

2013

Commissioning guide:

Rhinosinusitis



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Glossary

| Term | Definition |
|-----------------|--|
| VAS | Visual Analogue Scale |
| 2WW | 2 week wait |
| CRS | Chronic Rhinosinusitis |
| CRSwNP | Chronic Rhinosinusitis with nasal polyps |
| CRSsNP | Chronic Rhinosinusitis without nasal polyps |
| ARIA guidelines | Allergic Rhinitis and its impact on Asthma (ARIA) guidelines |
| INCS | Intranasal corticosteroids |
| SNOT | Sinonasal Outcome Test |
| ESS | Endoscopic Sinus Surgery |
| ASA triad | Aspirin Sensitivity, Nasal Polyos and Asthma Trias |
| HES | Hospital Episode Statistics |
| LOS | Length of stay |
| PROMs | Patient Rated Outcome Measures |
| QOL | Quality of Life |
| PPV | Positive predictive value |
| NPV | Negative predictive value |
| LM | Lund-Mackay Radiological Score |

Introduction

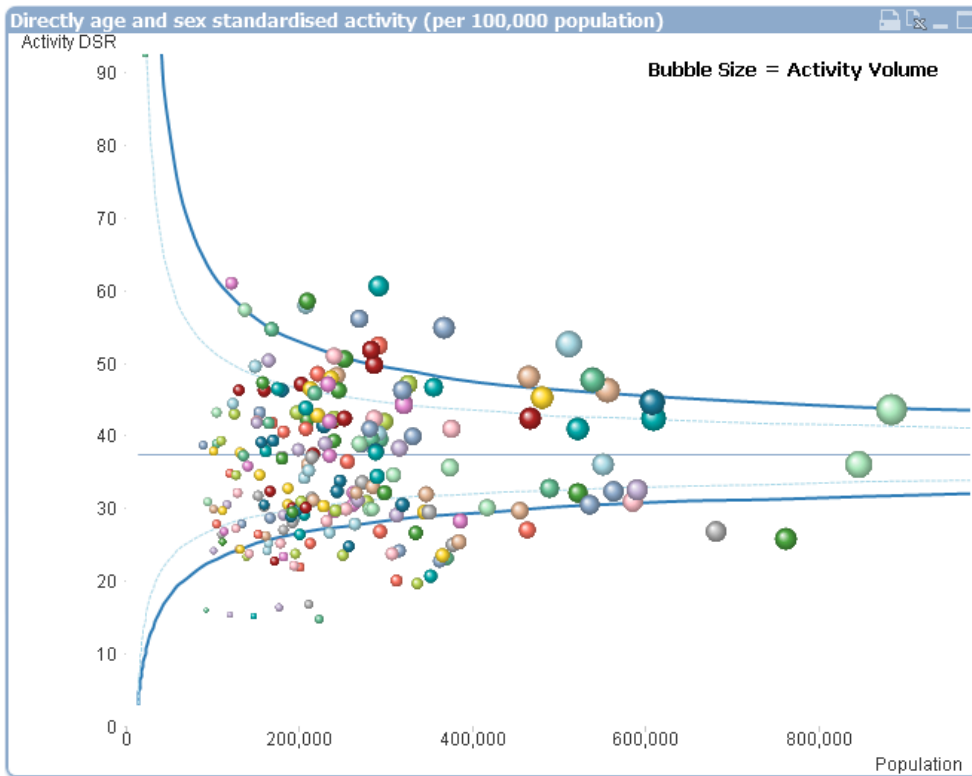
Rhinosinusitis is defined as inflammation of the nose and paranasal sinuses. In acute sinusitis, there is complete resolution of symptoms within 12 weeks of onset; persistence of symptoms for more than 12 weeks is categorised as chronic rhinosinusitis. Acute rhinosinusitis usually has an infective aetiology. 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.

Chronic rhinosinusitis is a highly prevalent condition affecting 10% of the UK adult population. It is associated with significant reduction of quality of life, high health-care utilisation and significant absenteeism/presenteeism. Diagnosis is made by the presence of two or more persistent symptoms for at least 12 weeks, one of which should be either nasal obstruction and/or nasal discharge, and/or facial pain/pressure or anosmia (1).

