

A review of the pathway and quality of care provided to children and young adults with testicular torsion

Information for primary care and other healthcare professionals who may initially see patients

Testicular torsion occurs when the spermatic cord twists and cuts off the blood supply to the testicle. Testicular torsion is a surgical emergency requiring prompt diagnosis and surgical intervention to preserve the testicle. Delay in presenting to hospital has been consistently shown to lead to poor outcomes.

Symptoms

- Strong, ongoing ball pain
- Vomiting or nausea
- Abdomen pain
- Aching during rest

Recommendations and key information

Raise awareness amongst boys, young men and their parent carers about testicular torsion, including the need to urgently attend an ED if someone experiences testicular pain.

Increased awareness and education may reduce embarrassment and get people talking.

Testicular torsion was not often recognised as the cause of testicular pain by patients or parent carers.

The longer it took to tell someone about symptoms, the more likely it was that the testicle would not be salvageable and that an orchidectomy would need to be performed.

The time-frame from symptoms to treatment for testicular torsion is 6-hours.

Only three quarters of patients had contacted a healthcare professional within six hours of developing symptoms.

Update training modules to emphasise the importance of early recognition of testicular torsion

Raising awareness amongst clinicians of the importance of the early recognition and prompt management of testicular torsion will reduce delays in the pathway of care

While a majority of patients first reported symptoms to family members, 8.5% initially reported them to a medical professional outside the hospital as the first contact.

Patients seeking advice from other medical sources were more likely to undergo an orchidectomy than those presenting directly to hospital.

There were missed opportunities for the earlier diagnosis of patients and avoidable delays in treatment.

Advice and support

Information on testicular torsion can be found at the following links and shared with colleagues

- [NICE Clinical Knowledge Summary](#): Scrotal pain and swelling
- [Health Services Safety Investigations Body](#): Management of acute onset testicular pain
- [GIRFT Children and Young People](#): Testicular torsion pathway
- [BMJ Best Practice](#): Testicular torsion

Twist and Shout

A review of the pathway and quality of care provided to children and young people aged 2-24 years who presented to hospital with testicular torsion

