



**Coventry and
Warwickshire**
Integrated Care Board

Trigger Finger Release Surgery Policy

Reference Number:	This will be applied to all new ICB-wide PPSs by the Governance and Corporate Affairs Team and will be retained throughout its life span.
Version:	Version 1.0
Name of responsible Committee and date approved or recommended to Integrated Care Board Board:	Audit Committee
Date approved by the Integrated Care Board (if applicable):	1 July 2022
Next Review Date:	1 April 2025
Expiry Date:	1 October 2025
Name of author and title:	Lucy Dyde
Name of reviewer and title:	Ali Cartwright
Department:	Corporate Office

VERSION HISTORY

Date	Version	Changes made to previous version	Consulting and Endorsing Stakeholders, Committees / Meetings / Forums etc.

Treatment	Trigger Finger Release Surgery
Indication	Trigger Finger
Treatment:	<p>Mild cases which cause no loss of function require no treatment or avoidance of activities which precipitate triggering and may resolve spontaneously.</p> <p>Cases interfering with activities or causing pain should first be treated with:</p> <p>A. One or two steroid injections which are typically successful (strong evidence), but the problem may recur, especially in diabetics; OR</p> <p>B. Splinting of the affected finger for 3-12 weeks (weak evidence).</p> <p>Surgery will be funded if:</p> <p>A. The triggering persists or recurs after one of the above measures (particularly steroid injections); OR</p> <p>B. The finger is permanently locked in the palm; OR</p> <p>C. The patient has previously had 2 other trigger digits unsuccessfully treated with appropriate non-operative methods; OR</p> <p>D. Diabetics.</p> <p>Surgery is usually effective and requires a small skin incision in the palm, but can be done with a needle through a puncture wound (percutaneous release).</p> <p>Prior approval from the Integrated Care Board will be required before any treatment proceeds in secondary care unless an alternative contract arrangement has been agreed with the ICB that does not necessitate the requirement of prior approval before treatment.</p>
Diagnostic and Procedure Codes	T723, T691, T692, T698, T699, T701, T702, T718, T719, T723, T728, T729, Z894, Z895, Z896, Z897
Equality Impact	https://www.england.nhs.uk/evidence-based-interventions/