

TITLE- REFERRAL GUIDELINES FOR TONSILLECTOMY



TARGET AUDIENCE	Primary Care
PATIENT GROUP	Paediatrics and Adults

Clinical Guidelines Summary

Referrals to ENT for tonsillectomy for paediatric and adult patients should fulfil all these criteria:

- Sore throats are due to acute tonsillitis
- The episodes of sore throat are disabling and prevent normal functioning
- Frequency:
 - 7 episodes of tonsillitis in 1 year
 - 5 episodes of tonsillitis every year for 2 preceding years
 - 3 episodes of tonsillitis every year for 3 preceding years

If patients do not fulfil this criteria, primary care clinician should advise a six-month period of watchful waiting, keeping a diary of symptoms and reviewing patients after this period of observation.

Note:

For paediatric referrals who do not meet the above criteria, earlier referral can be considered in these clinical situations:

- Multiple antibiotic allergies/intolerances
- PFAPA (periodic fever, aphthous stomatitis, pharyngitis and adenitis)
- History of >1 peritonsillar abscess

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Guideline Body

This section will normally contain more detailed information to support summary and should have a **content** list to start with in this section.

Basic tips:

- The guideline should be concise and not be too long. Less is more!
- Structure your guideline in a meaningful manner.
- Use plain English as much as possible and only use approved abbreviations (use full name when first used in guideline and abbreviations thereafter)
- Avoid adding personal details within your guideline body, such as individuals' names, addresses, telephone number, emails etc.
- Consider different options, e.g. parts of your guidelines published as a pathway in a flow chart, tables and graphs (links can be embedded in guideline and opened by users)

As above.

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Version		Review Date	

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References/Evidence

Any content in your guideline that is either quoted, paraphrased and/or borrowed from an external source must be attributed to the original.

For published papers, Harvard referencing style is preferable

e.g.

SIGN 117 – Management of sore throat and indications for tonsillectomy 2010

NICE Clinical Knowledge Summaries(CKS) - Sore Throat 2023

Clinical Practice Guideline: Tonsillectomy in Children (Update) – Executive Summary 2019. American Academy of Otolaryngology-Head and Neck Surgery

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Appendices

1. Governance information for Guidance document

Lead Author(s):	MR ANDY CHIN Clinical Lead for Paediatric ENT
Endorsing Body:	ENT Department, NHS Lanarkshire
Version Number:	1
Approval date	
Review Date:	
Responsible Person (if different from lead author)	

CONSULTATION AND DISTRIBUTION RECORD	
Contributing Author / Authors	Mr Andy Chin, Consultant ENT Surgeon, Monklands Hospital
Consultation Process / Stakeholders:	Mr Andy Chin Dr Tyra Smyth, Medical Director, Lanarkshire Local Medical Committee
Distribution	All GPs, ANPs, Physician Associates in primary care, NHS Lanarkshire.

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CHANGE RECORD			
Date	Lead Author	Change	Version No.
		<i>e.g. Review, revise and update of policy in line with contemporary professional structures and practice</i>	1
			2
			3
			4
			5

2. You can include additional appendices with complimentary information that doesn't fit into the main text of your guideline, but is crucial and supports its understanding.

e.g. supporting documents for implementation of guideline, patient information, specific monitoring requirements for secondary and primary care clinicians, dosing regimen/considerations according to weight and/or creatinine clearance

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