

**NHS Halton Clinical Commissioning Group**  
**NHS Liverpool Clinical Commissioning Group**  
**NHS St Helens Clinical Commissioning Group**  
**NHS South Sefton Clinical Commissioning Group**  
**NHS Southport and Formby Clinical Commissioning Group**  
**NHS Warrington Clinical Commissioning Group**

## **Policy for Secondary Care administered steroid Peripheral Joint Injections**

Steroids are a man-made version of hormones that are made naturally in the body. When injected into the body they can reduce inflammation (swelling). This can help to stop pain and ease stiffness so steroids are often used to treat joint pain and arthritis.

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Criteria from the current 2014/15 Cheshire and Merseyside commissioning policy	
<b>Intervention</b>	<b>Secondary Care Administered Steroid Joint Injections</b>
<b>Policy Statement</b>	<b>Restricted</b>
<b>Minimum eligibility criteria</b>	Provision of joint injections for pain should only be undertaken in a primary care setting, unless ultrasound guidance is needed or as part of another procedure being undertaken in theatre.

Proposed criteria for the revised, future policy		High level summary of changes
<b>Intervention</b>	<b>Secondary Care administered steroid Peripheral Joint Injections</b>	
<b>Policy Statement</b>	<b>Restricted</b>	
<b>Minimum eligibility criteria</b>	<p>It is expected that the steroid injection is performed in Primary Care either by the patient's own GP Practice, or another Practice able to perform the injection unless:</p> <ul style="list-style-type: none"> <li>• The recommended number of landmark-sited injections have been undertaken in Primary Care have failed</li> <li>• A single 'blind' attempt has been made and failed in those with indiscernible landmarks</li> </ul> <p>Practices that are unable to provide an 'in-house' MSK steroid injection are able to refer to other Practices for the MSK steroid injections</p> <p>Provision of joint injections for pain in Secondary care will only be commissioned in the following circumstances:</p> <ul style="list-style-type: none"> <li>• Failed steroid injection in Primary Care or inappropriate to be performed in a Primary Care setting.</li> <li>• Injections due to the need for image guidance. (See below)</li> <li>• Only one injection will be commissioned as a diagnostic procedure if not undertaken already in Primary Care if surgery on a specific joint is likely to be indicated. Repeat injections will not be commissioned.</li> </ul> <p>Injections that are provided in secondary care must <u>only</u> be done within an Outpatient Department clinic setting or under ultrasound control in a radiology department if clinically indicated (for example uncertain site of inflammation, previous landmark-sited injection has failed or landmarks indiscernible). These will only attract the relevant OPD tariff and day case is not commissioned.</p>	<p><b>Reason for proposed change(s)</b></p> <p>In many cases steroid injections are being used to treat the symptoms (rather than the causes) of pain. This is inappropriate and it meant that clearer, more appropriate guidance was needed.</p> <p>The aim of the policy is to ensure that steroid injections take place in primary care wherever possible. If it is not appropriate to do so in primary care they may still be given in secondary care, but only where the criteria are met.</p> <p><b>Impact of proposed change(s)</b></p> <p>Patients with painful and stiff joints; patients with arthritis.</p> <p>EIA – As this is a reviewed policy that may introduce a possible change, a shift from a secondary to a primary care</p>


		setting, the assessment recommended further engagement to identify whether there may be any adverse impact
<b>Rationale</b>	Steroid injections can help to stop pain and ease stiffness however CCGs expect that steroid injections are given in Primary care. Injections given in secondary care must meet the eligibility criteria outlined above.	
<b>Evidence for inclusion and threshold</b>	NHS Choices - Steroid injections <a href="https://www.nhs.uk/conditions/steroid-injections/">https://www.nhs.uk/conditions/steroid-injections/</a>  Ultrasound-guided injections of joints of the extremities – University of York Centre for Research and Dissemination 2012.	

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