

## Clinical Policy: Posterior Tibial Nerve Stimulation for Voiding Dysfunction

Reference Number: CP.MP.133

Last Review Date: 02/20

[Coding Implications](#)

[Revision Log](#)

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

### Description

Posterior tibial nerve stimulation (PTNS), also known as peripheral tibial nerve stimulation, is a minimally invasive form of electrical neuromodulation used to treat overactive bladder (OAB) syndrome and associated symptoms of urinary urgency, urinary frequency, and urge urinary incontinence. This policy describes the medical necessity requirements for posterior tibial nerve stimulation.

### Policy/Criteria

- I. It is the policy of health plans affiliated with Centene Corporation® that PTNS is **medically necessary** for the treatment of moderate to severe urinary dysfunction and OAB symptoms when all of the following criteria are met:
  - A. Urinary dysfunction has persisted for at least 12 months and the condition has resulted in significant disability (i.e., the urinary urgency, frequency, and/or severity of symptoms are limiting the member's ability to participate in activities of daily living); and
  - B. There has been a failure of, contraindications to, or intolerance to conservative medical management (e.g. pharmacotherapy with oral anti-muscarinics or  $\beta$ 3-adrenoceptor agonists and/or antibiotics for urinary tract infections); and
  - C. Service is provided in accordance with the standard treatment regimen of 30-minute weekly sessions for 12 weeks.
- II. It is the policy of health plans affiliated with Centene Corporation that once a month maintenance treatments with PTNS are **medically necessary** for patients who experience significant improvement in their OAB symptoms after the 12 initial treatments. Treatment frequency may vary depending on return of symptoms.
- III. It is the policy of health plans affiliated with Centene Corporation that PTNS beyond 12 months or when there is no improvement in urinary dysfunction is **investigational**.
- IV. It is the policy of health plans affiliated with Centene Corporation that implantable tibial nerve stimulation for the treatment of urinary voiding dysfunction is investigational.

### Background

The term "voiding dysfunction" has been used to refer to urinary incontinence, urinary retention, and symptoms of frequency and urgency. OAB is a specific type of voiding dysfunction that includes any of the following symptoms: urinary frequency, urinary urgency, urge incontinence, and nocturia. OAB can significantly impact quality of life including physical function, sexual function, and social interactions. Treatments for OAB include lifestyle changes, bladder training, pelvic floor muscle training and anticholinergic (anti-muscarinic) drugs.

## CLINICAL POLICY

### Posterior Tibial Nerve Stimulation for Voiding Dysfunction

PTNS involves indirect modulation of the specific nerve that controls bladder function (i.e., the sacral nerve plexus) via stimulation of the posterior tibial nerve accessed just above the ankle. This minimally invasive form of neuromodulation consists of insertion of a 34-gauge needle electrode approximately 5 centimeters (cm) cephalad to the medial malleolus and 2 cm posterior to the tibia near the tibial nerve. A surface electrode is placed on the medial aspect of the foot. The needle electrode is connected via a lead wire to a low-voltage electrical stimulator. Stimulation is administered at a current level of 0.5 to 9 milliamperes (mA) at 20 hertz (Hz) and continues for 30 minutes. Initial treatment regimens typically consist of 12 weekly sessions, with responders exhibiting some symptom improvement after 6 to 8 sessions. Maintenance treatment sessions may be required to sustain the response to treatment.<sup>1</sup>

Several implantable tibial nerve neuromodulation systems, including a battery-less leadless, miniature implantable device, are currently under investigation for the management of OAB, however, they have not received FDA approval in the U.S at this time.

