

SPECIALTY GUIDELINE MANAGEMENT

GENOTROPIN (somatropin)
HUMATROPE (somatropin)
NORDITROPIN (somatropin)
NUTROPIN/NUTROPIN AQ (somatropin)
OMNITROPE (somatropin)
SAIZEN (somatropin)
ZOMACTON (somatropin)

POLICY

I. INDICATIONS

The indications below including FDA-approved indications and compendial uses are considered a covered benefit provided that all the approval criteria are met and the member has no contraindications or exclusions to the prescribed therapy.

A. FDA-Approved Indications

1. Pediatric patients with growth failure due to any of the following:
 - a. Growth hormone (GH) deficiency
 - b. Turner syndrome
 - c. Noonan syndrome
 - d. Small for gestational age (SGA)
 - e. Prader-Willi syndrome
 - f. Chronic kidney disease (CKD)
 - g. Short stature homeobox-containing gene (SHOX) deficiency
 - h. Idiopathic short stature (ISS)*
2. Adults with childhood-onset or adult-onset GH deficiency

** ISS may not be covered by some plans*

B. Compendial Uses

1. Human immunodeficiency virus (HIV)-associated wasting/cachexia
2. Short bowel syndrome (SBS)
3. Growth failure associated with any of the following:
 - a. Cerebral palsy
 - b. Congenital adrenal hyperplasia
 - c. Cystic fibrosis
 - d. Russell-Silver syndrome

All other indications are considered experimental/investigational and are not a covered benefit.

II. REQUIRED DOCUMENTATION

The following information is necessary to initiate the prior authorization review (where applicable):

- A. Medical records supporting the diagnosis of neonatal GH deficiency
- B. Pretreatment growth hormone provocative test result(s) (laboratory report or medical record documentation)
- C. Pretreatment and/or current IGF-1 level (laboratory report or medical record documentation)*
- D. The following laboratory test reports must be provided:
 1. Diagnostic karyotype results in Turner syndrome
 2. Diagnostic genetic test results in Prader-Willi syndrome
 3. Diagnostic molecular or genetic test results in SHOX deficiency

* IGF-1 levels vary based on the laboratory performing the analysis. Laboratory-specific values must be provided to determine whether the value is within the normal range.

III. EXCLUSIONS

Active malignancy or history of malignancy in the past 12 months

IV. PRESCRIBER SPECIALTIES

Therapy must be prescribed by or in consultation with any of the following specialists:

- A. Endocrinologist
- B. Pediatric endocrinologist
- C. Geneticist
- D. Pediatric nephrologist (CKD only)
- E. Gastroenterologist/Nutritional support specialist (SBS only)
- F. Infectious disease specialist (HIV-associated wasting/cachexia only)

V. CRITERIA FOR APPROVAL

The criteria in sections 1 through 8 and 10 below apply to members who are not currently receiving GH therapy through a paid pharmacy or medical benefit.

A. Pediatric GH Deficiency

Initial authorization of 12 months may be granted to members with pediatric GH deficiency when EITHER criteria 1. or 2. below is met:

1. Member is a neonate or was diagnosed with GH deficiency as a neonate. Medical records must be available to support the diagnosis of neonatal GH deficiency (e.g., hypoglycemia with random GH level, evidence of multiple pituitary hormone deficiency, chart notes, or magnetic resonance imaging [MRI] results).
2. Member meets ALL of the following:
 - a. Member has EITHER:
 - i. Two pretreatment pharmacologic provocative GH tests with both results demonstrating a peak GH level < 10 ng/mL, OR
 - ii. A documented pituitary or CNS disorder (refer to appendix A) and a pretreatment IGF-1 level > 2 standard deviations (SD) below the mean.
 - b. For members < 2.5 years of age at initiation of treatment:
 - i. Pretreatment height is > 2 SD below the mean and growth velocity is slow.
 - c. For members ≥ 2.5 years of age at initiation of treatment:
 - i. Pretreatment height is > 2 SD below the mean and 1-year height velocity is > 1 SD below the mean, OR
 - ii. Pretreatment 1-year height velocity is > 2 SD below the mean.
 - d. Epiphyses are open.

B. Turner Syndrome

Initial authorization of 12 months may be granted to members with Turner syndrome when ALL of the following criteria are met:

1. Diagnosis was confirmed by karyotyping.
2. Patient's pretreatment height is less than the 5th percentile for age
3. Epiphyses are open.

C. Noonan Syndrome

Initial authorization of 12 months may be granted to members with Noonan syndrome when ALL of the following criteria are met:

1. Pretreatment height is > 2 SD below the mean and 1-year height velocity is > 1 SD below the mean
OR pretreatment 1-year height velocity is > 2 SD below the mean.
2. Epiphyses are open.

