

SHP Minimally Invasive Lumbar Decompression (MILD)

AUTH: SHP Surgical 113 v3 (AC)

MCG Health
Ambulatory Care
26th Edition

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Coverage

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See the appropriate benefit document for specific coverage determination. Member specific benefits take precedence over medical policy.

Application to Products

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Policy is applicable to all products.

Authorization Requirements

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Pre-certification by the Plan is required.

Description of Item or Service

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Minimally Invasive Lumbar Decompression (MILD) is a posterior lumbar access procedure to treat lumbar spinal stenosis (LSS), removing small amounts of tissue and bone to create more space.

Exceptions and Limitations

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There is insufficient scientific evidence to support the medical necessity of this service as it is not shown to improve health outcomes upon technology review.

Clinical Indications for Procedure

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- NA

Document History

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- Revised Dates:
 - 2020: April
- Reviewed Dates:
 - 2023: March
 - 2022: April
 - 2021: April
 - 2018: November
 - 2017: December
 - 2016: April, May
 - 2015: February, May, September
 - 2014: January, May, June, August, November
 - 2013: May, June
- Effective Date: October 2012

Coding Information

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- CPT/HCPCS codes covered if policy criteria is met:
 - None
- CPT/HCPCS codes considered not medically necessary per this Policy:
 - CPT 0275T - Percutaneous laminotomy/laminectomy (interlaminar approach) for decompression of neural elements, (with or without ligamentous resection, discectomy, facetectomy and/or foraminotomy), any method, under indirect image guidance (eg, fluoroscopic, CT), single or multiple

References

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References used include but are not limited to the following:

Specialty Association Guidelines; Government Regulations; Winifred S. Hayes, Inc; Uptodate; Literature Review; Specialty Advisors; National Coverage Determination (NCD); Local Coverage Determination (LCD).

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(2023). Retrieved Feb 28, 2023, from Department of Medical Assistance Services: <https://vamedicaid.dmas.virginia.gov/manuals/provider-manuals-library#gsc.tab=0&gsc.q=Lumbar%20decompression&gsc.sort=>

(2023). Retrieved Mar 01, 2023, from National Comprehensive Cancer Network: <https://www.nccn.org/search-result?indexCatalogue=nccn-search-index&searchQuery=Minimally%20invasive%20lumbar>

Best Practices for Minimally Invasive Lumbar Spinal Stenosis Treatment 2.0 (MIST): Consensus Guidance from the American Society of Pain and Neuroscience (ASPN). (2022, May 05). Retrieved Mar 01, 2023, from American Society of Pain and Neuroscience (ASPN): <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9084394/>

Eseonu, K., Oduoza, U., Monem, M., & Tahir, M. (2022, Jul 14). Systematic Review of Cost-Effectiveness Analyses Comparing Open and Minimally Invasive Lumbar Spinal Surgery. Retrieved Mar 01, 2023, from PubMed: <https://pubmed.ncbi.nlm.nih.gov/35835570/>

Levin, K. (2021, Feb 01). Lumbar spinal stenosis: Treatment and prognosis. Retrieved Feb 28, 2023, from UpToDate: https://www.uptodate.com/contents/lumbar-spinal-stenosis-treatment-and-prognosis?search=minimally%20invasive%20lumbar%20decompression&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1#H158927150

Minimally Invasive Lumbar Decompression Device Kit (Vertos Medical Inc.) for Treatment of Lumbar Spinal Stenosis. (2023, Jan 26). Retrieved Feb 28, 2023, from Hayes, Inc: <https://evidence.hayesinc.com/report/htb.minimally1986>

NCD: Percutaneous Image-Guided Lumbar Decompression for Lumbar Spinal Stenosis (150.13). (2016, Dec 07). Retrieved Mar 01, 2023, from Centers for Medicare and Medicaid Services: <https://www.cms.gov/medicare-coverage-database/details/ncd-details.aspx?NCDId=358&nCdver=2&>

Product Classification - Arthroscope - Arthroscope. (2023, Feb 27). Retrieved Mar 01, 2023, from Food and Drug Administration: <https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfPCD/classification.cfm?id=4677>

Spine Surgery 2023-01-01. (2023, Jan 01). Retrieved Mar 01, 2023, from AIM Specialty Health (Carelton Medical Benefit Management): <https://guidelines.careltonmedicalbenefitsmanagement.com/spine-surgery-2023-01-01/>

Codes

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