

Evidence-based interventions

In line with NHS England guidance, your local CCG no longer provides routine access to a range of treatments that have been identified as unnecessary or ineffective, or which have potentially harmful side-effects.

The following interventions are only available in exceptional circumstances through the Individual Funding Request (IFR) process:

- Adult snoring surgery (not Obstructive Sleep Apnoea (OSA))
- Dilatation and curettage for heavy menstrual bleeding
- Knee arthroscopy with osteoarthritis
- Injections for nonspecific low back pain without sciatica

The following interventions are only available to patients when certain criteria are met are:

- Breast reduction
- Removal of benign skin lesions
- Grommets for glue ear in children
- Tonsillectomy for recurrent tonsillitis
- Haemorrhoid surgery
- Hysterectomy for heavy menstrual bleeding
- Chalazia removal
- Arthroscopic shoulder decompression for subacromial shoulder pain
- Carpal tunnel syndrome release
- Dupuytren's contracture release in adults
- Ganglion excision
- Trigger finger release in adults
- Varicose vein interventions

Talk to your GP or healthcare professional for more information about the Individual Funding Request process.

You can find more information about the NHS England Evidence-Based Interventions Programme here <https://www.england.nhs.uk/evidence-based-interventions/>