

NOTE:

- This policy will be reviewed in the light of new evidence or new national guidance e.g. from NICE
- Where a patient does not meet the policy criteria or the intervention is not normally funded by the NHS, an application for clinical exceptionality can be considered via the ICB's Individual Funding Request (IFR) Policy and Process

Clinical coding:

J32.0 Chronic maxillary sinusitis

J32.1 Chronic frontal sinusitis

J32.2 Chronic ethmoidal sinusitis

J32.3 Chronic sphenoidal sinusitis

J32.4 Chronic pansinusitis

J32.8 Other chronic sinusitis

J32.9 Chronic sinusitis, unspecified

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J33.0 Polyp of nasal cavity

J33.1 Polypoid sinus degeneration

J33.8 Other polyp of sinus

J33.9 Nasal polyp, unspecified

Y76.1 Functional endoscopic sinus surgery

Y76.2 Functional endoscopic nasal surgery

E12.1 Ligation of maxillary artery using sublabial approach

E12.2 Drainage of maxillary antrum using sublabial approach

E12.3 Irrigation of maxillary antrum using sublabial approach

E12.4 Transantral neurectomy of vidian nerve using sublabial approach

E12.8 Other specified operations on maxillary antrum using sublabial approach

E12.9 Unspecified operations on maxillary antrum using sublabial approach

E13.1 Drainage of maxillary antrum NEC

E13.2 Excision of lesion of maxillary antrum

E13.3 Intranasal antrostomy

E13.4 Biopsy of lesion of maxillary antrum (we will leave in unless we hear otherwise)

E13.5 Closure of fistula between maxillary antrum and mouth

E13.6 Puncture of maxillary antrum

E13.7 Neurectomy of vidian nerve NEC

E13.8 Other specified other operations on maxillary antrum

E13.9 Unspecified other operations on maxillary antrum

E14.1 External frontoethmoidectomy

E14.2 Intranasal ethmoidectomy

E14.3 External ethmoidectomy

E14.4 Transantral ethmoidectomy

E14.5 Bone flap to frontal sinus

E14.6 Trephine of frontal sinus

E14.7 Median drainage of frontal sinus

E14.8 Other specified operations on frontal sinus

E14.9 Unspecified operations on frontal sinus

E15.1 Drainage of sphenoid sinus

E15.2 Puncture of sphenoid sinus

E15.3 Repair of sphenoidal sinus

E15.4 Excision of lesion of sphenoid sinus

E15.8 Other specified operations on sphenoid sinus

E15.9 Unspecified operations on sphenoid sinus

E16.1 Frontal sinus osteoplasty

E16.2 Drainage of frontal sinus NEC

E16.8 Other specified other operations on frontal sinus
E16.9 Unspecified other operations on frontal sinus
E17.1 Excision of nasal sinus NEC
E17.2 Excision of lesion of nasal sinus NEC
E17.3 Biopsy of lesion of nasal sinus NEC
E17.4 Lateral rhinotomy into nasal sinus NEC
E17.8 Other specified operations on unspecified nasal sinus
E17.9 Unspecified operations on unspecified nasal sinus
E08.1 Polypectomy of internal nose

Key words: Rhinosinusitis, nasal polyps, endoscopic sinus surgery, functional endoscopic sinus surgery, ESS, FESS