

## Clinical Policy: Acupuncture Expanded Benefit

Reference Number: FL.CP.MP.92

Last Review Date: 07/18

[Coding Implications](#)  
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See [Important Reminder](#) at the end of this policy for important regulatory and legal information.

### Description

Acupuncture Therapy: Acupuncture involves the insertion of very thin needles through the skin at strategic points on the body and is most commonly used to treat pain.

### Policy/Criteria

- I. It is the policy of Sunshine Health that needle acupuncture is **medically necessary** when meeting the following:
  - A. Administered by a licensed acupuncturist or other appropriately licensed practitioner for whom acupuncture is within the practitioner's scope of practice and who has specific acupuncture training or credentialing;
  - B. Age  $\geq$  21 years;
  - C. Documentation of any of the following:
    1. Postoperative or chemotherapy induced nausea and vomiting;
    2. Nausea and vomiting of pregnancy;
    3. Chronic low back, neck, or shoulder pain, of  $\geq$  12 weeks duration;
    4. Chronic migraines or moderate to severe chronic tension headaches, defined as headaches  $>$ 14 days per month for more than 3 months;
    5. Adjunctive therapy for pain from clinically diagnosed osteoarthritis of the knee;
  - D. Requested treatments, one of the following:
    1. Initial treatment of  $\leq$  6 visits over 1 month;
    2. Continued treatment of  $\leq$  6 visits over 2 months and submitted documentation supports that the treated condition improved with the initial course of acupuncture;
    3. Maintenance treatment of  $<$  40 units/fiscal year (1 unit = 15 minutes) and submitted documentation supports that the symptoms are neither regressing nor improving.
- II. It is the policy of Sunshine Health Plan that all other indications are considered experimental/investigational and not **medically necessary**.

## Background

Acute conditions typically are treated 2 to 3 times a week for two to three weeks then frequency is gradually reduced until treatment is no longer needed. Generally treatment will last for 2 to 3 months. There is insufficient evidence in studies to establish a defined treatment protocol for any condition.

Acupuncture is an ancient treatment originating in China approximately 2000 years ago. It is one of the oldest medical procedures in the world. It is a form of complementary and alternative medicine (CAM) that has been more commonly practiced in the United States since 1971. Acupuncture theory is largely grounded in two major Chinese philosophies, Confucianism and Taoism. The two philosophies emphasize the importance of nature and for humans to integrate and abide by these laws rather than to resist them. The goal of the clinician is to maintain the body's harmonious balance both internally and in relation to the external environment. It is believed treatment should not be solely symptom focused, so treatment is usually very individualized and two patients with the same symptoms often do not get the same treatment.

Three important concepts of acupuncture are qi, yin/yang, and the Five Elements: wood, water, fire, earth, and metal. Qi is often translated as "vital energy". It is felt to permeate all things, may assume different forms, and travel through meridians located on the body. Disturbances in the flow of qi, such as stagnant, depleted, collapsed or rebellious, are believed to cause disease. Yin and yang are complementary opposites. Yin represents more material, dense states of matter and yang represents more immaterial, rarefied states of matter. The relationship between the two is dynamic and cyclic. The acupuncturist must employ a series of qualitative assessments to establish a patient's present balance of yin and yang. The Five Elements represent different basic processes, qualities or phases of a cycle. Each can generate or counteract another element. Most vital organs, acupuncture meridians, emotions, and other health-related variable are assigned an element, providing a global description of the balancing dynamics seen in each person.

These principles are used by the acupuncturist to diagnose and treat individuals based on the nature of the imbalance. The aim is to shift the constitution towards balance with the use of various interventions, acupuncture being one important option.

The diagnostic evaluation of the acupuncturist may be extensive and complex, incorporating assessment of practically everything, including skin, complexion, bones, channels, smells, sounds, mental state, preferences, emotions, demeanor, and body build. Once the diagnosis is established, fine metal needles are inserted into precisely defined points to correct disruption in harmony. Needles are removed after being in place for 10 to 15 minutes while the patient lies relaxed. Treatments can occur one to two times a week and the total number of sessions is variable dependent on the condition, disease severity and chronicity.

There are many proposed models for the mechanism of action of the effects of acupuncture; however the data have been either too inconsistent or inadequate to draw significant conclusions. The theory in regards to the analgesic effect of acupuncture, associates the neurotransmitter effects such as endorphin release at both the spinal and supraspinal levels. Functional MRI studies have demonstrated various physiologic effects, associating acupuncture points with changes in brain MRI signals. Another theory is that acupuncture points are associated with anatomic locations of loose connective tissue.

Evidence from a number of randomized, blinded, placebo-controlled studies indicate that acupoint stimulation can be effective in the management of postoperative nausea and vomiting, particularly in women, with mixed results in pediatric populations. Acupoint stimulation for women undergoing chemotherapy also reduced nausea and vomiting in some studies, but no effect was reported in a study involving both men and women. The evidence regarding alleviation of morning sickness by acupoint stimulation is limited, less rigorous than for postoperative nausea and vomiting, and ambiguous.

Recent data on acupuncture for postoperative dental pain is limited, but earlier evidence indicated promising results for this use. Data was most promising for pain relief following tooth extraction.