Chronic rhinosinusitis is sub-categorised by the presence or absence of nasal polyps (CRSwNP or CRSsNP respectively).

Treatment entails a trial of maximum medical therapy, with surgery reserved for recalcitrant cases, with a diagnosis confirmed by radiology, after an appropriate trial of treatment.

There is over 5 fold variation in procedure rates for sinus surgery per 100,000 population by CCG across England.



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1 High Value Care Pathway for Rhinosinusitis

1.1 Primary Care

Take a history of the patient documenting the symptoms included in the diagnostic criteria below;

- Two or more persistent symptoms for at least 12 weeks, one of which should be either nasal obstruction and/or nasal discharge, and/or facial pain/pressure or anosmia
- Assessment of severity of symptoms using a 10cm Visual Analogue Scale (VAS) to categorise into mild (VAS 0 – 3) or moderate/severe (VAS >3) (2)
- Examination by anterior rhinoscopy
 - Any unilateral findings should raise suspicion of neoplasia.
 - Look for visible nasal polyps (consider turbinate hypertrophy in differential diagnosis)
- Consider diagnosis of allergic rhinitis in patients (especially those with family history of atopy) with associated epiphora, itching, sneezing in addition to rhinorrhoea – manage according to ARIA guidelines (3)
- Assess for lower airway symptoms and control of asthma (4)

- Consider alternate diagnosis in presence of unilateral symptoms, cacosmia, crusting, epistaxis, orbital symptoms (diplopia, reduced visual acuity, globe displacement, peri-orbital oedema) or neurological symptoms (severe frontal headache, signs of symptoms of meningism, neurological signs) – consider urgent/ 2WW referral in these cases

There is no role for plain X-ray in assessment of CRS (plain X-ray, despite low cost and availability, has limited usefulness due to underestimation of bony and soft tissue sinus pathology (5,6)). Imaging is usually reserved for those who fail medical therapy or have complicated infection/more serious conditions.

Offer all patients

- Saline irrigation (7): commercially available positive pressure squeeze bottles or irrigation jugs (Netti pots) available to aid douching. High volume irrigation more effective than saline sprays (Appendix 1)
- Intranasal corticosteroids (INCS) (8-10): advise on correct application technique. Bioavailability varies between INCS – negligible with mometasone and fluticasone
- Informed choice over treatment options is essential; patients should be provided with written information on sinusitis (e.g. NHS Choices or equivalent) and actively engaged in treatment decisions

We do not recommend routine use of antibiotics for CRS in primary care 1, due to limited evidence of efficacy in unselected groups, low specificity of symptomatic diagnosis without endoscopy or imaging, and risks of increasing antibiotic resistance.

If bilateral large nasal polyps visible on anterior rhinoscopy

- Consider trial of oral prednisolone (0.5mg/kg for 5 – 10 days) followed by topical drops (fluticasone proprionate 400mcg bd or beclomethasone tds) applied in the head upside down position
- Review after 4 weeks of treatment and refer if no improvement (11)
- Reassess symptom control after 3 months
- For mild symptoms (VAS 0 -3) – continue with medical treatment as outlined above, emphasise need for compliance

For persistent moderate/severe symptoms at 3 months

- Assess treatment compliance and technique
- Refer to specialist community or secondary care provider for nasal endoscopy and further investigation (12 – 15)

1.2 Secondary Care

- Assessment (see above) and consider diagnosis and treatment of co-morbidity – Allergy, ASA triad, systemic conditions (vasculitides, Churg-Strauss, sarcoidosis) etc.
- Endoscopy – nasal purulence, presence of polyps or oedema in middle meatus supportive of diagnosis of CRS
- Consider nasal culture – endoscopically guided middle meatal culture
- Disease-specific Patient Reported Outcome Measure to assess symptom severity and response to treatment – e.g. 22 item Sinonasal Outcome Test (SNOT-22)¹⁶
- Consider CT where endoscopy findings not supportive and diagnosis is uncertain, or when malignancy or complications of CRS suggested (presence of orbital or neurological signs as above)

