

FOI REF: 25/653

26th September 2025

Tel: 0300 131 4500
Website: www.esht.nhs.uk

FREEDOM OF INFORMATION ACT

I am responding to your request for information under the Freedom of Information Act. The answers to your specific questions are as follows:

- 1) Number of patients referrals to an ENT specialist referencing rhinitis medicamentosa AND/OR nasal spray overuse/dependency at this Trust between August 2018 and August 2025**
- 2) If possible, also indicate how many of such referrals resulted in a patient undergoing surgery**

If providing data from 2018 to 2025 is not possible, please let me know the numbers you can get - even if it is just the past year then that is fine.

East Sussex Healthcare NHS Trust does not centrally record the information requested in questions 1 and 2. To enable the Trust to provide this information would require a manual review of all the Ear, Nose & Throat clinic patient records which we estimate would take over 18 hours. We are therefore applying Section 12 (1) to this request.

Section 12(1) of the Act allows a public authority to refuse to comply with a request for information if the authority estimates that the cost of compliance would exceed the 'appropriate limit', as defined by the Freedom of Information and Data Protection (Appropriate Limit and Fees) Regulations 2004 (the Regulations). These state that this cost limit is £450 for public authorities which are not part of central government or the armed forces. The costs are calculated at £25 per hour per person regardless of the rate of pay, which means that the limit will be exceeded if the work involved would exceed 18 hours. The Trust estimates that the cost of complying with this request would significantly exceed the above limit.

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However, under FOIA Section 16 – Provide Advice & Guidance, we can confirm that the number of admissions within the Trust with Rhinitis (ICD-10 code J31.0) from August 2018 to July 2025 (inclusive) is:

Total Number of Admissions	Primary Diagnosis	Secondary Diagnosis
439	25	414

If I can be of any further assistance, please do not hesitate to contact me.

Should you be dissatisfied with the Trust's response to your request, you have the right to request an internal review. Please write to the Freedom of Information Department (esh-tr.foi@nhs.net), quoting the above reference, within 40 working days. The Trust is not obliged to accept an internal review after this date.

Should you still be dissatisfied with your FOI request, you have the right of complaint to the Information Commissioner at the following address:

The Information Commissioner's Office
Wycliffe House
Water Lane
Wilmslow
Cheshire SK9 5AF

Telephone: 0303 123 1113

Yours sincerely

Freedom of Information Department
esh-tr.foi@nhs.net