Adenoidectomy in Children

Policy

Adenoidectomy is of limited clinical effectiveness when performed as a single procedure for otitis media with effusion and will not be routinely funded.

These policies have been approved by the eight Clinical Commissioning Groups in North West London (NHS Brent CCG, NHS Central London CCG, NHS Ealing CCG, NHS Hammersmith and Fulham CCG, NHS Harrow CCG, NHS Hillingdon CCG, NHS Hounslow CCG and NHS West London CCG).

Background

Adenoidectomy\(^1\) is an operation to remove the adenoids. Adenoids are removed in order to improve breathing in children especially while they sleep, and reduce frequency of attacks of acute otitis media with effusion (OME).

The evidence for adenoidectomy supports surgery only if performed in conjunction with grommets insertion and the child meets the grommet referral criteria\(^2\). This is because adenoidectomy on its own is of unknown effectiveness.\(^3\) NICE guidance\(^4\) does not recommend adjuvant adenoidectomy in the absence of persistent and/or frequent upper respiratory tract symptoms. Adenoidectomy does not reduce the incidence of otitis media.

References

1. [https://www.entuk.org/ent_patients/throat_conditions/adenoid_surgery](https://www.entuk.org/ent_patients/throat_conditions/adenoid_surgery) (accessed October 2010)
4. NICE Clinical Guidance CG60 (February 2008)

Latest version of the policy is available at:
Version 3.3 (November 2014)