

Articles to Include with Prior-Authorization Forms

Mitchell Engle, MD, PhD

25 October 2019

Questions

- 1. Who already includes articles when submitting for prior authorizations?
- 2. Who does Peer-to-Peer conferencing?
- 3. Who is frustrated with the amount of time spent talking with insurance companies to get therapies for patients?



Getting Patients the Right Treatments



Prior Authorization

- A utilization management process used to determine if they will cover a prescribed procedure, service, or medication.
- Functions
 - Improve quality of outcomes for patients
 - Limit the use of non-effective therapies
 - Contain costs for Insurer



Authorization Processes

- Your opportunity to make the case for therapy
- Guided by:
 - Coverage Policy (Clinical Policy Bulletin) --Private Insurers
 - Limited Coverage Determination (LCD) --Medicare Replacements
- Automated systems
 - Generally based on answers to questions
 - Opportunity to submit medical literature
- If denied...appeal letter or peer to peer
 - Opportunity to discuss medical literature
 - Be passionate

Essential Aspects in Notes

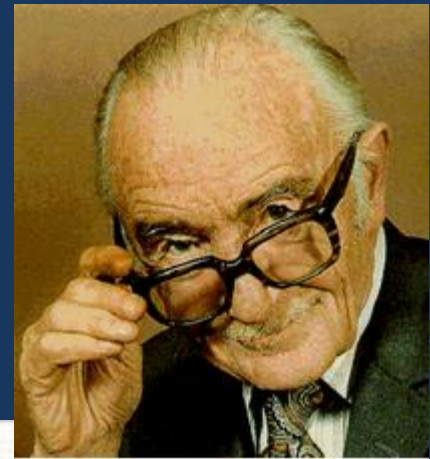
- Medical documentation is critical for authorizations
- Clear diagnosis that fits coverage policy/LCD
- Previous medical care
 - Surgeries --and whether further surgeries are necessary/recommended
 - Physical therapy (Start-End dates)
 - Medications
 - Psychological interventions
 - Interventional procedures
- Need to document multimodal care

Completely Unscientific Poll

- N = 20; Members of Texas Pain Society
- Non-generic/non-formulary medications
- ESI's
- CMBB and RFA (RFTC)
- Dorsal Column Stimulation
- DRG stimulation
- Indirect decompression

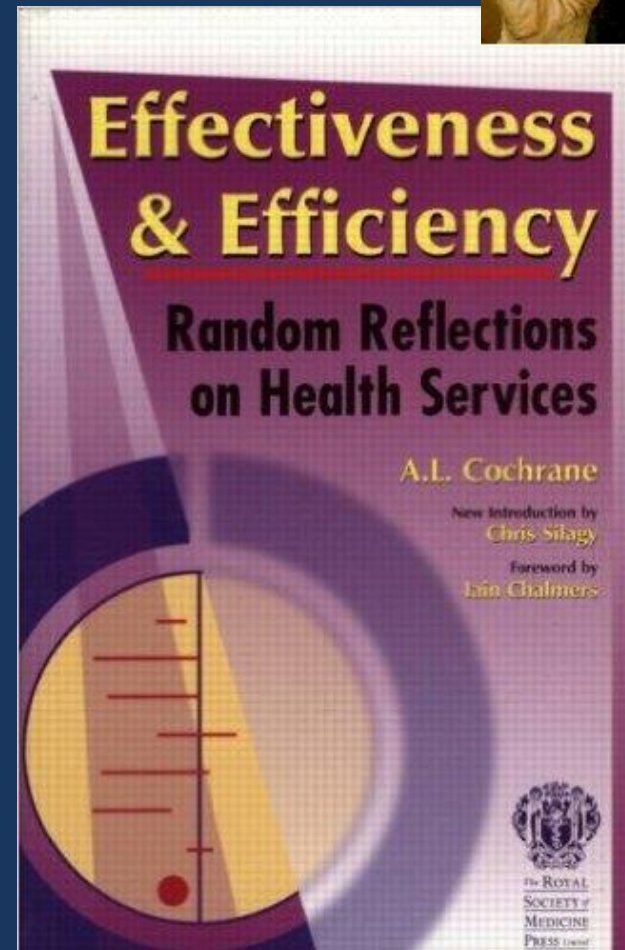
Talking About Evidence

Archibald Cochrane



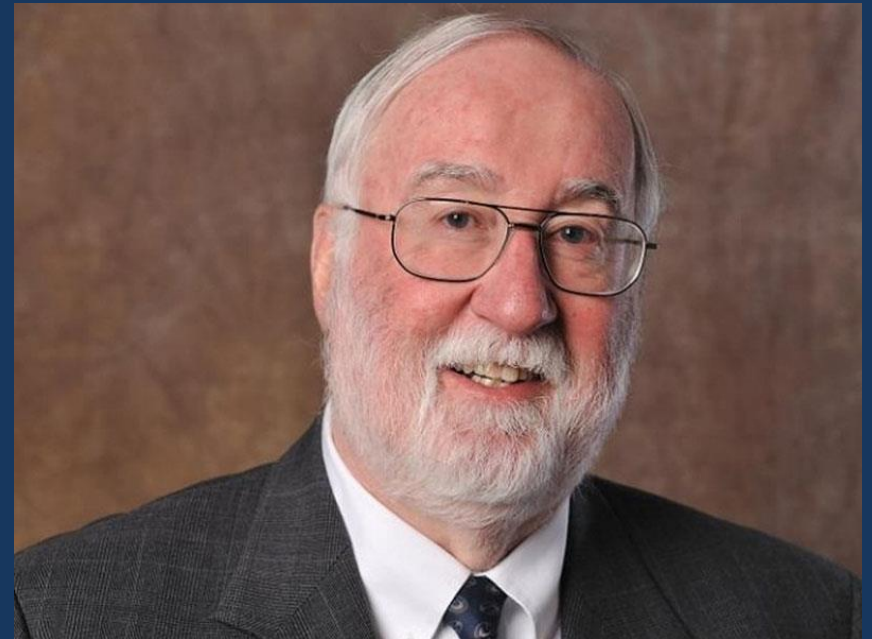
Many of the treatments, interventions, tests, and procedures used in medicine have no evidence to demonstrate their effectiveness and may in fact be doing more harm than good. -1972

