HEALTH SERVICES POLICY & PROCEDURE MANUAL

North Carolina Department Of Correction  
Division Of Prisons  
SECTION: Clinical Practice Guidelines  
POLICY # CP-19  
PAGE 1 of 1  

SUBJECT: Ganglion Cysts  
EFFECTIVE DATE: July 2006  
SUPERCEDES DATE: None  

PURPOSE

To assure that DOP inmates with Ganglion cysts are receiving quality Primary Care

POLICY

All DOP Primary Care Providers are expected to follow this guideline and/or will document in the medical record any deviations from this guideline and the reasoning behind the need for deviation.

PROCEDURE

I. Asymptomatic:
   A. No treatment indicated

II. Symptomatic: conservative therapy (first line)
   A. Analgesics
      1. Acetaminophen
      2. NSAIDs
   B. Short-term immobilization
   C. Restrict from repetitive motion of the affected joint
   D. Aspiration with or without steroid injection, at least twice

III. Symptomatic: surgical therapy
   A. Consider only if having moderate to severe symptoms uncontrolled by the above treatments
   B. Inform patient that there is up to a 40% chance of recurrence after surgery

References

3. Tallia A, Cardone D. Diagnostic and Therapeutic Injection of the Wrist and Hand Region. Amer Fam P 2003; 745.
4. Sheon R. Ganglia and nodules. UpToDate 2004

Paula Y. Smith, M.D., Director of Health Services  
Date  

SOR: Deputy Medical Director

7/26/06