D. Growth Failure Associated with Chronic Kidney Disease, Cerebral Palsy, Congenital Adrenal Hyperplasia, Cystic Fibrosis, and Russell-Silver Syndrome

Initial authorization of 12 months may be granted to members with CKD, cerebral palsy, congenital adrenal hyperplasia, cystic fibrosis, or Russell-Silver syndrome when ALL of the following criteria are met:

1. For members < 2.5 years of age at initiation of treatment:
 - a. Pretreatment height is > 2 SD below the mean and growth velocity is slow.
2. For members ≥ 2.5 years of age at initiation of treatment:
 - a. Pretreatment height is > 2 SD below the mean and 1-year height velocity is > 1 SD below the mean,²⁹ OR
 - b. Pretreatment 1-year height velocity is > 2 SD below the mean.
3. Epiphyses are open.

E. Small for Gestational Age

Initial authorization of 12 months may be granted to members born SGA when ALL of the following criteria are met:

1. Member meets at least one of the following:
 - a. Birth weight < 2500 g at gestational age > 37 weeks
 - b. Birth weight or length less than 3rd percentile for gestational age
 - c. Birth weight or length ≥ 2 SD below the mean for gestational age
2. Pretreatment age is ≥ 2 years.
3. Member failed to manifest catch-up growth by age 2 (i.e., pretreatment height > 2 SD below the mean).
4. Epiphyses are open.

F. Prader-Willi Syndrome

Initial authorization of 12 months may be granted to members with Prader-Willi syndrome when the following criteria are met:

1. The diagnosis of Prader-Willi syndrome was confirmed by genetic testing demonstrating any of the following:
 - a. Deletion in the chromosomal 15q11.2-q13 region
 - b. Maternal uniparental disomy in chromosome 15
 - c. Imprinting defects or translocations involving chromosome 15

G. Idiopathic Short Stature (*may not be covered by some plans*)

Initial authorization of 12 months may be granted to members with ISS when ALL of the following criteria are met:

1. Pretreatment height is > 2.25 SD below the mean.
2. Predicted adult height is $< 5'3"$ for boys and $< 4'11"$ for girls.
3. Pediatric GH deficiency has been ruled out with a provocative GH test (peak GH level > 10 ng/mL).
4. Epiphyses are open.

H. Short Stature Homeobox-Containing Gene Deficiency

Initial authorization of 12 months may be granted to members with SHOX deficiency when ALL of the following criteria are met:

1. The diagnosis of SHOX deficiency was confirmed by molecular or genetic analyses.
2. Pretreatment height is > 2 SD below the mean and 1-year height velocity is > 1 SD below the mean
OR pretreatment 1-year height velocity is > 2 SD below the mean.
3. Epiphyses are open.

I. Adult GH Deficiency

Authorization of 12 months may be granted to members with adult GH deficiency when ANY of the following criteria is met:

1. Member has had 2 pretreatment pharmacologic provocative GH tests and both results demonstrated GH levels < 5 ng/mL.
2. Member has had 1 pretreatment pharmacologic provocative GH test that demonstrated a GH level < 5 ng/mL AND has a pretreatment IGF-1 level that is low for age and gender.
3. Member has a documented structural abnormality of the hypothalamus or pituitary (refer to Appendix A) and ≥ 3 documented pituitary hormone deficiencies (refer to Appendix B).
4. Member has childhood-onset GH deficiency and a documented congenital abnormality of the hypothalamus or pituitary (refer to Appendix A).

J. HIV-Associated Wasting/Cachexia

Initial authorization of 12 weeks may be granted to members with HIV-associated wasting or cachexia when ALL of the following criteria are met:

1. Member has tried and had a suboptimal response to alternative therapies (e.g., cyproheptadine, dronabinol, megestrol acetate or testosterone if hypogonadal) unless the member has a contraindication or intolerance to alternative therapies.
2. Member is currently on antiretroviral therapy.
3. Pretreatment BMI is < 18.5 kg/m² (see appendix C).
4. Before initiating GH therapy, member experienced unintentional weight loss >5% body weight in the previous 6 months.

K. Short Bowel Syndrome

Authorization of 8 weeks total may be granted to members with SBS when BOTH of the following criteria are met:

1. GH will be used in conjunction with optimal management of SBS.
2. Member has not previously received GH therapy for more than 8 weeks.

VI. CONTINUATION OF THERAPY

The following criteria apply to members who are currently receiving GH therapy through a paid pharmacy or medical benefit. All other members (including new members) must meet initial authorization criteria.

