*Extract from the below named document for ICS Implementation purposes;* [Microsoft Word - EBI consultation response statutory guidance 11 Jan 2019 FINAL v2.0 CLEAN + cover sheet.docx (aomrc.org.uk)](https://www.aomrc.org.uk/ebi/wp-content/uploads/2021/05/ebi-statutory-guidance.pdf)

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Knee arthroscopy for patients with osteoarthritis

Updated description of the intervention

NICE recommends that arthroscopic knee washout should not be used as a treatment for patients with osteoarthritis, unless the knee locks (in which case it may be considered). More effective treatments include physiotherapy, exercise programmes like ESCAPE pain; losing weight (if necessary) and pain management.10 If symptoms do not resolve, knee replacement or osteotomy are effective procedures that should be considered.

Updated clinical criteria

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| Summary of intervention |
| Arthroscopic washout of the knee is an operation where an arthroscope (camera) is inserted in to the knee along with fluid. Occasionally loose debris drains out with the fluid, or debridement, (surgical removal of damaged cartilage) is performed, but the procedure does not improve symptoms or function of the knee joint. |
| Number of CCG interventions in 2017/18 |
| 3,437 |
| Recommendation |
| Arthroscopic knee washout (lavage and debridement) should not be used as a treatment for osteoarthritis because it is clinically ineffective.Referral for arthroscopic lavage and debridement should not be offered as part of treatment for osteoarthritis, unless the person has knee osteoarthritis with a clear history of mechanical locking.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.For further information, please see:https://[www.nice.org.uk/guidance/ipg230/evidence/overview-pdf-](http://www.nice.org.uk/guidance/ipg230/evidence/overview-pdf-) 492463117https://[www.nice.org.uk/guidance/ipg230/chapter/1-Guidance](http://www.nice.org.uk/guidance/ipg230/chapter/1-Guidance)https://[www.nice.org.uk/donotdo/referral-for-arthroscopic-lavage-and-](http://www.nice.org.uk/donotdo/referral-for-arthroscopic-lavage-and-) debridement-should-not-be-offered-as-part-of-treatment-for- osteoarthritis-unless-the-person-has-knee-osteoarthritis-with-a-clear- history-of-mechanical-locking-not<http://www.escape-pain.org/> |
| Rationale for recommendation |
| NICE has reviewed the evidence for how well knee washout works for people with osteoarthritis. Seven clinical trials and three case studies have shown that knee wash out for people with osteoarthritis did not reduce pain nor improve how well their knees worked. There was a small increased risk of bleeding inside the knee joint (haemarthrosis) (2%) or blood clot in the leg (deep vein thrombosis) (0.5%). |
| References |
| NICE guidance: https://[www.nice.org.uk/guidance/ipg230/evidence/overview-pdf-](http://www.nice.org.uk/guidance/ipg230/evidence/overview-pdf-) 492463117NICE guidance: https://[www.nice.org.uk/guidance/ipg230/chapter/1-](http://www.nice.org.uk/guidance/ipg230/chapter/1-) GuidanceNICE guidance: https://[www.nice.org.uk/donotdo/referral-for-](http://www.nice.org.uk/donotdo/referral-for-) arthroscopic-lavage-and-debridement-should-not-be-offered-as-part- of-treatment-for-osteoarthritis-unless-the-person-has-knee- osteoarthritis-with-a-clear-history-of-mechanical-locking-notBritish Orthopaedic Association and the Royal College of Surgeons: https://[www.rcseng.ac.uk/-/media/files/rcs/standards-and-](http://www.rcseng.ac.uk/-/media/files/rcs/standards-and-) research/commissioning/boa--painful-oa-knee-guide-final-2017.pdfSiemieniuk Reed A C, Harris Ian A, Agoritsas Thomas, Poolman Rudolf W, Brignardello-Petersen Romina, Van de Velde Stijn et al. Arthroscopic surgery for degenerative knee arthritis and meniscal tears: a clinical practice guideline BMJ 2017; 357 :j1982Brignardello-Petersen R, Guyatt GH, Buchbinder R, et al Knee arthroscopy versus conservative management in patients with degenerative knee disease: a systematic review BMJ Open 2017;7:e016114. doi: 10.1136/bmjopen-2017-016114`Moseley JB, O’Malley K, Petersen NJ et al. (2002) A controlled trial of arthroscopic surgery for osteoarthritis of the knee. The New England Journal of Medicine 347: 81–8.Hubbard MJS. (1996) Articular debridement versus washout for degeneration of the medial femoral condyle. Journal of Bone and Joint Surgery (British) 78-B: 217–19.Kalunian KC, Moreland LW, Klashman DJ et al. (2000) Visually- guided irrigation in patients with early knee osteoarthritis: a multicentre randomized controlled trial. Osteoarthritis and Cartilage 8: 412–18.Chang RW, Falconer J, Stulberg SD et al. (1993) A randomized, controlled trial of arthroscopic surgery versus closed-needle joint lavage for patients with osteoarthritis of the knee. Arthritis & Rheumatism 36: 289–96.Forster MC, Straw R. (2003) A prospective randomised trial comparing intra-articular Hyalgan injection and arthroscopic washout for knee osteoarthritis. The Knee 10: 291–3.Jackson RW, Dieterichs C. (2003) The results of arthroscopic lavage and debridement of osteoarthritic knees based on the severity of degeneration: a 4- to 6-year symptomatic follow-up. Arthroscopy: The Journal of Arthroscopic and Related Surgery 19: 13–20.Bernard J, Lemon M, Patterson MH. (2004) Arthroscopic washout of the knee – a 5-year survival analysis. The Knee 11: 233–5.Harwin SF. (1999) Arthroscopic debridement for osteoarthritis of the knee: predictors of patient satisfaction. Arthroscopy: The Journal of Arthroscopic and Related Surgery 15: 142–6. |

*Evidence-Based Interventions: Guidance for CCGs*

*Published by NHS England in partnership with NHS Clinical Commissioners, the Academy of Medical Royal Colleges, NHS Improvement and the National Institute for Health and Care Excellence*

*Version number: 1*

*First published: 28 November 2018*

*Prepared by: NHS England Medical directorate and Strategy and Innovation directorate*

*Classification: OFFICIAL*

*NHS England Publications Gateway Reference: 08659*