

Rezum for lower urinary tract symptoms secondary to benign prostatic hyperplasia

NHS Devon

Commissioning policy

The routine commissioning of Rezum is accepted in Devon for the treatment of patients with lower urinary tract symptoms caused by benign prostatic hyperplasia.

Rationale for the decision

Lower urinary tract symptoms (LUTS) comprise of storage, voiding and post-micturition symptoms affecting the lower urinary tract. In men, the most common cause is benign prostate enlargement, which obstructs the bladder outlet. Benign prostate enlargement happens when the number of cells in the prostate increases, a condition called benign prostatic hyperplasia (BPH). LUTS are a major burden for the ageing male population. Age is an important risk factor for LUTS and the prevalence of LUTS increases as men get older. Bothersome LUTS can occur in up to 30% of men older than 65 years. The “gold standard” treatment option for men with LUTS caused by BPH is Transurethral Resection of the Prostate (TURP).

Rezum is an alternative to TURP to treat LUTS caused by BPH. The technology delivers water vapour to cells in the prostate through a retractable needle, when the vapour comes into contact with cells it converts back into water, releasing its energy into the cell membranes causing cell death.

Data from clinical trials has demonstrated that after the Rezum procedure patients reported improved urinary function and urinary related quality of life, an improvement in maximum urinary flow rate (mL/s) may also be experienced. Longer-term follow up suggests that the improvements observed in these measures are likely to persist for at least five years. Only a small number of patients treated with Rezum need secondary treatment with medication or another surgical procedure within 5 years. Rezum is expected to be a cost saving treatment option compared with TURP, Holmium laser enucleation of the prostate (HoLEP) and the UroLift procedure.

Rezum also offers a shorter procedure time and the option to be completed in a lower acuity setting.

Rezum is one of a number of minimally invasive surgical options for LUTS secondary to BPH which is routinely commissioned in Devon. It is expected that a process of shared decision making is used so that patients can make an informed decision regarding which procedure is best suited to their individual needs.

Guidance notes on exceptionality

Not applicable

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31.10.2022	Policy agreed by NHS Devon ICB