Evidence, Evidence, Evidence



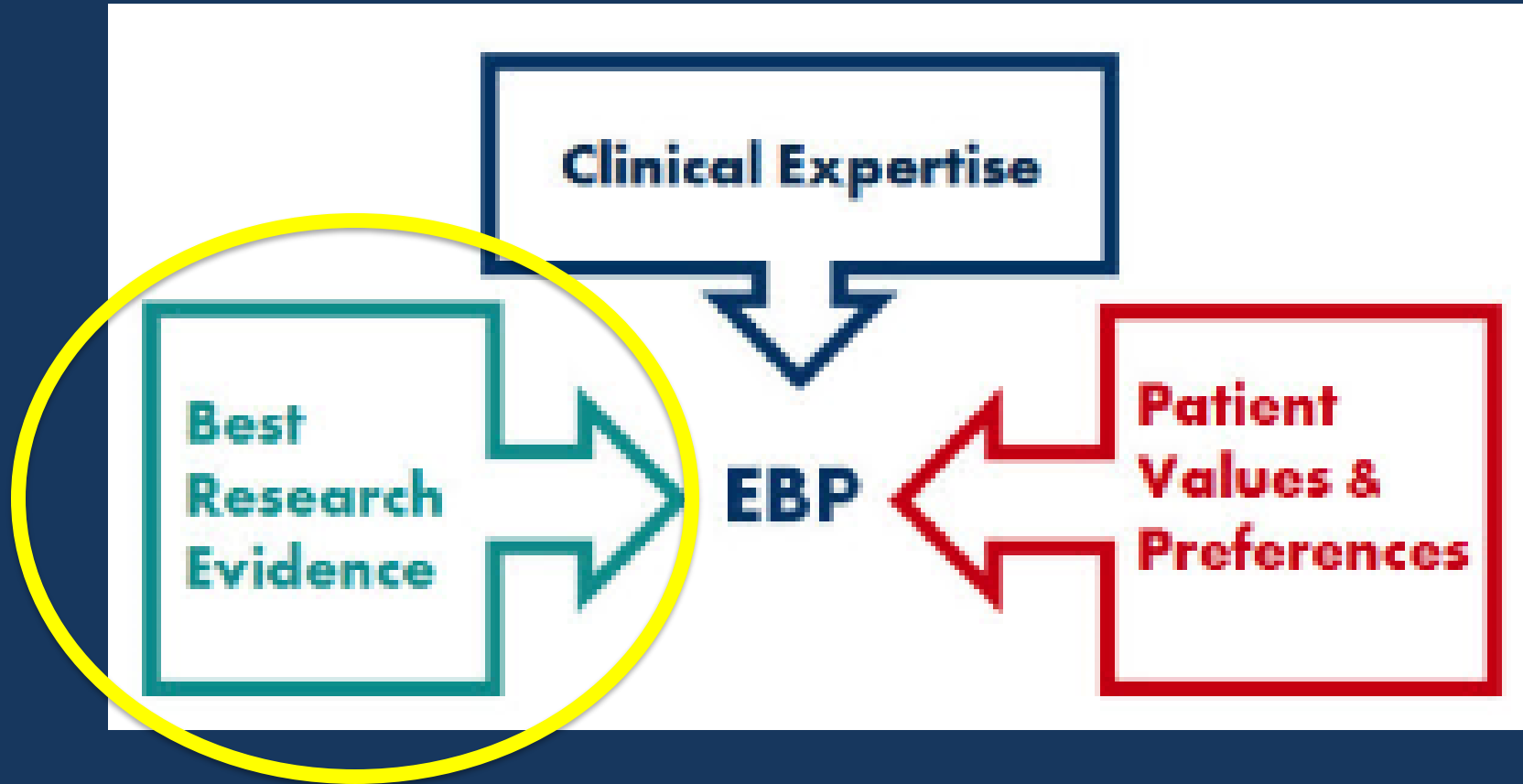
What is EBM or EBP?

Evidence Based Practice (EBP) is “the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of the individual patient. It means integrating individual expertise with the best available external clinical evidence from systematic research” and patient preferences/values.



-David Sackett M.D.

What is EBM or EBP?