#### *National Institute for Health and Care Excellence*

Current evidence on PTNS for OAB syndrome shows that it is efficacious in reducing symptoms in the short and medium term. There are no major safety concerns, therefore the procedure may be used provided that normal arrangements are in place for clinical governance, consent and audit.<sup>2</sup>

A NICE guidance on urinary incontinence in women does not recommend the “routine” use of PTNS to treat OAB. Rather, they recommend PTNS for OAB for following:

- There has been a multidisciplinary team (MDT) review, and
- Conservative management including OAB drug treatment has not worked adequately, and
- The woman does not want botulinum toxin A or percutaneous sacral nerve stimulation.<sup>13</sup>

#### *American Urological Association*

Clinicians may offer PTNS as third-line treatment in a carefully selected patient population, characterized by moderately severe baseline incontinence and frequency and willingness to comply with the PTNS protocol. Patients must also have the resources to make frequent office visits both during the initial treatment phase and to obtain maintenance treatments in order to achieve and maintain treatment effects. The most common protocol is the application of 30 min of stimulation once a week for 12 weeks (the trial duration; for continued benefit, weekly stimulation would have to continue).<sup>3</sup>

Studies to date evaluating PTNS for the treatment of OAB conclude there is evidence of benefit, although most studies have been small and report short-term outcomes after 12 weeks of treatment. A small study of 33 PTNS responders who continued therapy for 6-12 months reported excellent durability through 12 months.<sup>4</sup> Another small study reported sustained safety and efficacy of PTNS for the treatment of OAB symptom control over 24 months with initial success after 12 weekly treatments, followed by a 14-week prescribed tapering protocol and a personalized treatment plan with an average of 1.3 treatments per month.<sup>5</sup>

### **Coding Implications**

## CLINICAL POLICY

### Posterior Tibial Nerve Stimulation for Voiding Dysfunction

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#### CPT codes that support medical necessity

CPT® Codes	Description
64566	Posterior tibial neurostimulation, percutaneous needle electrode, single treatment, includes programming

#### CPT codes that do not support medical necessity

CPT® Codes	Description
0587T	Percutaneous implantation or replacement of integrated single device neurostimulation system including electrode array and receiver or pulse generator, including analysis, programming and imaging guidance when performed, posterior tibial nerve
0588T	Revision or removal of integrated single device neurostimulation system including electrode array and receiver or pulse generator, including analysis, programming, and imaging guidance when performed, posterior tibial nerve
0589T	Electronic analysis with simple programming of implanted integrated neurostimulation system (eg, electrode array and receiver), including contact group(s), amplitude, pulse width, frequency (Hz), on/off cycling, burst, dose lockout, patient-selectable parameters, responsive neurostimulation, detection algorithms, closed-loop parameters, and passive parameters, when performed by physician or other qualified health care professional, posterior tibial nerve, 1-3 parameters
0590T	Electronic analysis with complex programming of implanted integrated neurostimulation system (eg, electrode array and receiver), including contact group(s), amplitude, pulse width, frequency (Hz), on/off cycling, burst, dose lockout, patient-selectable parameters, responsive neurostimulation, detection algorithms, closed-loop parameters, and passive parameters, when performed by physician or other qualified health care professional, posterior tibial nerve, 4 or more parameters

HCPCS Codes	Description
N/A	

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

**CLINICAL POLICY**

Posterior Tibial Nerve Stimulation for Voiding Dysfunction

ICD-10-CM Code	Description
N32.81	Overactive bladder
N39.41	Urge incontinence
N39.45	Continuous leakage
N39.46	Mixed incontinence
R32	Unspecified urinary incontinence
R35.0-R35.8	Polyuria
R39.15	Urgency of urination
R39.81	Functional urinary incontinence

Reviews, Revisions, and Approvals	Date	Approval Date
Policy adopted from Health Net NMP368 Posterior Tibial Nerve Stimulation for Voiding Dysfunction	10/16	10/16
References reviewed and updated.	09/17	10/17
Background updated. References reviewed and updated.	07/18	08/18
Revised I.B, examples of pharmacotherapy, to include oral anti-muscarinics or $\beta$ 3-adrenoceptor agonists. References reviewed and updated. Specialist review.	07/19	08/19
Added to the policy criteria that implantable tibial nerve stimulation is investigational. Added the following CPT codes as investigational: 0587T, 0588T,0589T and 0590T	01/20	02/20

**References**

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**CLINICAL POLICY****Posterior Tibial Nerve Stimulation for Voiding Dysfunction**

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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.

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## CLINICAL POLICY

### Posterior Tibial Nerve Stimulation for Voiding Dysfunction

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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.

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**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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### Posterior Tibial Nerve Stimulation for Voiding Dysfunction

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