Greater Trochanteric Pain Syndrome (GTPS): A Departmental Analysis

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| GTPS – what is it? | Painful debilitating condition of the hip due to gluteus minimus or medius tendinopathy. 1 |
| Treatment options | Options range from rest and physiotherapy to steroid injections and surgery. 2 |
| Steroid injections | Can be administered using image-guidance or clinically using anatomical landmarks. 3 |

Rationale for the current audit
• Pressure on Radiology department due to high volume of requests for ultrasound-guided injections (USG).
• Limited evidence to suggest effectiveness of image-guided injections vs blind for GTPS. 3 4 5
• To clarify referral source of GTPS patients in our department.
• Provide basis for a business case and streamlining of GTPS pathway.

Questions
1. Should blind attempt precede referral for USG-injection?
2. Does a pathway need to be developed to streamline the service and help reduce service pressure?

Method
• 1 year retrospective review of GTPS cases from RIS
• Documentation of previous blind attempt
• Referral source
• Review of published literature in the treatment of GTPS.

Results
• Total number of USG-injections performed in Radiology: 290
• Number of patients treated for GTPS: 88
• 2 (2.3%) had documented evidence for blind attempt before referral
• 23 (26%) had documented evidence for a previous USG-attempt
• 82% of referrals are from Trauma & Orthopaedics

Discussion
• A literature review revealed no definite evidence for USG-injection being superior to blind-injection.
  • A large randomised trial (RCT) is underway to answer this question more fully. 6
  • The majority of the workload (80%) is from Trauma and Orthopaedics (T&O), which as an outpatient department has scope to develop a pathway with Radiology.

Recommendations
• Await RCT results to further inform the use of USG-injections for GTPS.
• Consider implementing stricter referral criteria for USG-GTPS i.e. blind attempt prior to referral for image-guided attempt.
• Use referral findings to develop clinical pathway with Trauma & Orthopaedic colleagues to streamline the GTPS service and balance the workload between them and Radiology.
• Re-assess service after any implementation

References