

Otology regional audit proposal synopsis:
SUMMER Study: Optimising The SURgical Management of Otitis Media With Effusion in ChildRen

Introduction:

In 2023 there was a change in the NICE guidance suggesting adenoideotomy should be *considered in all cases*, not just those with nasal symptoms, contrary to previous practice.

The change in NICE guidance:

- 'When planning grommets for management of OME, **consider adjuvant adenoideotomy unless assessment indicates an abnormality with the palate**' (*NICE guideline NG233, section 1.6.3, published 30/08/2023*)
- Change compared to previous practice which was to perform adenoideotomy when:
 - A) It was **repeat grommet insertion** or
 - B) There were additional **nasal symptoms**

Preliminary data from South Tyneside & Sunderland NHS Foundation trust has also calculated a potential cost saving if more adenoideotomies were carried out as per the new guidance. Previous studies have emphasised approximately 20% of children who underwent adenoideotomy at this first opportunity also prevented further operative need.

Aim:

We are proposing auditing rates of concurrent adenoideotomy in children with OME having grommets in the region. The proposed centres are:

1. South Tyneside & Sunderland NHS Foundation Trust,
2. Newcastle Upon Tyne NHS Hospitals,
3. County Durham & Darlington Foundation Trust,
4. South Tees NHS Foundation Trust,
5. North Cumbria Integrated Care NHS Trust

Showing this region-wide could possibly promote uptake of adenoideotomy at first grommet placement and reduce number of children returning for further surgery.

Methods:

We will aim to collate data from two time periods:

1. Pre-guidance introduction: October 2022 – January 2023 (Four Month Period)
2. Post guidance introduction: October 2024 – January 2025 (Four Month Period)

Non-identifiable data will be collated on the below:

- Demographic data (Age, gender, relevant past medical history)
- Presence of nasal symptoms prior to listing
- Operative information:

- Operation:
 - Grommets alone
 - Grommets with adenoidectomy
- Approach: Cold steel, suction diathermy or coblation
- Post-operative detail:
 - Post-operative bleed:
 - Managed conservatively
 - Managed operatively

Reference:

NICE Clinical Guideline [NG233] Otitis media with effusion in under 12s. Published August 2023 available at <https://www.nice.org.uk/guidance/ng233>

Proposed Timeline:

Proposal release: 13th January 2025

Local Trust Registration Period Deadline: 27th January 2025

Data collection deadline: 28th February 2025

Authorship statement: All participating professionals involved with any aspect of data collation will be named as authors on future publications. We would expect a minimum of 10 data point entries to qualify for authorship. If you would like to be involved with the data collection, write up process or data analyses please get in touch with the ERNEST collaborative (amar.rajgor@newcastle.ac.uk). At this point we can provide you with the data collation sheet.

ENT Research North East Collaborative (ERNEST): Founded by passionate registrars in the North East, ERNEST brings together a unified network for research, audit, and innovation in ENT. Our mission is to collaborate across the region to drive advancements that directly benefit the patients we care for.