Classical Criticisms of EBM

- Devalues basic science knowledge
- Devalues tacit knowledge developed with clinical experience
- Difficulty extrapolating population results to a single patient



Recent Criticisms of EBM

- Distortion of evidence by “Vested Interests”
 - Pharma
 - Device manufacturers
 - Insurers
- Too much evidence
- Marginal gains due to overpowered studies
- Overemphasis on algorithmic rules
- Poor fit for multimorbidity

Levels of evidence



Parachute use to prevent death and major trauma related to gravitational challenge: systematic review of randomised controlled trials

Gordon C S Smith, Jill P Pell



Parachutes reduce the risk of injury after gravitational challenge, but their effectiveness has not been proved with randomised controlled trials

What is already known about this topic

Parachutes are widely used to prevent death and major injury after gravitational challenge

Parachute use is associated with adverse effects due to failure of the intervention and iatrogenic injury

Studies of free fall do not show 100% mortality

What this study adds

No randomised controlled trials of parachute use have been undertaken

The basis for parachute use is purely observational, and its apparent efficacy could potentially be explained by a “healthy cohort” effect

Individuals who insist that all interventions need to be validated by a randomised controlled trial need to come down to earth with a bump

Levels of evidence



Articles to Include with Prior-Authorization Forms



Cervical ESI

Anesthesiology 2014

PAIN MEDICINE

Epidural Steroid Injections, Conservative Treatment, or Combination Treatment for Cervical Radicular Pain

A Multicenter, Randomized, Comparative-effectiveness Study

Steven P. Cohen, M.D., Salim Hayek, M.D., Ph.D., Yevgeny Semenov, M.A., Paul F. Pasquina, M.D., Ronald L. White, M.D., Elias Veizi, M.D., Ph.D., Julie H. Y. Huang, M.D., M.B.A., Connie Kurihara, R.N., Zirong Zhao, M.D., Ph.D., Kevin B. Guthmiller, M.D., Scott R. Griffith, M.D., Aubrey V. Verdun, M.D., David M. Giampetro, M.D., Yakov Vorobeychik, M.D., Ph.D.

Table 3. Successful Treatment Outcome Stratified by Treatment Group

Positive Outcome*†	Conservative‡	Epidural Steroids	Combination‡	P Value§
1 month (n, %)	30/58 (51.7)	29/54 (53.7)	33/51 (64.7)	0.35
3 months (n, %)	15/56 (26.8)	18/49 (36.7)	29/51 (56.9)	0.006
6 months (n, %)	13/55 (23.6)	12/47 (25.5)	22/50 (44.0)	0.06

* Lost-to-follow-up patients excluded from analysis. † A positive outcome defined as two-point decrease or more in arm pain, coupled with a positive global perceived effect without additional procedural interventions. ‡ In the 14 individuals in the conservative and combination groups who received complementary and alternative medicine treatment, 9 (64.2%) and 6 (42.9%) experienced a positive outcome at 3 and 6 months, respectively. § Fisher exact test used.

Bottom Line: Multimodal care including CESI's is superior to conservative care alone for arm pain relief and perceived effect at 6 months.

ESI for Lumbar Radiculopathy

Pain Medicine, 0(0), 2019, 1–16

doi: 10.1093/pm/pnz160

Review Article

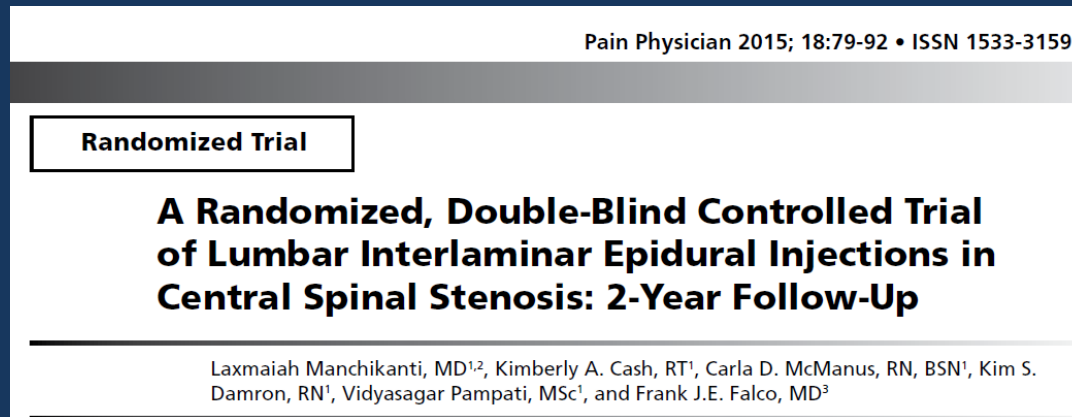
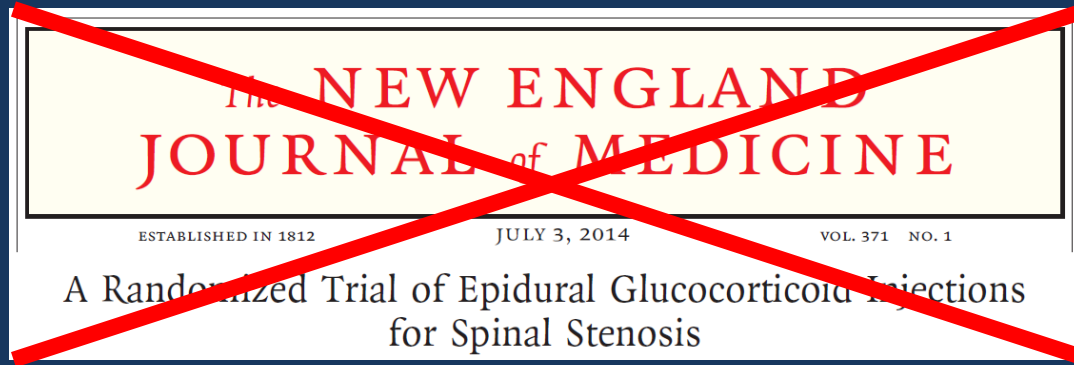
OXFORD

The Effectiveness of Lumbar Transforaminal Injection of Steroid for the Treatment of Radicular Pain: A Comprehensive Review of the Published Data

Clark C. Smith, MD, MPH,* Zachary L. McCormick, MD,[†] Ryan Mattie, MD,[‡]
John MacVicar, MBChB, MPainMed,[§] Belinda Duszynski, BS,[¶] and Milan P. Stojanovic, MD^{||}

- Using the criterion of 50% reduction in pain
- Success rates were 63% (58–68%) at one month and 64% (57–71%) at one year.
- Bottom Line: There is strong evidence that lumbar transforaminal injection of steroids is an effective treatment for radicular pain due to disc herniation.

