

## CARPAL TUNNEL SYNDROME

### PRIOR APPROVAL REQUIRED FOR SECONDARY CARE REFERRALS ONLY (to include revision surgery)

Carpal tunnel syndrome is a relatively common condition that affects the nerves of the hand causing pain, numbness and a burning or tingling sensation in the hand and fingers. Symptoms can be intermittent, and range from mild to severe. Patients with intermittent or mild/moderate symptoms should be managed conservatively in the first instance.

#### Referral criteria:

- Symptoms persist despite at least 4 months of conservative therapy with a local corticosteroid injection (nocturnal splinting\*). Please provide evidence with request.
- There is neurological deficit, e.g. Sensory blunting, muscle wasting or weakness of thenar abduction.

#### OR

- The patient is experiencing significant functional impairment\*\*

*\*European Hand Guide recommends splinting for 4-12 weeks.*

*\*\*Significant functional impairment is defined as: • Symptoms preventing the patient fulfilling activities of daily living or Carrying out vital domestic or carer activities.*

Smoking cessation is recommended for all patients considering the possibility of surgery. For help to quit smoking please contact your local Stop Smoking Service or contact your GP Surgery.

A Patient Decision Aid is available for carpal tunnel syndrome

<http://bit.ly/RightCarepda>

Reference:	Policy Name	Date of WCAG	Date of QCAG	Review Date	Version
SW-CP010	Carpal Tunnel Syndrome	20/12/2016	31/01/2017	Jan 2020	2