

## Oregon Health Plan Prioritized List Changes Percutaneous Interventions for Low Back Pain

The Health Evidence Review Commission approved the following changes to the Prioritized List of Health Services on October 11, 2012, based on the approved coverage guidance, “Percutaneous Interventions for Low Back Pain.” The changes will take effect for the Oregon Health Plan on April October 1, 2013.

### New guideline note:

#### **GUIDELINE NOTE: EPIDURAL STEROID INJECTIONS, OTHER PERCUTANEOUS INTERVENTIONS FOR LOW BACK PAIN**

*Lines 52,400,434,562,607,638*

Epidural steroid injections (CPT 62311, 64483, 64484) are covered for patients with persistent radiculopathy due to herniated disc, where radiculopathy is as defined in Guideline Note 37 as showing evidence of one or more of the following:

- A) Markedly abnormal reflexes
- B) Segmental muscle weakness
- C) Segmental sensory loss
- D) EMG or NCV evidence of nerve root impingement
- E) Cauda equina syndrome
- F) Neurogenic bowel or bladder
- G) Long tract abnormalities

It is recommended that shared decision-making regarding epidural steroid injection include a specific discussion about inconsistent evidence showing moderate short-term benefits, and lack of long-term benefits. If an epidural steroid injection does not offer benefit, repeated injections should not be covered. Epidural steroid injections are not covered for spinal stenosis or for patients with low back pain without radiculopathy.

The following interventions are not covered for low back pain, with or without radiculopathy:

- facet joint corticosteroid injection
- prolotherapy
- intradiscal corticosteroid injection
- local injections
- botulinum toxin injection
- intradiscal electrothermal therapy
- therapeutic medial branch block
- radiofrequency denervation
- sacroiliac joint steroid injection
- coblation nucleoplasty
- percutaneous intradiscal radiofrequency thermocoagulation
- radiofrequency denervation