For CRSwNP, and moderate/severe symptoms (VAS>3, SNOT-22>20)

- Continue nasal saline irrigation
- Short course oral steroids (0.5mg/kg 5 - 10 days)¹¹
- Consider topical drops (fluticasone propionate 400mcg bd or beclomethasone tds) or continue intranasal corticosteroid spray
- Consider doxycycline (100mg od 3 weeks) ¹⁷
- Review after 3 months for moderate disease, 1 month for severe disease

For CRSsNP, and moderate/severe symptoms (VAS>3, SNOT-22>20)

- Continue nasal saline irrigation
- Continue intranasal corticosteroid spray
- Consider long term macrolide antibiotics (most likely to be effective when IgE levels NOT elevated) ¹⁸ Do not use macrolides in patients with significant history of cardiorespiratory disease or those taking statins¹⁹
- Review after 3 months

For both CRSwNP and CRSsNP

- Consider endoscopic sinus surgery after failure of maximum medical therapy above and persistent moderate/severe symptoms
- CT mandatory before surgery if not performed earlier in care pathway (does not need to be repeated if no intervening surgical intervention)
- When LM<4 alternate diagnosis should be considered, and ESS not usually indicated

Informed choice over treatment options is essential; patients should be provided with written information on sinusitis (e.g. ENT-UK leaflets on sinusitis and ESS or equivalent) and actively engaged in treatment decisions. This should include discussion of potential complications of surgery which include post-operative bleeding and infection, scar tissue formation, rarely CSF leak and significant orbital injuries and the potential need for revision

surgery.

There is insufficient evidence to inform as to the optimum extent of surgery, instrumentation to be used, or post-operative packing materials.

In suitable patients, endoscopic sinus surgery may be performed in an ambulatory setting. Patients should be discharged with written information regarding symptoms of post-operative complications to look out for including significant nasal bleeding, purulent discharge, clear rhinorrhoea, headaches, visual disturbances, persistent pain or general malaise

1.3 Post-operative Care

Many patients are likely to require long-term medical maintenance therapy with saline irrigation and INCS. Use of INCS shown to reduce risk of polyp recurrence²⁰ and is safe for long term use
Surgical intervention does allow enhanced delivery of medical treatment in topical forms (e.g. douching, steroids).

Follow-up after surgery should be tailored to individual patient needs in terms of duration and frequency and may be influenced by other factors such as atopy and co-morbidity. Once patients are stabilized post-op, further follow-up / maintenance of treatment can be provided in primary care.

2 Procedures explorer for Rhinosinusitis

Users can access further procedure information based on the data available in the quality dashboard to see how individual providers are performing against the indicators. This will enable CCGs to start a conversation with providers who appear to be 'outliers' from the indicators of quality that have been selected.

The Procedures Explorer Tool is available via the [Royal College of Surgeons](#) website.

3 Quality dashboard for Rhinosinusitis

The quality dashboard provides an overview of activity commissioned by CCGs from the relevant pathways, and indicators of the quality of care provided by surgical units.

The quality dashboard is available via the [Royal College of Surgeons](#) website.

4 Levers for implementation

4.1 Audit and peer review measures

The following measures and standards are those expected at primary and secondary care. Evidence should be able to be made available to commissioners if requested.

| | Measure | Standard |
|-----------------------|--|--|
| Primary Care | Use VAS to assess severity and measure response to treatment | Do not offer investigation or treatment to patients not meeting diagnostic criteria Do not use plain X-ray for investigation |
| | Referral | Do not offer referral before a trial of conservative management, or those in whom medical treatment achieve adequate control of symptoms |
| | Patient information | Patients are provided with appropriate information prior to referral |
| Secondary Care | Patient engagement and information | Written advice should be provided to all patients undergoing endoscopic sinus surgery |
| | Criteria for surgery | Evidence of appropriate documentation that patients fulfil criteria for surgery |
| | Criteria for non-day case decisions | Evidence of appropriate documentation supporting any non-day case decision |
| | Audit | Audit of <ul style="list-style-type: none"> ▪ post-operative complications and morbidity ▪ appropriate peri- and post-operative management (pain control, post-discharge information, etc) |

