

## ADENOIDECTOMY

### CRITERIA BASED ACCESS

#### Adenoidectomy

Adenoids are small lumps of tissue at the back of the nose, above the roof of the mouth. You can't see a person's adenoids by looking in their mouth. Adenoids are part of the immune system, which only children have. They start to grow from birth and are at their largest when a child is around three to five years of age. Adenoids tend to shrink by adulthood and will often have disappeared.

#### Criteria for adenoidectomy in children

Surgical removal of adenoids will only be commissioned for:

- Children with Otitis Media with Effusion (OME) who meet the NICE recommendations for ventilation tubes (grommets) in the presence of persistent and/or frequent upper respiratory tract infections;

**OR**

- For sleep disordered breathing in children which is diagnosed clinically (documented impact on development, behavior and quality of life e.g. height and weight, hyperactivity, daytime somnolence, nasal obstruction and size of adenoids and role of obesity) or if necessary, demonstrated by sleep study (in the presence of excessively large adenoids)

#### References

##### **Adenoidectomy**

<http://www.nhs.uk/Conditions/Adenoids-and-adenoidectomy/Pages/Introduction.aspx>

##### **Criteria for adenoidectomy**

<http://www.nice.org.uk/guidance/cg60/resources/guidance-surgical-management-of-otitis-media-with-effusion-in-children-pdf>

<https://www.rcseng.ac.uk/library-and-publications/college-publications/docs/otitis-media-guide>

[http://www.cochrane.org/CD008282/ENT\\_adenoidectomy-for-recurrent-of-chronic-nasal-symptoms-in-children](http://www.cochrane.org/CD008282/ENT_adenoidectomy-for-recurrent-of-chronic-nasal-symptoms-in-children)

Reference:	Policy Name	Review Date	Version
BSW-CP027	Adenoidectomy	March 2025	4