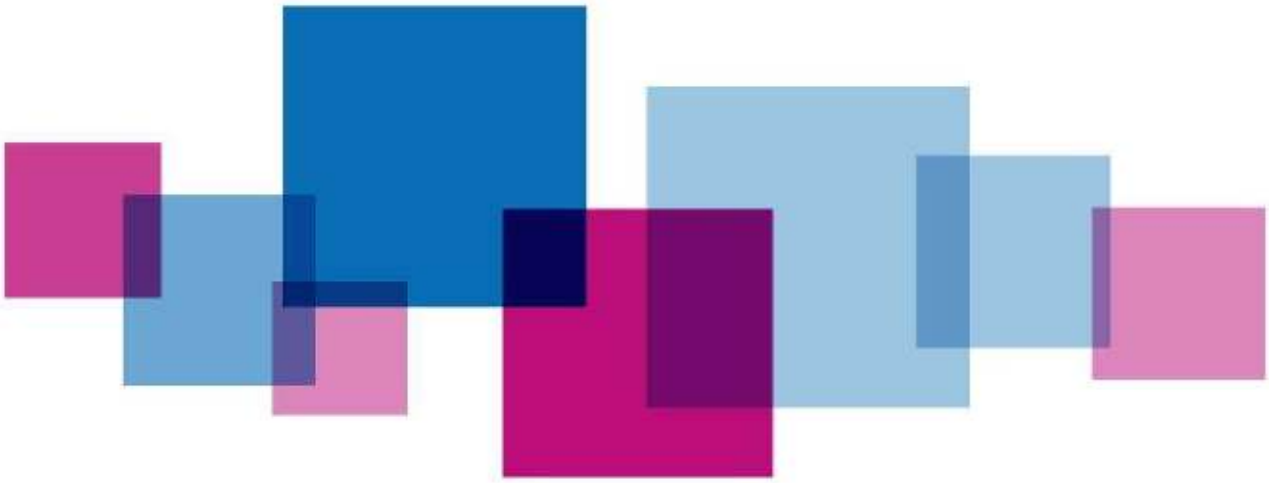
NHS
Bristol, North Somerset
and South Gloucestershire
Integrated Care Board

Commissioning Policy

Extracorporeal Shockwave Therapy (EWST)



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Shaping better health

Document Control

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Version Control

Version	Date	Reviewer	Comment
v1617.1.01	26/03/2018	IFR Coordinator	Rebranded to BNSSG CCG
1819.2.00	26/10/2018	Commissioning Policy Development Support Officer	Smoking and BMI references updated, BNSSG branding refreshed, PALS update. Approved on 14th February 2019 by Commissioning Executive.

THIS TREATMENT IS NOT ROUTINELY COMMISSIONED FOR ANY PATIENTS AND EXCEPTIONAL FUNDING PANEL APPROVAL MUST BE SOUGHT PRIOR TO REFERRAL

THIS POLICY RELATES TO ALL PATIENTS

Extracorporeal Shockwave Therapy (EWST)

General Principles

Funding approval will only be given in line with these general principles. Where patients are unable to meet these principles in addition to the specific treatment criteria set out in this policy, funding approval will not be given.

1. Funding approval must be secured by primary care prior to referring patients for assessment. Referring patients to secondary care without funding approval having been secured not only incurs significant costs in out-patient appointments for patients that may not qualify for surgery, but inappropriately raises the patient's expectation of treatment.

2. On limited occasions, the ICB may approve funding for an assessment only in order to confirm or obtain evidence demonstrating whether a patient meets the criteria for funding. In such cases, patients should be made aware that the assessment does not mean that they will be provided with surgery and surgery will only be provided where it can be demonstrated that the patients meets the criteria to access treatment in this policy.

3. Where funding approval is given by the Exceptional Funding Panel, it will be available for a specified period of time, normally one year.

4. Funding approval will only be given where there is evidence that the treatment requested is effective and the patient has the potential to benefit from the proposed treatment. Where it is demonstrated that patients have previously been provided with the treatment with limited or diminishing benefit, funding approval is unlikely to be agreed.

5. Patients with an elevated BMI of 30 or more may experience more post surgical complications including post surgical wound infection so should be encouraged to lose weight further prior to seeking surgery. https://www.sciencedirect.com/science/article/pii/S1198743X15007193(Thelwall, 2015)

6. Patients who are smokers should be referred to smoking cessation services in order to reduce the risk of surgery and improve healing. (ASH, 2016)

7. In applying this policy, all clinicians and those involved in making decisions affecting patient care will pay due regard to the need to eliminate unlawful discrimination, harassment, victimisation, etc., advance equality of opportunity and foster good relations between people who share a protected characteristic and those who do not. In particular, due regard will be paid in relation to the following characteristics protected by the Equality Act 2010: age, disability, sex, gender reassignment, marriage or civil partnership, pregnancy and maternity, race, religion or belief and sexual orientation.

