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LOW PRIORITY PROCEDURE: Policy T9

Trigger finger

Policy Author: Ipswich and East & West Suffolk CCG

Policy start date: December 2006 (previously Policy T12)

First revision date: March 2009

Second revision date: January 2011 (minor amendments May 2011)

Third revision date: March 2014

Fourth revision date: August 2016

Review date: August 2019

OPCS Codes: T69.1, 69.2, 69.8, 69.9, 70.1, 70.2, 71.8, 71.9, 72.3, 72.8, 72.9 with any one of Z89.4, 89.5, 89.6, 89.7.

The ICD 10 Code for Trigger Finger is M65.3, but there are no appropriate ICD 10 codes for the clinical criteria

Policy Summary

Common hand conditions should only be referred to secondary care and any subsequent treatment undertaken in accordance with the criteria listed below. It is the responsibility of all clinicians to ensure that only patients meeting the criteria defined in the policy are referred and or treated. In case of clinical uncertainty GPs can refer to secondary care for an expert opinion.

Ipswich and East Suffolk CCG and West Suffolk CCG will only fund correction of trigger finger when the following criteria are met.

Eligibility Criteria

Ipswich and East Suffolk CCG and West Suffolk CCG will only fund correction of trigger finger in patients who either:

Fail to respond to conservative non-invasive treatment methods e.g. exercise/massage, rest from aggravating activities, splinting, NSAIDs **AND** Fail to respond to at least two corticosteroid injections (if clinically appropriate) (max 2 injections with a 10 week interval between injections)

OR Present with acutely locked finger that requires urgent referral to a hand surgeon

Rationale for the policy

Many hand conditions occur commonly, cause few serious symptoms and will generally resolve spontaneously. Given the potential complications of surgical procedures and the duty of the Clinical Commissioning Group to use its limited resources to provide the greatest benefit to the population, the above criteria for referral have been developed. These criteria are aimed at

offering treatment to those who need it most and who are most likely to benefit from surgical treatment.

The policy has been updated based on NHS England Interim Commissioning Guidance, other CCGs' policies, and a review of published evidence. For details, see the Evidence Brief.

References

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