

Children's Hospital and Health System Children's Community Health Plan Policy and Procedure

This policy applies to the following entity(s):

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| <input type="checkbox"/> CHW – Milwaukee | <input type="checkbox"/> CHW - Fox Valley |
| <input type="checkbox"/> CHHS Foundation | <input type="checkbox"/> CHW - Surgicenter |
| <input type="checkbox"/> CHW – Community Services Division | <input checked="" type="checkbox"/> Children's Community Health Plan |
| <input type="checkbox"/> Children's Medical Group - Primary Care | <input type="checkbox"/> Children's Specialty Group |
| <input type="checkbox"/> Children's Medical Group - Urgent Care | <input type="checkbox"/> CHHS Corporate Departments |

Medical Utilization Management Policy

SUBJECT: EPIDURAL CORTICOSTEROID INJECTIONS FOR SPINAL PAIN

INCLUDED PRODUCT(S):

Medicaid

BadgerCare Plus

Care4Kids Program

Commercial

Together with CCHP

Marketplace

Together with CCHP

PURPOSE OR DESCRIPTION:

The purpose of this policy is to define criteria for the medically necessary use of epidural injections of corticosteroids (ESI) for spinal pain.

POLICY:

CCHP will follow Milliman's Careweb guidelines for the appropriateness of ESI for spinal pain. As such, for ESI for thoracic spinal pain there is insufficient evidence of benefit over harm. Therefore thoracic ESI procedures will not be considered medically necessary. For lumbar and cervical ESI, CCHP follows Careweb guideline A-0225 for the clinical criteria that determine if ESI is medically necessary:

- Epidural corticosteroid injection may be indicated when **ALL** of the following are present
 - Radicular pain, as indicated by **1 or more** of the following:
 - Cervical radicular pain (e.g., arm or neck pain, paresthesia)
 - Lumbar radicular pain (e.g., leg pain or paresthesia)
 - Failure of noninvasive treatment (e.g., NSAIDs, exercise, physical therapy, spinal manipulation therapy)

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- Goal of treatment is short-term relief of disabling pain.
- Signs or symptoms consistent with radiculopathy, as indicated by **1 or more** of the following:
 - Diminished deep tendon reflexes on physical exam
 - Parasthesias, numbness, sensory change, or weakness in dermatomal distribution that is concordant with the proposed side and level of ESI.
 - Positive straight-leg-raising test
- No acute spinal cord compression
- No coagulopathy or current use of anticoagulants or antiplatelet therapy
- No local malignancy
- No local or systemic infection

Because symptoms evolve over time and patients may experience spontaneous resolution of problems, clinical documentation supporting medical necessity must be dated within 3 months of the date of the initial proposed ESI procedure. In addition, this supporting documentation must be dated within 6 months of subsequent planned procedures. CCHP considers more than 3 ESI procedures in 12 months, at the same level and by any approach (caudal, transforaminal, or intralaminar) as not medically necessary. Provided the request meets all the foregoing requirements, CCHP will approve up to 3 ESI procedures in a single prior authorization request.

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