

# Arthroscopy of Knee Joint

---

## VERSION CONTROL

<b>Version:</b>	3.0
<b>Ratified by:</b>	Governing Body
<b>Date ratified:</b>	20 March 2019
<b>Name of originator/author:</b>	Joint CCG Clinical Commissioning Policy Development Group/NHS England
<b>Name of responsible committees:</b>	Clinical Quality and Governance Committee
<b>Date issued:</b>	1 April 2019
<b>Review date:</b>	March 2022

## VERSION HISTORY

<b>Date</b>	<b>Version</b>	<b>Comment / Update</b>
July 2016	1.0	
September 2017	2.0	Approved by Governing Body.
March 2019	3.0	Approved by Governing Body meetings in common.

Commissioning policy: Coventry and Rugby CCG (CRCCG)

Evidence-Based Intervention Commissioning policy:

Arthroscopy of knee joint

<b>Treatment</b>	Arthroscopy of knee joint (diagnostic/therapeutic)
<b>Indication</b>	Internal joint derangement
<b>Treatment:</b>	<p><b>Diagnostic arthroscopy of the knee:</b> Not commissioned or funded for the investigation of knee pain</p> <p><b>Therapeutic arthroscopy of the knee:</b> Arthroscopy of the knee can be undertaken where a competent history and clinical examination has demonstrated clear evidence of an internal joint derangement (meniscal tear, ligament rupture or loose body) and where conservative treatment has failed or where it is clear that conservative treatment will not be effective. Occasionally MRI would be required but this would normally be requested by secondary care</p> <p>Knee arthroscopy can therefore be carried out for:</p> <ul style="list-style-type: none"> <li>• Removal of loose body</li> <li>• Meniscal surgery (repair or resection)</li> <li>• Ligament reconstruction/repair (including lateral relapse)</li> <li>• Synovectomy</li> <li>• Treatment of articular defects e.g. micro-fracture</li> <li>• Treatment of osteoarthritis (only in line with NICE guideline (CG177)<sup>1</sup>)</li> </ul> <p>A proportion of knee arthroscopies may not lead to the anticipated therapeutic intervention, and therefore will be coded as diagnostic arthroscopies. Surgeons are asked to ensure that coding of the arthroscopy is undertaken <b>after</b> the procedure has taken place.</p> <p><b>Knee Arthroscopy for Osteoarthritis</b></p> <p>Arthroscopic knee washout (lavage and debridement) should <b>NOT</b> be used as a treatment for osteoarthritis because it is clinically ineffective.</p> <p>Referral for arthroscopic lavage and debridement should <b>NOT</b> be offered as part of treatment for osteoarthritis, unless the person has knee osteoarthritis with a clear history of mechanical locking.</p> <p>More effective treatment includes exercise programmes (e.g. ESCAPE pain), losing weight (if necessary) and managing pain. Osteoarthritis is relatively common in older age groups. Where symptoms do not resolve after non-operative treatment, referral for consideration of knee replacement, or joint preserving surgery such as osteotomy is appropriate.</p> <p><u>Ref:</u> <sup>1</sup> National Institute for Health and Clinical Excellence (NICE) (2014) Osteoarthritis: National clinical guideline for care and management in adults. [Available online from: <a href="https://www.nice.org.uk/guidance/cg177">https://www.nice.org.uk/guidance/cg177</a>]</p>

<b>Diagnostic and Procedure Codes</b>	<b>W871, W878, W879, EBI: W821, W822, W823, W828, W829, W851, W852, W853, W858, W859, W861, W831, W832, W833, W834, W835, W836, W837, W838, W839, W841, W842, W843, W844</b>
<b>Equality Impact</b>	See NHS England Equality and Health Inequalities – Full Analysis Form