

East Sussex MSK Community Partnership

Lumps and Bumps Triage Guidelines

V1 July 2025

Referral reason	Primary Care Management	Thresholds for referral to community MSK	Management Pathway for the Integrated MSK Service
Lumps and Bumps	<p>Assessment and Diagnostics: Soft tissue lumps – 2 categories 1.Benign superficial lumps <5 cms. Can be managed in primary care with reassurance, safety netting and patient monitoring. 2.Any one of the following features: >5cms, rapidly enlarging, fixed, tender - Possible soft tissue sarcoma refer via 2WW If you have diagnostic uncertainty, but you are not considering malignancy refer to ESHT sonography for US. Consider xray if lump appears boney in origin and this will change your decision to refer or not,</p> <ul style="list-style-type: none"> Establish symptom longevity and severity Identify patients' beliefs and needs, include psychosocial issues and chronicity Assess for limitations in activities of daily living (ADL's) Consider family history Consider history of trauma Assess pain level Examine for signs of synovitis, heat swelling, stiffness, red flags <p>NOTE: Skin lesions such as BCC/SCC need Dermatology referral, see next column for thresholds to refer via Urgent Sarcoma 2WW pathway</p> <p>Management</p> <ul style="list-style-type: none"> (including condition-specific self-care options): If pain free and not affecting range of movement and ADLs advise: <ul style="list-style-type: none"> ➤ That these are best left without any intervention ➤ Patient to self-monitor for size and interference with function Weight management advice/smoking cessation signposting if appropriate (One You East Sussex Free Health & Wellbeing Service) Consider the use of Fit notes if patient is working Refer if a diagnosis cannot be made 	<p>Urgent Sarcoma 2WW referral form for suspected malignancy if the lump fulfils any of the following criteria:</p> <ul style="list-style-type: none"> Growing or greater than 5cm Painful Feels deep to muscle Has recurred following excision <p>For wrist/hand and foot lumps and bumps Refer to Integrated MSK Service (Advanced Practitioner) if:</p> <ul style="list-style-type: none"> Patient concerned No suspicion of malignancy Clinical presentation of: <ul style="list-style-type: none"> ➤ Garrods pads ➤ Heberdens nodes ➤ Mucous cysts ➤ Seed Ganglion (for US guided aspiration (CEC Criteria 2024) <p>Refer to Orthopaedics:</p> <ul style="list-style-type: none"> Any lump that is likely to need excision Mucous cyst if recurrent discharge or nail deformity Giant Cell Tumour Neurofibroma 	<p>Assessment:</p> <p>Diagnostics:</p> <ul style="list-style-type: none"> X-ray if indicated Consider Ultrasound and MR if diagnostic uncertainty <p>Management:</p> <ul style="list-style-type: none"> Dependent upon clinical presentation <p>Refer to Orthopaedics (from Advanced Practitioner) if:</p> <ul style="list-style-type: none"> Any lump likely to need excision and is interfering with ADLs and function, following a SDM conversation