A. Pediatric GH Deficiency, Turner Syndrome, Noonan Syndrome, CKD, SGA, ISS, SHOX deficiency, Congenital Adrenal Hyperplasia, Cerebral Palsy, Cystic Fibrosis, and Russell-Silver Syndrome

Authorization of 12 months may be granted when ALL of the following criteria are met:

1. Epiphyses are open (confirmed by X-ray or X-ray is not available).
2. Member's growth rate is > 2 cm/year unless there is a documented clinical reason for lack of efficacy (e.g., on treatment less than 1 year, nearing final adult height/late stages of puberty).

B. Prader-Willi Syndrome

Authorization of 12 months may be granted when ALL of the following criteria are met:

1. Body composition and psychomotor function have improved or stabilized in response to GH therapy.
2. For members whose epiphyses are open (confirmed by X-ray or X-ray is not available):
 - a. Member's growth rate is > 2 cm/year unless there is a documented clinical reason for lack of efficacy (e.g., on treatment less than 1 year, nearing adult final height/late stages of puberty).
3. For members whose epiphyses have closed:
 - a. Current IGF-1 level is not elevated for age and gender.

C. Adult GH Deficiency

Authorization of 12 months may be granted when BOTH of the following criteria are met:

1. All criteria for initial authorization are met (refer to Section V. I. above)
2. Current IGF-1 level is not elevated for age and gender (does not apply to members with: a) structural abnormality of the hypothalamus or pituitary and at least 3 pituitary hormone deficiencies, and b) childhood onset GH deficiency and congenital abnormality of the hypothalamus or pituitary).

D. HIV-Associated Wasting/Cachexia

Authorization of 12 weeks may be granted when ALL of the following criteria are met:

1. Member has tried and had a suboptimal response to alternative therapies (cyporeheptadine, dronabinol, megestrol acetate or testosterone if hypogonadal) unless member has a contraindication or intolerance to alternative therapies.
2. Member is currently on antiretroviral therapy.
3. BMI improved or stabilized in response to GH therapy.
4. Current BMI is < 27 kg/m² (see appendix C).

VII. DOSAGE AND ADMINISTRATION

Approvals may be subject to dosing limits in accordance with FDA-approved labeling, accepted compendia, and/or evidence-based practice guidelines.

VIII. APPENDICES

A. Appendix A: Examples of Hypothalamic/Pituitary/CNS Disorders

1. Congenital genetic abnormalities
 - a. Known mutations in growth-hormone-releasing hormone (GHRH) receptor, GH gene, GH receptor, or pituitary transcription factors
2. Congenital structural abnormalities
 - a. Optic nerve hypoplasia/septo-optic dysplasia
 - b. Agenesis of corpus callosum
 - c. Empty sella syndrome
 - d. Ectopic posterior pituitary
 - e. Pituitary aplasia/hypoplasia
 - f. Pituitary stalk defect
 - g. Anencephaly or prosencephaly
 - h. Other mid-line defects
 - i. Vascular malformations
3. Acquired structural abnormalities (or causes of hypothalamic/pituitary damage)
 - a. CNS tumors/neoplasms (e.g., craniopharyngioma, glioma, pituitary adenoma)
 - b. Cysts (Rathke cleft cyst or arachnoid cleft cyst)
 - c. Surgery
 - d. Radiation
 - e. Chemotherapy
 - f. CNS infections
 - g. CNS infarction (e.g., Sheehan's syndrome)
 - h. Inflammatory lesions (e.g., autoimmune hypophysitis)
 - i. Infiltrative lesions (e.g., sarcoidosis, histiocytosis)
 - j. Head trauma/traumatic brain injury
 - k. Aneurysmal subarachnoid hemorrhage

B. Appendix B: Pituitary Hormones (Other than Growth Hormone)

1. Adrenocorticotrophic hormone (ACTH)
2. Antidiuretic hormone (ADH)
3. Follicle stimulating hormone (FSH)
4. Luteinizing hormone (LH)
5. Oxytocin
6. Prolactin
7. Thyroid stimulating hormone (TSH)

C. Appendix C: Calculation of BMI

$$\text{BMI} = \frac{\text{Weight (pounds)} \times 703}{\text{Height (in)}^2} \quad \text{OR} \quad \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

	[Height (inches)] ²	[Height (m)] ²
BMI classification:	Underweight	< 18.5 kg/m ²
	Normal weight	18.5 – 24.9 kg/m ²
	Overweight	25 – 29.9 kg/m ²
	Obesity (class 1)	30 – 34.9 kg/m ²
	Obesity (class 2)	35 – 39.9 kg/m ²
	Extreme obesity	≥ 40 kg/m ²

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