4.2 Quality Specification/CQUIN

| Measure | Description | Data specification (if required) |
|----------------|--|----------------------------------|
| Length of stay | Provider demonstrates a mean LOS of <2 days | Data available from HES |
| Day Case Rates | Provider demonstrates >80% day case rate for ESS procedure | Data available from HES |

5 Directory

5.1 Patient Information for Rhinosinusitis

| Name | Publisher | Link |
|--|-------------|---|
| Functional Endoscopic Sinus Surgery (FESS) Sinusitis | ENT-UK | https://entuk.org/ent_patients/nose_conditions/fess |
| Sinusitis | NHS Choices | http://www.nhs.uk/conditions/sinusitis/pages/introduction.aspx |
| Loss of sense of smell | Fifth Sense | http://www.fifthsense.org.uk/ |

5.2 Clinician information for Rhinosinusitis

| Name | Publisher | Link |
|--|-----------|---|
| ERS/EAACI guidelines for acute and chronic rhinosinusitis with and without nasal polyps based on a systematic review | Rhinology | http://www.rhinologyjournal.com/supplement_23.pdf |

| | | |
|--|-------------|---|
| Rhinosinusitis – Map of medicine | NHS Choices | http://healthguides.mapofmedicine.com/choices/map/rhinosinusitis1.html |
| Sinusitis - Clinical Knowledge Summaries | NICE | http://cks.nice.org.uk/sinusitis |

6 Benefits and risks of implementing this guide

| Consideration | Benefit | Risk |
|--------------------|--|--|
| Patient outcome | Ensure access to effective treatment | |
| Patient safety | Reduce chance of missing sinonasal malignancy or complication of CRS | |
| Patient experience | Improve access to patient information, support groups | |
| Equity of Access | Improve access to effective treatment | |
| Resource impact | Reduce unnecessary referral, investigation and intervention | Resource required to provide saline irrigation on prescription |

7 Further information

7.1 Research recommendations

- Aetiology of CRS, role of allergy
- Assessment – Better phenotyping of subgroups of CRS, implications for treatment options and outcomes
- Comparative effect of medical versus surgical treatment for both CRSwNp and CRSsNP
- Role of long-term antibiotics in management of both CRSwNP and CRSsNP
- Novel therapies for chronic rhinosinusitis

7.2 Other recommendations

- Improved coding of procedures for endoscopic sinus surgery reflecting developments in surgical technique
- Need for national database to collect epidemiology data, PROMs and operative activity, to further knowledge base and provide individual surgeon outcome data.