ESI for Lumbar Stenosis



- AKA...Living in the Post-Friedly world.

Cervical Medial Branch RFA

PERCUTANEOUS RADIO-FREQUENCY NEUROTOMY FOR CHRONIC CERVICAL ZYGAPOPHYSEAL-JOINT PAIN

PERCUTANEOUS RADIO-FREQUENCY NEUROTOMY FOR CHRONIC CERVICAL ZYGAPOPHYSEAL-JOINT PAIN

SUSAN M. LORD, B.MED., PH.D., LESLIE BARNSEY, B.MED., PH.D., BARBARA J. WALLIS, B.Sc.,
GREGORY J. McDONALD, M.B., B.S., AND NIKOLAI BOGDUK, M.D., PH.D.

NEJM 1996

Lumbar RFA

JAMA | Original Investigation

Effect of Radiofrequency Denervation on Pain Intensity Among Patients With Chronic Low Back Pain The Mint Randomized Clinical Trials

Johan N. S. Juch, MD; Esther T. M. van der Wal, PhD; Raymond W. J. G. Ostelo, PT, PhD; J. George Groeneweg, PT, PhD;
Jan-Willem Kallewaard, MD; Bart W. Koes, PhD; Arianne P. Verhagen, PT, PhD; Johanna M. van Dongen, PhD;
Frank J. P. M. van der Wal, MD, PhD; Maurits W. van Tulder, PhD

Lumbar RFA

PAIN MEDICINE

Effectiveness of Lumbar Facet Joint Blocks and Predictive Value before Radiofrequency Denervation

The Facet Treatment Study (FACTS), a Randomized, Controlled Clinical Trial

Steven P. Cohen, M.D., Tina L. Doshi, M.D., Octav C. Constantinescu, M.D., Zirong Zhao, M.D., Ph.D., Connie Kurihara, R.N., Thomas M. Larkin, M.D., Scott R. Griffith, M.D., Michael B. Jacobs, M.D., William J. Kroski, D.O., Timothy C. Dawson, M.D., Ian M. Fowler, M.D., Ronald L. White, M.D., Aubrey J. Verdun, M.D., David E. Jamison, M.D., Mirinda Anderson-White, R.N., Stephanie E. Shank, R.N., Paul F. Pasquina, M.D.

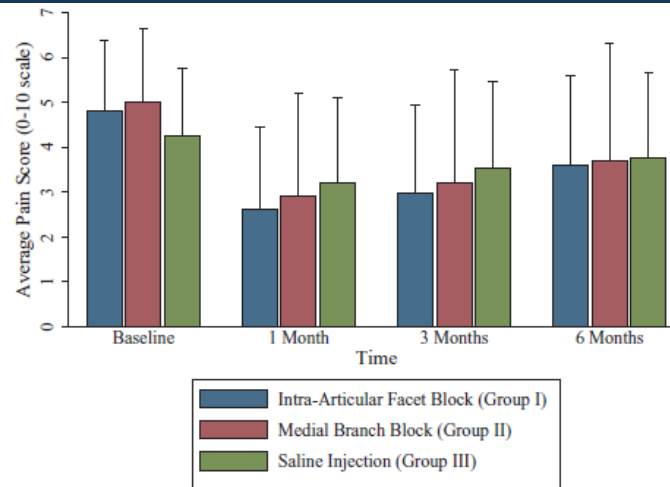


Fig. 5. Pain relief after lumbar facet radiofrequency ablation stratified by treatment group. Data presented as means with error bars representing 1 SD. For outcomes, n = 45 for intraarticular group, 48 for medial branch group, and 42 for placebo group.

Dorsal Column Stimulation

Pain Medicine, 0(0), 2019, 1–16

doi: 10.1093/pm/pnz185

Review Article

OXFORD

Spinal Cord Stimulation vs Conventional Therapies for the Treatment of Chronic Low Back and Leg Pain: A Systematic Review of Health Care Resource Utilization and Outcomes in the Last Decade

Charles A. Odonkor, MD,* Sebastian Orman,[†] Vwaire Orhurhu, MD, MPH,[‡] Martha E. Stone, MS,[§] and Shihab Ahmed, MBBS*

- Compared with Conservative Care, SCS resulted in significant improvements in health-related quality of life, health status, and quality-adjusted life-years.
- Fair quality evidence that SCS is potentially more cost-effective than Conservative care

