

**Arthroscopic Knee Surgery**

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| **Commissioning decision** | **The CCG will provide funding for arthroscopic knee surgery for meniscal tears for patients who meet the criteria defined within this policy**  Where a patient meets the criteria set out in this policy the decision to go ahead with surgery should be made using the principles of shared decision making to ensure that any decision is reached jointly taking into account the patient’s needs and preferences.  New GP referrals should normally be made via the MSK specialist triage service in line with the agreed local pathway.  Surgical intervention should only be considered where the patient’s general physical and mental health is sufficiently good to expect that significant improvement in pain and function will result from surgery. |

**Policy Statement:**

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| Arthroscopic knee surgery is not commissioned for diagnostic purpose or to provide arthroscopic washout alone as a treatment for chronic knee pain due to osteoarthritis (this procedure may be appropriate in conditions such as septic arthritis).  Arthroscopic knee surgery for meniscal tears is only funded where the following criteria are met:   * The patient’s symptoms persist despite the patient having fully engaged with conservative measures as defined by NICE Quality Standard QS87 ([Quality Standard 7: Core treatments before referral for consideration of joint surgery](https://www.nice.org.uk/guidance/qs87/chapter/Quality-statement-7-Core-treatments-before-referral-for-consideration-of-joint-surgery)) for a period of 3 months   **AND**   * The patient has clinical signs of a meniscal tear with clinically significant mechanical symptoms such as catching, locking, instability or giving way. |

**Rationale:**

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| A knee arthroscopy is a surgical technique whereby a small telescope is inserted into a joint to inspect, diagnose, and treat intra-articular problems.  Knee irrigation or washout involves flushing the joint with fluid which is introduced through small incisions in the knee. NICE and reviewed the evidence for how well knee washout works for people with osteoarthritis which has shown that knee washout for people with osteoarthritis did not reduce pain nor improve how well their knees worked. Arthroscopic washout is therefore not routinely funded by Gloucestershire CCG.  Conservative treatments such as physiotherapy and exercise have been shown to be effective for patients with knee pain and should be fully explored before arthroscopic surgery is considered. However, where this fails to resolve issue and the patient is suffering from clear mechanical symptoms arthroscopic knee surgery may be appropriate. |

**Evidence base:**

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| British Association for Surgery of the Knee (BASK), *Meniscal Surgery Guidelines*. 2018.  NHS England, *Evidence Based Interventions: Guidance for CCGs.* 2018. <https://www.england.nhs.uk/publication/evidence-based-interventions-guidance-for-clinical-commissioning-groups-ccgs/>  NG157 <https://www.nice.org.uk/guidance/ng157> |

For further information please contact [GLCCG.IFR@nhs.net](mailto:GLCCG.IFR@nhs.net)

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| **Date of publication** | September 2020 |
| **Policy review date** | September 2023 |

**Consultation**

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| **Consultee** | **Date** |
| GHFT Orthopaedic department | February 2020 |
| CCG Governing Body Development Session |  |
| GHNHSFT (via General Manager/Head of Contracts) |  |
| GP Membership (via CCG Live/What’s New This Week) |  |
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| Has the consultation included patient representatives? | Yes |

**Policy sign off**

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| **Reviewing Body** | **Date of review** |
| Effective Clinical Commissioning Policy Group | 17.09.2020 |
| Quality and Governance Committee | Amendments agreed Oct 20 |
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**Version Control**

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| **Version No** | **Type of Change** | **Date** | **Description of Change** |
| 0.1 |  |  |  |
| 0.2 | Policy review date; title change, minor wording change. | 17.9.20 (ECCP meeting) | Policy review date changed to September 2023. Title changed (‘Degenerative’ dropped) agreed at MSK review. Minor wording changes ratified by M Walkingshaw & M Andrews-Evans Oct 20 |