

# Percutaneous Tibial Nerve Stimulation Treatment in Adults Policy

## Exceptional Funding Request

Percutaneous Tibial Nerve Stimulation treatment is not routinely commissioned.

If the patient in question is clinically exceptional compared to the cohort, then an Exceptional Funding Application may be appropriate. The only time an EFR application should be submitted is when there is a strong argument for clinical exceptionality to be made. EFR applications will only be considered where evidence of clinical exceptionality is provided within the case history/primary care notes in conjunction with a fully populated EFR application form.

Before consideration of referral for management in secondary care, please review advice on the Remedy website ([www.remedy.bnssg.icb.nhs.uk](http://www.remedy.bnssg.icb.nhs.uk)) or consider use of advice and guidance services where available.

BNSSG ICB is responsible for making the best use of the NHS funds allocated to us to meet the health needs of our local population. The demand for services is greater than the resources available and therefore we have to prioritise the use of funds carefully. Our approach is to prioritise commissioning treatments, operations or drugs that are most effective in meeting the health needs of the population. All operations carry significant risks and where symptoms are mild or moderate it is likely that the risks outweigh the benefits. Not all conditions progress and when symptoms can be managed conservatively, that is the safest option.

## **Percutaneous Tibial Nerve Stimulation Treatment for Urinary Incontinence in Adults Policy – Plain Language Summary**

Percutaneous Tibial Nerve Stimulation (PTNS) is a procedure that is conducted to improve an overactive bladder. However, the effects of PTNS are not long lasting. The condition makes patients feel they need to go to the toilet quickly. Consequently patients feel that they need to go to the toilet more frequently both during the day and during the night. The treatment involves stimulating a nerve that shares the same root as the bladder nerve supply. This is done using a thin needle inserted through the skin behind the ankle. Patients may suffer minimal side effects such as some pain or numbness. (1)

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

1. NICE (2010) Percutaneous posterior tibial nerve stimulation for overactive bladder syndrome (Interventional Guidance IPG362) [www.nice.org.uk](http://www.nice.org.uk)
2. National Health Service (2019) Health A to Z: Urinary incontinence [online] [www.nhs.uk/conditions](http://www.nhs.uk/conditions)
3. National Library of Medicine (2017) Effectiveness of percutaneous tibial nerve stimulation in the treatment of overactive bladder syndrome (28861404) [www.pubmed.ncbi.nlm.nih.gov](http://www.pubmed.ncbi.nlm.nih.gov)
4. Patient Platform (2015) Overactive bladder [Online] <https://patient.info>

### **Connected Policies**

There are no connected policies.

### **Due regard**

In carrying out their functions, the Bristol North Somerset and South Gloucestershire Clinical Policy Review Group (CPRG) are committed to having due regard to the Public Sector Equality Duty (PSED), and NHSE Evidence-Based Interventions (EBI). This applies to all the activities for which the ICBs are responsible, including policy development and review.

## Document Control

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## Governance

Commissioning policies are assessed for their likely level of impact on BNSSG ICB and the population for which it is responsible. This determines the appropriate level of sign off. The below described the approval route for each score category.

<b>Policy Category</b>	<b>Approval By</b>
Level 1	Commissioning Policy Review Group.
Level 2	Chief Medical Officer, or Chief Nursing Officer, or System Executive Group Chair
Level 3	ICB Board

## OPCS Procedure codes

Must have any of (primary only): A704

Must have any of (any secondary): Z122

## Support

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](mailto:BNSSG.customerservice@nhs.net).