Dorsal Column Stimulation

Neuromodulation: Technology at the Neural Interface

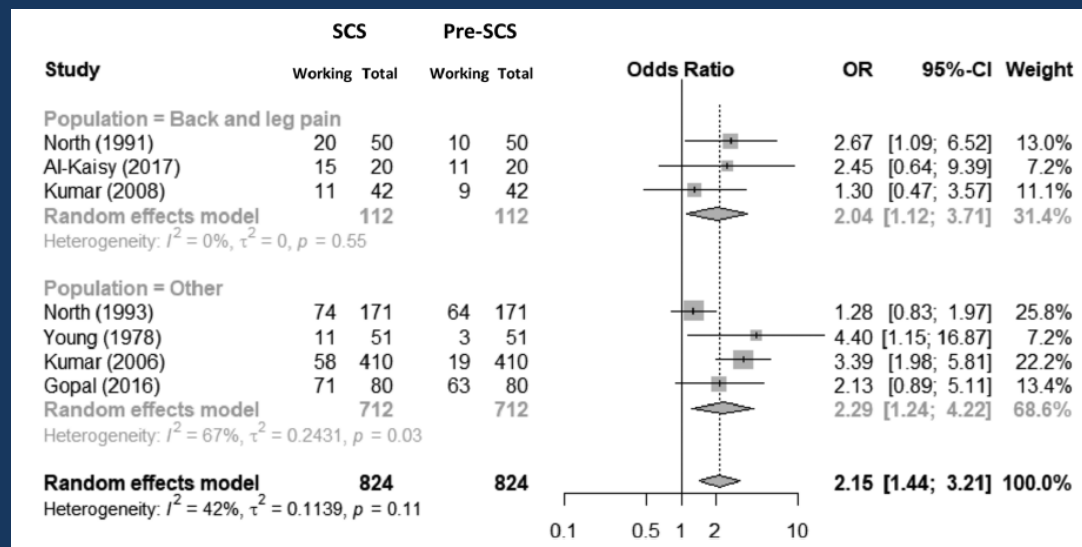


Received: March 3, 2018 Revised: May 1, 2018 Accepted: May 1, 2018

(onlinelibrary.wiley.com) DOI: 10.1111/ner.12797

Return to Work of Patients Treated With Spinal Cord Stimulation for Chronic Pain: A Systematic Review and Meta-Analysis

Maarten Moens, MD, PhD^{*†‡§}; Lisa Goudman, MSc^{*§}; Raf Brouns MD, PhD^{¶**}; Alexis Valenzuela Espinoza MSc^{††}; Mats De Jaeger, MSc^{*}; Eva Huysmans, MSc^{††‡‡}; Koen Putman, PhD^{††}; Jan Verlooy, MD, PhD^{§§}



- SCS intervention results in a higher prevalence of patients at work compared with before treatment
- SCS treatment also results in high odds to return to work

DCS for Peripheral Neuropathy



Bottom Line: In patients with refractory painful diabetic neuropathy, spinal cord stimulation therapy significantly reduced pain and improved quality of life.

