

## Ear, Nose & Throat (General) – First Outpatient Appointment

### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place.

### Waiting Times

As a guide, referral to treatment waiting times are available on the Trust website –

[The Rotherham NHS Foundation Trust – My Planned Care NHS](#)

### Guidance for Patients

**An example of common conditions treated by the ENT department after receiving referral from GP.**

Glue ear / Otitis media with effusion / acute otitis media / acute otitis externa

Epistaxis (nose bleeds) – except acute epistaxis this would be managed as an emergency and you should seek medical assistance immediately.

Neck lumps and swellings, including thyroid lumps.

Voice problems, abnormal changes in your voice, such as sudden hoarseness.

Nasal problems, such as obstruction and sinusitis.

Recurrent sore throat where the following documented evidence applies:

- 7 or more episodes of tonsillitis in the last year;
- OR 5 episodes per year in the preceding two years;
- OR 3 episodes per year in the preceding three years;
- AND there has been significant severe impact on quality of life indicated by documented evidence of absence from school/work;
- AND/OR failure to thrive

### Procedures Performed

- General ENT examination
- Flexible fibre optic Nasal -pharyngo-laryngoscopy (Nasal –endoscopy)
- Micro-suction of the ear - you can prevent a build-up of wax by regularly using olive oil applying a few drops weekly to the effected ear. We do not recommend that you use cotton buds or place anything else in your ears to clean them, by doing this you can cause internal damage to your ears.
- Rigid endoscopy of the nose and sinuses
- Nasal cautery

### Alternative Services

Discharging ears are referred to the Aural Care service

Hearing loss in adults over 50 years old, or under 50 years old who have had a hearing aid previously, are referred directly to the Audiology hearing aid service

Adults with obstructive sleep apnoea (+/- snoring) and/or significant excessive daytime sleepiness are referred to respiratory medicine

## **My Planned Care Patient Information Platform**

### **What should I do if my health is deteriorating?**

The referral from your GP will have been reviewed and triaged by the ENT team to grade your clinical priority based on the information in the referral.

If you are concerned that your condition or symptoms are deteriorating since you were referred to us, please re contact your GP. So you will be able to explain and detail the changes in your condition/symptoms since the time you were referred, and this will be passed to the clinical team will re-assess your priority.

In the case of needing emergency care or urgent review, please contact 111 or your own GP.

### **Contact Us**

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