

Children's Hospital and Health System Chorus Community Health Plans Policy and Procedure

This policy applies to the following entity(s):

- | | |
|--|---|
| <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"/> Chorus Community Health Plans |
| <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

Individual and Family

Commercial

Marketplace

PURPOSE OR DESCRIPTION:

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

POLICY:

For lumbar, thoracic and cervical ESI, the following clinical criteria are required to determine if an ESI is medically necessary:

- Epidural corticosteroid injection(s) may be indicated when **ALL** of the following are present:
 - Radicular pain, specified by **1 or more** of the following:
 - Cervical radicular pain (e.g., arm or neck pain, paresthesia)
 - Thoracic radicular pain (e.g., torso pain or paresthesia)
 - Lumbar radicular pain (e.g., leg pain or paresthesia)

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- Failure of noninvasive treatment (e.g., exercise, NSAIDs, physical therapy, spinal manipulation therapy)
- 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
 - Paresthesias, numbness, sensory change, or weakness in dermatomal distribution that is concordant with the proposed side and level of ESI
 - Positive Spurling test (for cervical spine)
 - Positive femoral nerve stretch test (for lumbar spine)
 - Positive slump test (for lumbar spine)
 - Positive straight leg raise test (for lumbar spine)
- No acute spinal cord compression
- No coagulopathy or current use of anticoagulants or antiplatelet therapy without a documented plan to hold prior to the procedure or determination of safety to proceed
- No local malignancy
- No local or systemic infection

Because symptoms evolve over time and patients may experience spontaneous symptom resolution, clinical documentation supporting medical necessity must be dated within 3 months of the date of the initial proposed ESI. In addition, this supporting documentation must be dated within 6 months of subsequent planned ESIs. CCHP considers more than 3 ESIs in 12 months, at the same level regardless of side (left or right) and regardless of approach (caudal, transforaminal, or intralaminar) as not medically necessary.

Provided the request meets all the foregoing requirements, CCHP will approve up to 3 ESIs in a single prior authorization request.

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