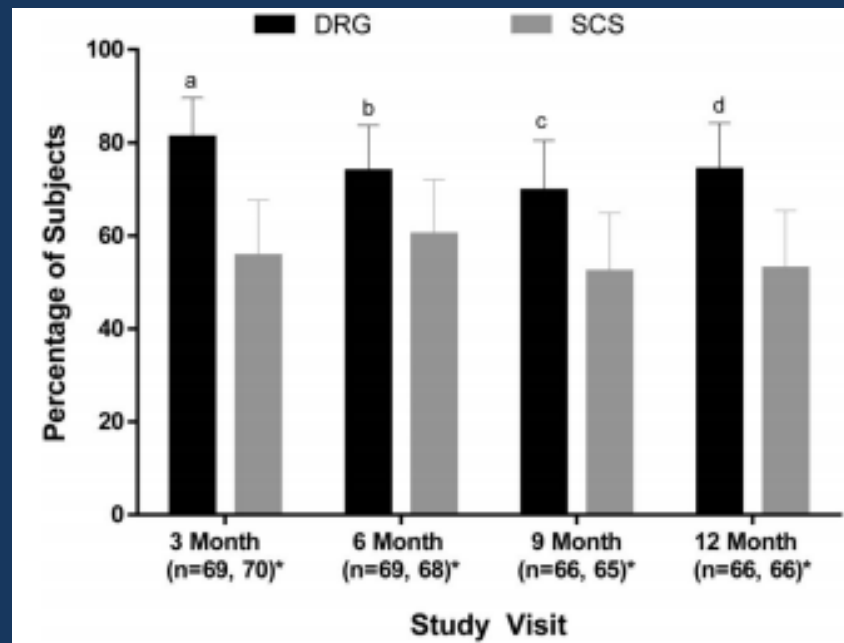
DRG Stimulation

Research Paper

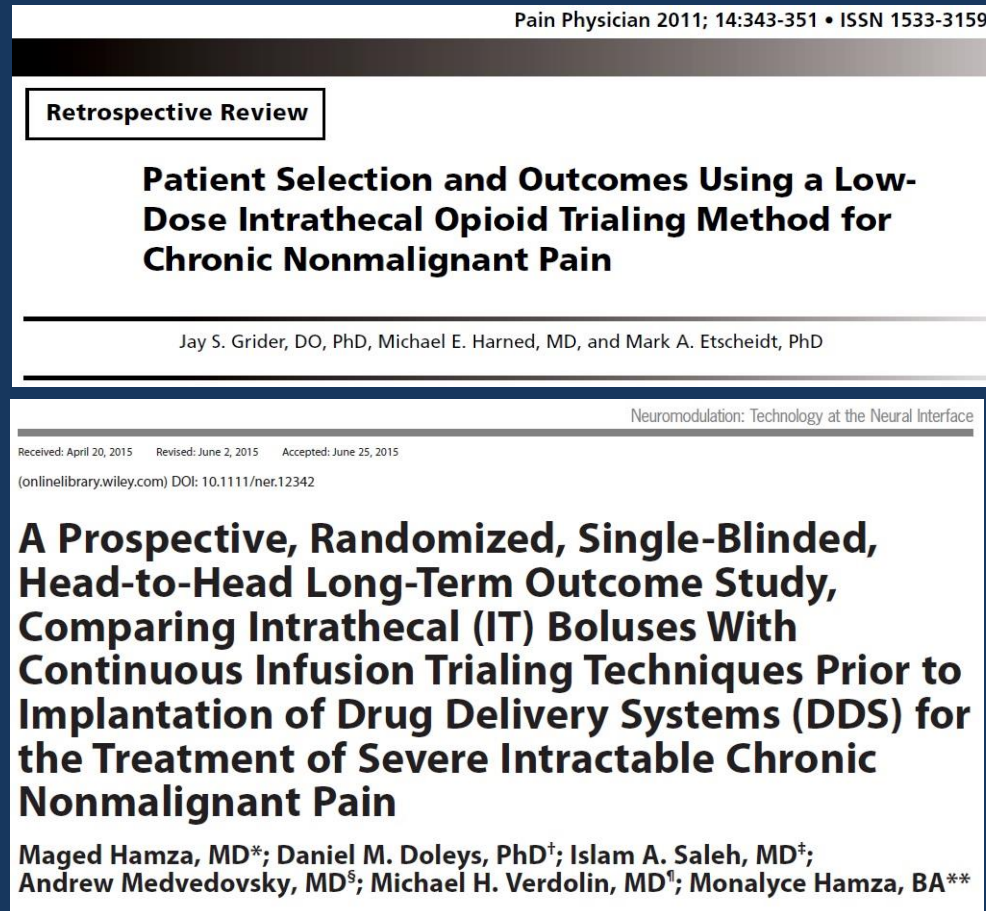
PAIN

OPEN

Dorsal root ganglion stimulation yielded higher treatment success rate for complex regional pain syndrome and causalgia at 3 and 12 months: a randomized comparative trial ACCURATE Study; 2017



Intrathecal Pump



- In non-randomized studies, intrathecal drug delivery can effectively reduce pain

Vertebral Augmentation



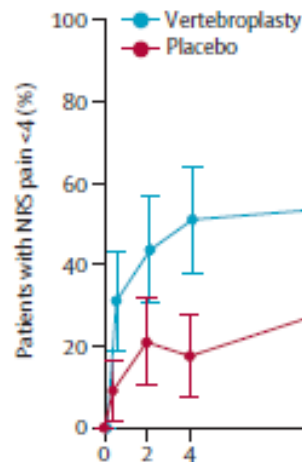
Safety and efficacy of vertebroplasty for acute painful osteoporotic fractures (VAPOUR): a multicentre, randomised, double-blind, placebo-controlled trial

William Clark, Paul Bird, Peter Gonski, Terrence H Diamond, Peter Smerdely, H Patrick McNeil, Glen Schlaphoff, Carl Bryant, Elizabeth Barnes, Val Gebski

Summary

Lancet 2016; 388: 1408–16

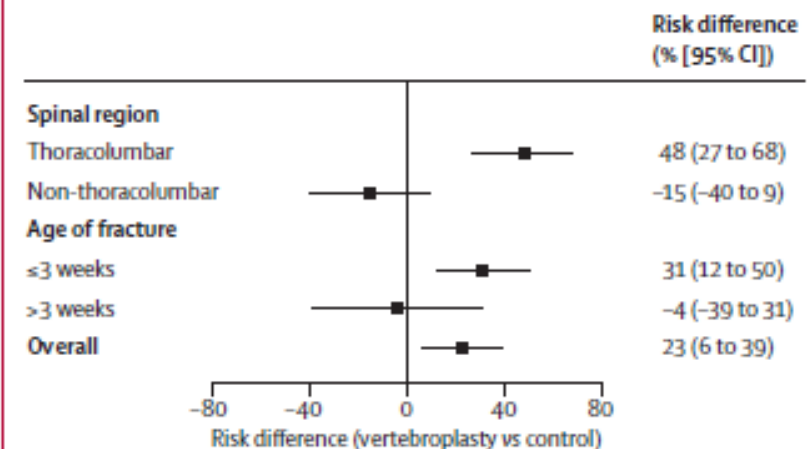
Background We hypothesised that vertebroplasty provides effective analgesia for patients with poorly controlled pain



Number at risk

Placebo	59	55	57	57		
Vertebroplasty	61	58	55	55		

Week



Indirect Lumbar Decompression

Clinical Interventions in Aging

Dovepress

open access to scientific and medical research

Open Access Full Text Article

ORIGINAL RESEARCH

Five-year durability of stand-alone interspinous process decompression for lumbar spinal stenosis

This article was published in the following Dove Press journal:
Clinical Interventions in Aging
6 September 2017
[Number of times this article has been viewed](#)

Journal of Pain Research

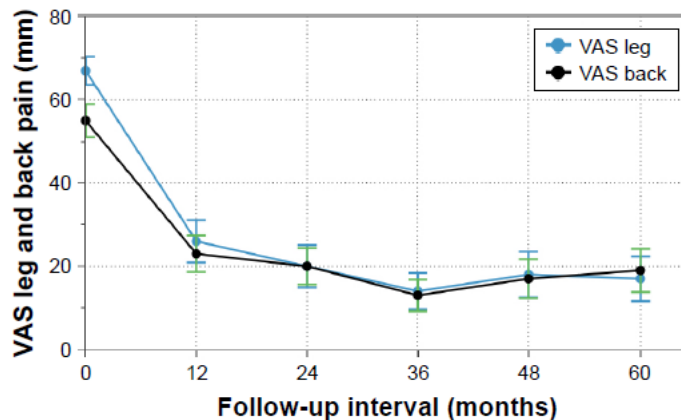
Dovepress

open access to scientific and medical research

Open Access Full Text Article

CLINICAL TRIAL REPORT

Interspinous process decompression is associated with a reduction in opioid analgesia in patients with lumbar spinal stenosis



Where Do I Look?

