



UK NSC recommendation on adolescent idiopathic scoliosis (AIS)

Following a review of the evidence against strict criteria, the UK NSC does not recommend a national population-based screening programme for AIS.

AIS is an abnormal curvature in the spine that can develop during puberty. Around 2 or 3 people in every 100 have AIS.

Serious scoliosis can be seen visually. The Adam Forward Bend Test and a device called a scoliometer can identify less severe cases of scoliosis.

It has been suggested that offering screening, using the Adam Forward Bend Test, would help detect the condition at an earlier stage where treatment may prevent scoliosis from worsening.

Key findings supporting the UK NSC recommendation

- there is no agreed cut off of the forward bend where doctors would agree that treatment is necessary - this means that some children would go on to have further tests when they would get better on their own and some would miss tests and treatments they would benefit from
- the further test is an X-ray examination - this would expose people to radiation which can be harmful.
- it is also unclear whether treating people found through screening is better than waiting for symptoms to develop

The UK NSC regularly reviews its recommendations on screening for different conditions in the light of new research evidence becoming available.

To find out more about the UK NSC's recommendation on AIS, please visit:

<http://legacy.screening.nhs.uk/scoliosis>

The UK National Screening Committee (UK NSC) advises ministers and the NHS in the 4 UK countries about all aspects of screening and supports implementation of screening programmes.

Find out more about the UK National Screening Committee at www.gov.uk/government/groups/uk-national-screening-committee-uk-nsc. The UK NSC evidence review process is described at www.gov.uk/government/publications/uk-nsc-evidence-review-process and a list of all UK NSC recommendations can be found at legacy.screening.nhs.uk/recommendations

The UK NSC secretariat is hosted by Public Health England (www.gov.uk/phe).