There are a number of randomized controlled trials that establish improvement in headache frequency, intensity, response, use of relief medication and quality of life relative to usual care and relief treatment only. However, the trials failed to demonstrate that acupuncture is more effective than sham acupuncture. Results were ambiguous regarding efficacy of acupuncture relative to prophylactic drug treatment. There was insufficient evidence available to conclude the efficacy of acupuncture compared with nonpharmacological interventions.

Acupuncture for osteoarthritis pain appears to be effective, particularly for pain in the knee. Recent literature has shown relief of pain and improved function in osteoarthritis of the knee for patients treated with acupuncture.

Acupuncture has been studied for a variety of other reasons, but studies and evidence does not currently support its use for indications such as, but not limited to, arm pain, temporomandibular joint dysfunction, menstrual cramps and fibromyalgia.

## **Coding Implications**

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are not intended to be all-inclusive and are included for informational purposes only. Codes referenced in this clinical policy are for informational purposes only. Inclusion or exclusion of any codes does not guarantee coverage. Providers should reference the most up-to-date sources of professional coding guidance prior to the submission of claims for reimbursement of covered services.

<b>CPT® Codes</b>	<b>Description</b>
97810	Acupuncture, 1 or more needles; without electrical stimulation, initial 15 minutes of personal one-on-one contact with the patient
97811	Acupuncture, 1 or more needles; without electrical stimulation, each additional 15 minutes of personal one-on-one contact with the patient, with reinsertion of needles(s)
97813	Acupuncture, 1 or more needles; with electrical stimulation, initial 15 minutes of personal one-on-one contact with the patient
97814	Acupuncture, 1 or more needles; with electrical stimulation, each additional 15 minutes of personal one-on-one contact with the patient, with reinsertion of needles(s)

### **ICD-10-CM Diagnosis Codes that Support Coverage Criteria**

+ Indicates a code(s) requiring an additional character

<b>ICD-10-CM Code</b>	<b>Description</b>
G43.001-G43.919	Migraine
G44.221- G44.229	Chronic tension- type headache
M17.0-M17.9	Osteoarthritis of knee
M25.511-M25.519	Pain in shoulder
M50.00-M54.9+	Other dorsopathies
O21.0-O21.9	Excessive vomiting in pregnancy
R11.0-R11.2+	Nausea and vomiting

Reviews, Revisions, and Approvals	Date	Approval Date
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Policy formatted and restructured into FL.CP.MP.92 from FL.UM.10. Background and supporting references added.	06/27/19	

### III. References

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### **Important Reminder**

This clinical policy has been developed by appropriately experienced and licensed health care professionals based on a review and consideration of currently available generally accepted standards of medical practice; peer-reviewed medical literature; government agency/program approval status; evidence-based guidelines and positions of leading national health professional organizations; views of physicians practicing in relevant clinical areas affected by this clinical policy; and other available clinical information. The Health Plan makes no representations and accepts no liability with respect to the content of any external information used or relied upon in developing this clinical policy. This clinical policy is consistent with standards of medical practice current at the time that this clinical policy was approved. "Health Plan" means a health plan that has adopted this clinical policy and that is operated or administered, in whole or in part, by Centene Management Company, LLC, or any of such health plan's affiliates, as applicable.

The purpose of this clinical policy is to provide a guide to medical necessity, which is a component of the guidelines used to assist in making coverage decisions and administering benefits. It does not constitute a contract or guarantee regarding payment or results. Coverage decisions and the administration of benefits are subject to all terms, conditions, exclusions and limitations of the coverage documents (e.g., evidence of coverage, certificate of coverage, policy, contract of insurance, etc.), as



well as to state and federal requirements and applicable Health Plan-level administrative policies and procedures.

This clinical policy is effective as of the date determined by the Health Plan. The date of posting may not be the effective date of this clinical policy. This clinical policy may be subject to applicable legal and regulatory requirements relating to provider notification. If there is a discrepancy between the effective date of this clinical policy and any applicable legal or regulatory requirement, the requirements of law and regulation shall govern. The Health Plan retains the right to change, amend or withdraw this clinical policy, and additional clinical policies may be developed and adopted as needed, at any time.

This clinical policy does not constitute medical advice, medical treatment or medical care. It is not intended to dictate to providers how to practice medicine. Providers are expected to exercise professional medical judgment in providing the most appropriate care, and are solely responsible for the medical advice and treatment of members. This clinical policy is not intended to recommend treatment for members. Members should consult with their treating physician in connection with diagnosis and treatment decisions.

Providers referred to in this clinical policy are independent contractors who exercise independent judgment and over whom the Health Plan has no control or right of control. Providers are not agents or employees of the Health Plan.

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**Note: For Medicaid members**, when state Medicaid coverage provisions conflict with the coverage provisions in this clinical policy, state Medicaid coverage provisions take precedence. Please refer to the state Medicaid manual for any coverage provisions pertaining to this clinical policy.

**Note: For Medicare members,** to ensure consistency with the Medicare National Coverage Determinations (NCD) and Local Coverage Determinations (LCD), all applicable NCDs, LCDs, and Medicare Coverage Articles should be reviewed prior to applying the criteria set forth in this clinical policy. Refer to the CMS website at <http://www.cms.gov> for additional information.

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