Background

Extracorporeal shockwave therapy is a non-invasive treatment in which a device is used to pass acoustic shockwaves through the skin to the affected area. Ultrasound guidance can be used to assist with positioning of the device. It may be applied in one or several sessions and local anaesthesia may be used because high-energy ESWT can be painful.
It is not known exactly how it works, as the mechanism by which this therapy might have an effect is unknown, but it is thought that it might stimulate healing

ESWT has been reported to be used to treat a number of conditions by NICE including:

Refractory Tennis Elbow (NICE, IPG 313)
Refractory Achilles Tendinopathy (NICE, IPG 312)
Refractory Plantar Fasciitis (NICE, IPG311)
Refractory Greater Trochanteric Pain Syndrome (NICE, IPG376)
Peyronie's Disease (NICE, IPG29)
Calcific Tendonitis (Tendinopathy) of the Shoulder (NICE, IPG 21)

In reviewing the use of ESWT in these treatments, NICE state “The evidence raised no major safety concerns; however, the evidence on its efficacy was inconsistent.”

Other reported uses:

Treatment of Erectile Dysfunction (Yee CH, 2014 OCt)
This study treating patients with ESWT or sham therapy concluded there was no significant difference in the benefits for either group of patients.

Shoulder Adhesive Capsulitis (Chen CY, 2014 Dec)
This study assessed whether ESWT improves the functional outcome of primary shoulder adhesive capsulitis in comparison with oral steroid therapy and concluded that both therapies benefited the patient for a short period.

Please note this policy does not apply to:

- Extracorporeal shock wave lithotripsy (ESWL) which is a common way of treating kidney stones that can't be passed in the urine.
- The Exogen Bone Healing system which is routinely commissioned for non-union of fractures for patients who meet the criteria set out within the policy.

Risks

Although ESWT is relatively risk free, when treating local anaesthesia may be used because high-energy ESWT can be painful.

POLICY CRITERIA – NOT COMMISSIONED EXCEPTIONAL FUNDING PANEL APPROVAL REQUIRED
Extracorporeal shockwave therapy is not routinely funded by the ICB.

Patients who are not eligible for treatment under this policy may be considered on an individual basis where their GP or consultant believes exceptional circumstances exist that warrant deviation from the rule of this policy.

Individual cases will be reviewed at the ICB's Exceptional Funding Panel upon receipt of a completed application form from the patient's GP, Consultant or Clinician. Applications cannot be considered from patients personally.

If you would like further copies of this policy or need it in another format, such as Braille or another language, please contact the Customer Services Team on: **0117 900 2655** or **0800 073 0907** or email them on **BNSSG.customerservice@nhs.net**

Connected Policies

Exogen Ultrasound Bone Healing System. Treatment will not be offered under this policy. Clinician's should refer to the intervention specific policy.

This policy has been developed with the aid of the following references:

Ash. (2016). *Ash.org.uk.* Retrieved Sept 24, 2018, from www.ash.org.uk: www.ash.org.uk/briefings

Chen CY, H. C. (2014 Dec). *Extracorporeal shockwave therapy improves short-term functional outcomes of shoulder adhesive capsulitis.* US: Journal of shoulder and elbow surgery / American Shoulder and Elbow Surgeons .

NICE. (IPG 21). *Extracorporeal shockwave lithotripsy for calcific tendonitis (tendinopathy) of the shoulder.* Retrieved from NICE.ORG.UK: https://www.nice.org.uk/guidance/ipg21

NICE. (IPG 312). *Extracorporeal shockwave therapy for refractory Achilles tendinopathy.* Retrieved from NICE.org.uk: https://www.nice.org.uk/guidance/ipg312

NICE. (IPG 313). *Extracorporeal shockwave therapy for refractory tennis elbow.* Retrieved from Nice.org.uk: https://www.nice.org.uk/guidance/ipg313

NICE. (IPG29). *Extracorporeal shockwave therapy for Peyronie's disease.* Retrieved from NICE.org.uk: https://www.nice.org.uk/guidance/ipg29

NICE. (IPG311). *Extracorporeal shockwave therapy for refractory plantar fasciitis.* Retrieved from NICE.org.uk: https://www.nice.org.uk/guidance/ipg311

NICE. (IPG376). *Extracorporeal shockwave therapy for refractory greater trochanteric pain syndrome.* Retrieved from NICE.org.uk: https://www.nice.org.uk/guidance/ipg376

Thelwall, S. P. (2015). Impact of obesity on the risk of wound infection following surgery: results from a nationwide prospective multicentre cohort study in England. *Clinical microbiology and infection : the official publication of the European Society of Clinical Microbiology and Infectious Diseases,* , vol. 21, no. 11, p. 1008.e1.

Yee CH, C. E. (2014 OCt). *Extracorporeal shockwave therapy in the treatment of erectile dysfunction: a prospective, randomized, double-blinded, placebo controlled study.* Australia : International journal of urology : official journal of the Japanese Urological Association.

OPCS Procedure codes – For completion at a later date