7.3 Evidence base

1. Fokkens W, Lund VJ, Mullol J et al. *European Position Paper on Rhinosinusitis and Nasal Polyps 2011*. *Rhinology* 2012 Supp 23: 1 – 298
2. Lim M, Lew-Gor S, Darby Y, Brooked N, Scadding GK, Lund VJ. *The relationship between subjective assessment instruments in chronic rhinosinusitis*. *Rhinology* 2007; 45(2): 144-147
3. Borzek J, Bousquet J, Baena-Cagnani et al. *ARIA Guidelines 2012 Update*. *J Allergy Clin Immunol*. 2010; 126: 466 – 476
4. Hens & Hellings. *The nose: gatekeeper and trigger of bronchial disease*. *Rhinol* 2006; 44,179
5. Goldstein JH, Phillips CD. *Current indications and techniques in evaluating inflammatory disease and neoplasia of the sinonasal cavities*. *Curr Probl Diagn Radiol*. 1998 Mar-Apr;27(2):41-71
6. Yousem DM. *Imaging of sinonasal inflammatory disease*. *Radiology*. 1993 Aug;188(2):303-1
7. Harvey R, Hannan SA, Badia L et al. *Nasal saline irrigations for the symptoms of chronic rhinosinusitis*. *Cochrane Database of systematic reviews*. 2007 (3)
8. Joe SA, Thambi R, Huang J. *A systematic review of the use of intranasal steroids in the treatment of chronic rhinosinusitis*. *Otolaryngology – Head and Neck Surgery*. 2008; 139 (3): 340 – 7
9. Snidvongs K, Khalish L, Sacks R et al. *Topical steroid for chronic rhinosinusitis without nasal polyps*. *Cochrane database of systematic reviews*. 2011 (8)
10. Khalish L, Snidvongs K, Sivasubranium R et al. *Topical steroids for nasal polyps*. *Cochrane database of systematic reviews*. 2012
11. Scadding GK, Durham SR, Mirakian R et al. *BSACI guidelines for the management of rhinosinusitis and nasal polyposis*. *Clin Exp Allergy* 2007; 38: 260 – 275
12. EPOS – recommends referral after failure of 3 months medical therapy.
13. Smith T, Kern R, Palmer J et al. *Medical versus surgery for chronic rhinosinusitis: a prospective, multi-institutional study with 1-year follow-up*. *Int Forum Allergy Rhinol*. 2012. Study shows that 34% patients fail medical management within 3 months of treatment. Disease specific QOL then stagnates or worsens until crossover into surgical treatment. Supports referral after 3 months, as non-responders are unlikely to respond at later stage and will suffer deterioration in symptoms.
14. Hopkins C, Milano Masterclass 2013. *Early intervention for Chronic rhinosinusitis*. Patients undergoing surgery within 12 months of onset of symptoms that fail to respond to maximum medical therapy, achieve significantly better measured outcomes in terms on improvements in SNOT-22 than those undergoing surgery at a later stage. Health care utilisation is significantly lower in first 2 years following surgery in patients undergoing surgical intervention compared with those having surgery at a later stage.
15. Confirmation of diagnosis by endoscopy or CT imaging is required according to both EPOS and AAO-HNS definitions of CRS, as symptoms alone have a sensitivity of 89% but a specificity of only 12%, PPV of 49% and NPV of 54%. Therefore, we are unable to recommend escalation of care pathway without either endoscopy or CT, particularly as this would entail prolonged courses of antibiotics in a significant number of patients unlikely to benefit from such treatment, in the face of increasing antibiotic resistance. Either a Community Specialist or Secondary Care Specialist may perform endoscopic examination. CT imaging is normally reserved for patients selected for surgical management in order to minimize risk from exposure

to ionizing radiation, and therefore not recommended for use in primary care or at this stage of the treatment pathway. However, up to 40% of patients with symptoms of CRS and normal endoscopy have radiological evidence of CRS (Cain RB, LaID. Update on the management of chronic rhinosinusitis. *Infection and Drug resistance* 2013; 6: 1 – 14), and CT is therefore recommended at a later stage if the diagnosis remains uncertain.

16. Hopkins C, Browne J, Slack R, Gillett S, Lund V. *Psychometric validity of the 22 item Sinonasal Outcome Test (SNOT-22)*. Clin Otolaryngol 2009; 34 :447-454
17. Van Zele T, Gevaert Pn Holtappels G et al. *Oral Steroids and doxycycline: two different approaches to treat nasalm poyps*. JACI 2010;125;1069-1076
18. Soler ZM, Oyer SL, Kern RC et al. *Antimicrobials and chronic rhinosinusitis with or without polyposis in adults: an evidenced based review with recommendations*. Int Forum Allergy and Rhinol. 2013; 3: 31 – 47. Adelson RT, Adappa ND. What is the proper role of oral antibiotics in the treatment of patients with chronic sinusitis? Curr.OP Otolaryngol Head Neck Surg. 2013; 21: 61 – 8
19. Schembri S, Williamson P, Short P. *Cardiovascular events after clarithromycin use in lower respiratory tract infections*. BMJ, 2013: 346: f1235
20. Rowe-Jones J, Medcalf M, Durham S, Richards D, Mackay I. *Functional Endoscopic Sinus Surgery: 5 year follow up and results of a prospective, randomised, stratified, double-blind, placebo controlled study of postoperative fluticasone propionate aqueous nasal spray*. Rhinology 2005 ;43-1: 2-10,

Evidence identified by Bazian but not incorporated into care pathway

- Krespi YP, Kizhner V. Phototherapy for Chronic rhinosinusitis – n=23 2 treatment arms both show symptomatic benefit, but no control arm, therefore unacceptable risk of bias and needs further evaluation before use can be recommended.