- Pubmed
- Google Scholar
- Cochrane Database of Systematic Reviews
- Dynamed
 - POC reference tool
- Uptodate.com
- Remember: the evidence is not static!

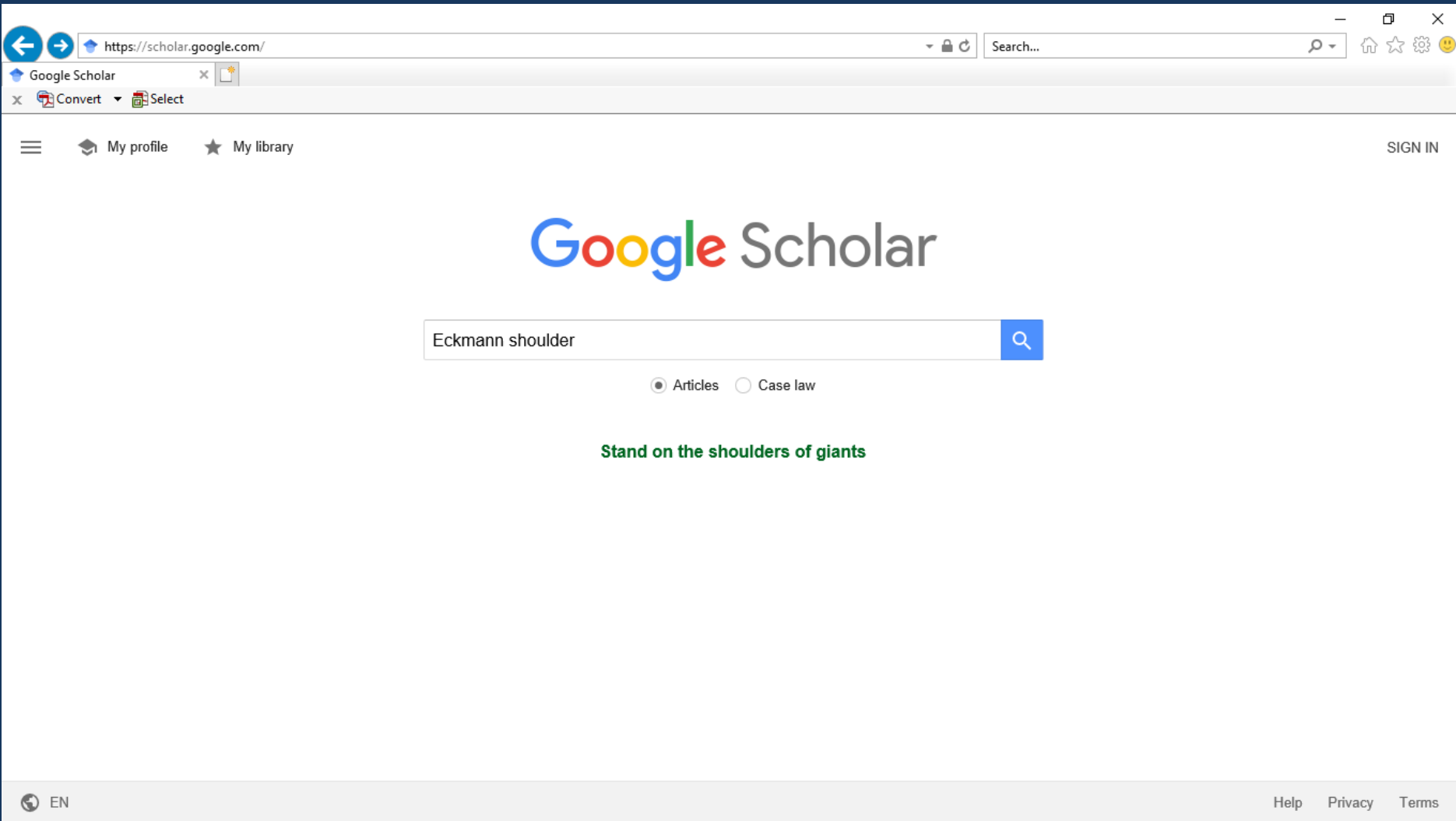


How Do I Keep Up To Date?

- Rerun searches on a topic using pubmed, google scholar, etc.
- Perform a “reverse search”
 - Use the last or first good paper.
- e.g. Eckmann and Nagpal work on shoulder innervation



Reverse Search



Reverse Search

The screenshot shows a Google Scholar search results page for the query "Eckmann shoulder". The search bar at the top contains the text "Eckmann shoulder" and a magnifying glass icon. Below the search bar, there are filters on the left side: "Any time" (selected), "Since 2019", "Since 2018", "Since 2015", and "Custom range...". There are also checkboxes for "include patents" and "include citations", and a "Create alert" button. The search results are displayed in a table-like format with four rows. Each row contains a title, a link to the full text (e.g., "sparc360.com", "googleapis.com"), and a brief abstract. The first result is "Cadaveric study of the articular branches of the shoulder joint" by MS Eckmann, B Bickelhaupt, J Feh, JA Benfield, et al. (2017). The second result is "Check/relief valve for an inflatable packer system" by RS Baker, GC Eckmann (US Patent 4,316,504, 1982). The third result is "Vertical drilling system for controlling deviation" by DL Evans, GP Coty, RT Eckmann (US Patent 8,061,451, 2011). The fourth result is "Double acting spring hinge" by RW Sievert, JF Svoboda, JO Eckmann (US Patent, 1961). The bottom of the screenshot shows a partial view of a fifth result titled "High frequency Ablation of the Articular Branches of the Shoulder Joint: A Novel Report Session: MD 12b Sat, April 21, 2: 15-4: 45 pm Uric (Shubert".

