

## GROMMETS – CHILDREN

### CRITERIA BASED ACCESS

#### Grommets

A grommet is a very small tube that's inserted into the ear during surgery. It can help drain away fluid in the middle ear and maintain air pressure. A grommet will help keep the eardrum open for several months. As the eardrum starts to heal, the grommet will slowly be pushed out of the eardrum and will eventually fall out. Grommet insertion may be used to treat conditions such as Otitis Media with Effusion (OME), also known as 'glue ear'. OME is very common in young children and usually resolves spontaneously without the need for surgery.

#### Criteria for grommets in children under that age of 12 years

- The child is aged 3 years or older;

#### AND

- There has been documented persistent bilateral OME over a period of 3 months; The persistence of bilateral OME and hearing loss should be confirmed over a period of 3 months before intervention is considered. The child's hearing should be re-tested at the end of this time.

#### AND

- A confirmed diagnosis of persistent OME with a hearing level in the better ear of 25–30 dBHL or worse;

#### OR

- Diagnosis of persistent bilateral OME with a hearing loss less than 25-30 dBHL which is having a significant impact on the child's development, social or educational status;

#### OR

- For the treatment of tympanic membrane retraction pocket;

#### OR

- The patient has Down's syndrome or cleft palate, and following careful otological and audiological assessment.

**Adjuvant adenoidectomy is not recommended in the absence of persistent and/or frequent upper respiratory tract infections. Please refer to adenoidectomy policy criteria.**

Further information and a Decision Making Aid on 'Glue Ear' are available at:

<http://sdm.rightcare.nhs.uk/pda/>

#### References

##### Grommets

<http://www.nhs.uk/Conditions/Glue-ear/Pages/Treatment.aspx>

<http://www.nhs.uk/Conditions/Glue-ear/Pages/Introduction.aspx>

##### Criteria for grommets in children

<http://www.nice.org.uk/guidance/cg60/resources/guidance-surgical-management-of-otitis-media-with-effusion-in-children-pdf>

<https://www.rcseng.ac.uk/library-and-publications/college-publications/docs/otitis-media-guide>

[http://www.cochrane.org/CD007943/ENT\\_surgery-for-tympanic-membrane-retraction-pockets](http://www.cochrane.org/CD007943/ENT_surgery-for-tympanic-membrane-retraction-pockets)