



Northern Treatment  
Advisory Group

## Northern (NHS) Treatment Advisory Group

### Treatment Appraisal: Decision Summary

Date	4 <sup>th</sup> September 2018 (reviewed 25 <sup>th</sup> February 2020)
Appraisal & Details	<p>The Northern (NHS) Treatment Advisory Group considered a re-appraisal of</p> <p><b>Lycra Garments for the management of cerebral palsy and other neurological or musculoskeletal conditions.</b></p>
Recommendation	<p><b>The Northern (NHS) Treatment Advisory Group <u>does not</u> recommend the use of Lycra Garments.</b></p> <p>The group was concerned about paucity of evidence for efficacy for the use of lycra garments.</p> <p>For applications received by IFR panels, approval should only be considered for those patients who are likely to gain significantly more benefit from the intervention than might be expected <u>and</u> if the following criteria are met:</p> <ul style="list-style-type: none"><li>○ Children between 3 and 16 with a diagnosis of cerebral palsy.</li><li>○ Following a multidisciplinary assessment by the occupational therapist and physiotherapist and support from a consultant paediatrician that the child is likely to achieve an improvement in (or maintain) functional abilities regarding balance or movement control.</li><li>○ The application is filled in by a specialist. GP applications should not be accepted.</li><li>○ Where the child and family/carers are motivated to support the introduction and maintenance of use of the intervention.</li><li>○ Regular monitoring at appropriate intervals by the multidisciplinary team to assess progress. Use of the Lycra suit should be discontinued if benefits cease to be achieved or maintained.</li></ul> <p>The group also suggested that further data on current patient use was required and specialists should be encouraged to audit current use, to aid in identifying criteria for use and potential savings from a reduction in use of other treatments. This should be fed back to applicants when IFR applications are received.</p>



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Clinical evidence summary	<p>No new clinical evidence was identified since the previous NTAG Appraisal in February 2017.</p> <p>Only one published small randomised controlled trial (n=16) was identified.</p> <p>Studies to date have shown variable results. While some studies showed a beneficial effect from the use of Lycra suits, others have shown a negative or detrimental effect. Clinical effectiveness is unclear; long-term studies are lacking. Available studies have mostly been in children with cerebral palsy and tend to be lacking in quality and have many limitations (e.g. small patient numbers, mostly case studies/series, non-standardised and/or subjective outcome measures and short duration). There is also a lack of consistent, agreed outcome measures. Study withdrawal is common, due to practical or comfort issues in wearing the suits.</p> <p>No new clinical evidence since September 2018 that would change the current NTAG recommendation was identified. Evidence was identified but it was felt this was not significant or robust enough to change the current NTAG recommendation.</p>
Safety	<p>Adverse effects reported in studies with various types of Lycra garments (full body suits, vests, shorts) include vomiting, cyanosis, hyperthermia, muscle weakness, inhibition of voluntary movement, respiratory compromise, constipation, friction sores and erythema.</p> <p>Long term safety is not known.</p>
Patient Perspective	<p>Patients may prefer using lycra compared to other rigid/semi-rigid orthoses as they allow freedom of movement, intimate skin contact and user comfort. However practical issues in actually wearing these suits may be a problem. Parents will also want to know that these suits will be of benefit to children however there is insufficient information available to confirm this.</p>
Cost analysis summary	<p>There is limited evidence on which to base the clinical effectiveness of Lycra garments in the management of cerebral palsy and other neurological or musculoskeletal conditions. No published cost effectiveness studies were identified. Cost varies depending on the type of garment required and the manufacturer and can range from £90-£3000. The garments have an average life span of about 12 months but may need to be replaced more often in children as they grow.</p>
Financial impact PbR: In-tariff	<p>No financial impact is considered applicable as the group does not recommend this treatment.</p> <p>However the potential patient population would likely be small.</p>

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