Reverse Search

The screenshot shows a Google Scholar search for "Eckmann shoulder". The search results list several articles. The first article, "Cadaveric study of the articular branches of the shoulder joint" by MS Eckmann et al., is circled in red. A red arrow points to the "Cited by 15" link below the article title. Another red arrow points to the "Click here!" text in the bottom right corner of the page. The URL bar shows the search query: "https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Eckmann+shoulder&btnG=".

Google Scholar search results for "Eckmann shoulder".

Search results include:

- Cadaveric study of the articular branches of the shoulder joint** (MS Eckmann, B Bickelhaupt, J Fehl, JA Benfield... - 2017 - rapm.bmj.com) [PDF] sparc360.com
- Check/relief valve for an inflatable packer system** (RS Baker, GO Eckmann - US Patent 4,316,504, 1982 - Google Patents) [PDF] googleapis.com
- Vertical drilling system for controlling deviation** (..., DL Evans, GP Coty, RT Eckmann - US Patent 8,061,451, 2011 - Google Patents) [PDF] googleapis.com
- Double acting spring hinge** (..., RW Sievert, JF Svoboda, JO Eckmann - US Patent ..., 1961 - Google Patents) [PDF] googleapis.com

Annotations:

- Red circle around the first article title.
- Red arrow pointing to "Cited by 15" link.
- Red arrow pointing to "Click here!" text.

URL bar: https://scholar.google.com/scholar?hl=en&as_sdt=0%2C44&q=Eckmann+shoulder&btnG=

Reverse Search

The screenshot shows a web browser window with the Google Scholar search results page. The address bar shows the URL: https://scholar.google.com/scholar?cites=11964587179278730833&as_sdt=5,44&sciodt=0,44&hl=en. The search bar contains the text "Search...". The page title is "Articles" and it shows "About 15 results (0.01 sec)". The search results are sorted by relevance. The first result is "Cadaveric study of the articular branches of the shoulder joint" by J Tran, PWH Peng, AMR Agur - 2019 - rapm.bmj.com. The second result is "Anatomical study of the innervation of glenohumeral and acromioclavicular joint capsules: implications for image-guided intervention" by L Blasco, P Laumonerie, M Tibbo, O Fernandes... - Pain ... - 2019 - academic.oup.com. The third result is "Ultrasound-guided proximal and distal suprascapular nerve blocks: a comparative cadaveric study" by P Laumonerie, L Blasco, ME Tibbo, K Panagiotis... - ... : The Journal of ... - 2019 - Elsevier. The fourth result is "Ultrasound-Guided Versus Landmark-Based Approach to the Distal Suprascapular Nerve Block: A Comparative Cadaveric Study" by P Laumonerie, L Blasco, ME Tibbo, K Panagiotis... - ... : The Journal of ... - 2019 - Elsevier. The fifth result is "Sensory innervation of the subacromial bursa by the distal suprascapular nerve: a new description of its anatomic distribution" by P Laumonerie, L Blasco, ME Tibbo, K Panagiotis... - ... : The Journal of ... - 2019 - Elsevier. The search results are displayed in a list format with the article title, authors, year, journal, and a brief abstract. The results are sorted by relevance, and the search results are displayed in a list format. The search results are displayed in a list format.

Google Scholar

Articles About 15 results (0.01 sec)

Any time
Since 2019
Since 2018
Since 2015
Custom range...

Sort by relevance
Sort by date

☒ include citations

☒ Create alert

☐ Search within citing articles

Cadaveric study of the articular branches of the shoulder joint
J Tran, PWH Peng, AMR Agur - 2019 - rapm.bmj.com
Background and objectives In 2011, chronic shoulder joint pain was reported by 18.7 million Americans. Image-guided radiofrequency ablation has emerged as an alternative intervention to manage chronic shoulder joint pain. To optimize the effectiveness of shoulder ...
☆ Cited by 6 Related articles All 5 versions

Ultrasound-guided proximal and distal suprascapular nerve blocks: a comparative cadaveric study
L Blasco, P Laumonerie, M Tibbo, O Fernandes... - Pain ..., 2019 - academic.oup.com
Objectives The primary aim of our study was to evaluate and compare the accuracy of ultrasound (US)-guided distal suprascapular nerve (dSSN) and proximal SSN (pSSN) blocks. Secondary aims were to compare the phrenic nerve involvement between groups ...
☆ Cited by 1 All 6 versions

Ultrasound-Guided Versus Landmark-Based Approach to the Distal Suprascapular Nerve Block: A Comparative Cadaveric Study
P Laumonerie, L Blasco, ME Tibbo, K Panagiotis... - ... : The Journal of ..., 2019 - Elsevier
Purpose To compare the accuracy of distal suprascapular nerve (dSSN) blockade performed with the use of ultrasound-guided regional anesthesia (USRA) versus with a landmark-based approach (LBA). A secondary aim was to describe the anatomic features of ...
☆ Cited by 1 All 7 versions

Sensory innervation of the subacromial bursa by the distal suprascapular nerve: a new description of its anatomic distribution
P Laumonerie, L Blasco, ME Tibbo, K Panagiotis... - ... : The Journal of ... - 2019 - Elsevier

[PDF] researchgate.net

[HTML] arthroscopyjournal.org

[PDF] researchgate.net

Thank You

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