7.4 Guide development group for Rhinosinusitis

A commissioning guide development group was established to review and advise on the content of the commissioning guide. This group met (frequency), with additional interaction taking place via email.

| Name | Job Title/Role | Affiliation |
|----------------|---|---|
| Claire Hopkins | Chair, Guidance Development Group, Consultant ENT surgeon | ENT-UK Guy's and St Thomas' Hospital |
| Andrew McCombe | Consultant ENT surgeon | ENT-UK Frimley Park Hospital |
| Carl Philpott | Honorary Consultant ENT Surgeon | Norwich Medical School |
| Jonathan Hern | Consultant ENT Surgeon | Frimley Park Hospital |
| June Blythe | Independent patient representative | |

| | | |
|--------------------|--|---|
| Mike Thomas | Professor of Primary Care Research | University of Southampton |
| Natalie Bohm | Darzi Fellow, Clinical Academic Lecturer ENT | ENT-UK |
| Rajiv Bhalla | Consultant ENT surgeon | Manchester |
| Valerie J Lund CBE | Professor of Rhinology | University College London & Honorary Consultant ENT Surgeon, University College Hospital London |
| Darryl Veldtman | Independent patient representative | |
| Andrew Swift | Consultant ENT surgeon and Rhinologist | Aintree, Liverpool |
| Dr Greg Battle | Executive Medical Director, Integrated Care | |

7.5 Funding statement

The development of this commissioning guidance has been funded by the following sources:

- DH Right Care funded the costs of the guide development group, literature searches and contributed towards administrative costs.
- The Royal College of Surgeons of England and ENT- UK provided staff to support the guideline development.

7.6 Conflict of Interest Statement

Individuals involved in the development and formal peer review of commissioning guides are asked to complete a conflict of interest declaration. It is noted that declaring a conflict of interest does not imply that the individual has been influenced by his or her secondary interest. It is intended to make interests (financial or otherwise) more transparent and to allow others to have knowledge of the interest.

The following interests were declared by group members:

| Name | Job title/role | Declared interest |
|----------------|-----------------------------------|---|
| Claire Hopkins | Chair, Guidance Development Group | <ul style="list-style-type: none"> Received educational grant from Johnson & Johnson to fund Research Fellow post for one year |
| | Consultant ENT | <ul style="list-style-type: none"> Received research funding for |

| | |
|--------------------|--|
| Surgeon | <p>contributing to commercial clinical trials from Glaxo Smith Kline and Sinusys</p> <ul style="list-style-type: none">• Received honoraria for speaking at meetings from Merck, Glaxo Smith Kline, Forth Medical and Johnson & Johnson• Received research prizes aimed to cover costs from attending meetings or sponsorship from Storz, Medtronic, Johnson & Johnson• Received financial support to cover costs of running meetings from all of the above , and NeilMed pharmaceuticals• Currently a NHS employee in secondary care – a change in referral patterns to secondary care will by definition impact on volume of work undertaken in the NHS |
| Mike Thomas | <ul style="list-style-type: none">• About 5 years ago spoke at the Primary Care Respiratory Society UK at the rhinosinusitis symposium sponsored by Schering Plough and received a small honorarium• Sponsorship for attending a meeting. |

Appendix 1

Saline Irrigation recipe

How to make 1 pint of salt solution

1. You will need:

salt (sea salt, canning, or pickling salt)
baking soda
nasal irrigation pot
measuring spoon (1 teaspoon, 1/2 tsp)
pint container

2. Mix the solution:

Measure 1 tsp of salt and 1/2 tsp of baking soda into the pint container.
Add one pint of cooled boiled water (lukewarm tap water may be safe in some areas)
Stir
From one-pint container of solution, fill nasal pot