



## MEDICAL POLICY STATEMENT INDIANA MARKETPLACE

Policy Name	Policy Number	Date Effective
Transcranial Magnetic Stimulation	MM-0237	03/01/2021-01/31/2022
Policy Type		
<b>MEDICAL</b>	Administrative	Pharmacy
		Reimbursement

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According to the rules of Mental Health Parity Addiction Equity Act (MHPAEA), coverage for the diagnosis and treatment of a behavioral health disorder will not be subject to any limitations that are less favorable than the limitations that apply to medical conditions as covered under this policy.

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#### A. Subject

### Transcranial Magnetic Stimulation

#### B. Background

Transcranial Magnetic Stimulation (TMS) was originally introduced in 1985 as a noninvasive treatment that is used for treating major depressive disorder. Transcranial Magnetic Stimulation is a technique that sends brief repetitive pulses of magnetic energy to the scalp via a large electromagnetic coil. This technique generates a low level of electrical stimulation. The amount of electricity created by this type of stimulation is very small and cannot be felt by the patient but is still strong enough to flow into the brain without seizures or need for anesthesia. The electric charges cause the neurons to become active and lead to the release of neurotransmitters such as serotonin, norepinephrine and dopamine.

#### C. Definitions

- **Depression** – a mental disorder that is characterized by alterations in the mood secondary to psychological, social and biological factors.
- **Adequate trial of an antidepressant drug:** taking a drug for a duration of at least 4 weeks at or near maximum dose for the specific antidepressant as approved by the FDA, or documentation exists that higher doses were not tolerated when the dose is less than the FDA approved maximum.
- **Major Depressive Disorder-** a combination of depressive symptoms that interferes with the ability to eat, work, sleep and enjoy once pleasurable activities.
- **Depression Rating Scale:** Scales that have been standardized for national use to reliably assess the range of symptoms that are most commonly observed in adults with major depression. There are many rating scales available; however, listed below are the most commonly used scales that comprehensively survey the type and magnitude of symptom burden present:
  - Beck Depression Inventory (BDI)
  - Geriatric Depression Scale (GDS)
  - Hamilton Depression Rating Scale (HAM-D)
  - Personal Health Questionnaire Depression Scale (PHQ-9)
  - Quick Inventory of Depressive Symptomatology (QIDS)

#### D. Policy

- I. Prior authorization is required
- II. TMS is considered medically necessary when ALL of the following criteria are met:
  - A. Member is 18 years of age or older AND
  - B. Member has a confirmed diagnosis of treatment-resistant severe depressive disorder (single or recurrent episode) AND



C. One or more of the following

1. Resistance to treatment as evidenced by a lack of a clinically significant response during a current or previous depressive episode and the following:
  - a. Adequate trials of 4 antidepressant agents which include at least 2 different agent classes, at or near the maximum effective dose and duration for each class approved by the FDA (Note: see Definitions section for Adequate trial of an Antidepressant Depressant specifications)
2. Inability to tolerate a therapeutic dose of medications as evidenced by documentation via medical records of 4 trials of antidepressant agents with distinct side effects OR
3. History of response to transcranial magnetic stimulation in a previous depressive episode as evidenced by a greater than 50% improvement in a standard rating scale that reliably measures depressive symptoms (Note: see Definitions sections for Depression Rating Scale) OR
4. Is currently receiving or is a candidate for and has declined electroconvulsive therapy and TMS is considered a less invasive treatment option AND

D. Has completed a trial of evidence-based psychotherapy that is effective in the treatment of MDD with appropriate frequency and duration without significant improvement for 12 weeks alone or combined with psychopharmacologic agents AND

E. None of the following conditions or contraindications are present:

1. Seizure disorder or any history of seizure (except those induced by electroconvulsive therapy or isolated febrile seizures in childhood without subsequent treatment or recurrence); OR
2. Presence of acute or chronic psychotic symptoms or disorders (such as schizophrenia, schizophreniform or schizoaffective disorder) in the current depressive episode; OR
3. Neurological conditions that include epilepsy, cerebrovascular disease, dementia, increased intracranial pressure, having a history of repetitive or severe head trauma or secondary tumors in the central nervous system, OR
4. Presence of an implanted magnetic-sensitive medical device located less than or equal to 30 centimeters from the transcranial magnetic stimulation magnetic coil or other implanted metal items, including but not limited to a cochlear implant, implanted cardioverter defibrillator, pacemaker, vagus nerve stimulator, or metal aneurysm clips or coils, staples or stents OR
5. Unstable medical disorder AND

F. Last successful TMS treatment was greater than 30 days prior to the requested starts date

III. Additional criteria

- A. Transcranial magnetic stimulation is administered by an FDA cleared device for the treatment of major depressive disorder in a safe and effective manner according to the manufacturer's user manual and specified stimulation parameters.
- B. A treatment course of transcranial magnetic stimulation should not exceed: 5 days a week for 6 weeks (total of 30 sessions), followed by a 3 week taper of 3



treatments in 1 week, 2 treatments the next week and 1 treatment in the last week.

- C. TMS can be ordered by a neurologist, licensed psychiatrist, or psychiatric nurse practitioner who has examined the member and reviewed the record when it is within their scope of practice.
- D. TMS can be performed under the direction of a neurologist, licensed psychiatrist or psychiatric nurse practitioner who has experience in administering TMS therapy when within their scope of practice.

E. Conditions of Coverage  
 NA

F. Related Policies/Rules  
 NA

G. Review/Revision History

DATE		ACTION
<b>Date Issued</b>	07/12/2018	
<b>Date Revised</b>	11/11/2020	Removed a definition, added neurologist
<b>Date Effective</b>	03/01/2021	
<b>Date Archived</b>	01/31/2022	This Policy is no longer active and has been archived. Please note that there could be other Policies that may have some of the same rules incorporated and CareSource reserves the right to follow CMS/State/NCCI guidelines without a formal documented Policy

H. References

1. "Brain Stimulation Therapies." *National Institute of Mental Health*, U.S. Department of Health and Human Services, June 2016, <https://www.nimh.nih.gov>
2. Holtzheimer, P. E., MD, Roy-Byrne, P. P., MD, & Solomon, D., MD. "Technique for Performing Transcranial Magnetic Stimulation (TMS)." *UpToDate*, September 2020 <https://www.uptodate.com>
3. Perera, T, et al. "The Clinical TMS Society Consensus Review and Treatment Recommendations for TMS Therapy for Major Depressive Disorder." 2016, retrieved from [www.pubmed.ncbi.nlm.nih.gov](http://www.pubmed.ncbi.nlm.nih.gov)

This guideline contains custom content that has been modified from the standard care guidelines and has not been reviewed or approved by MCG Health, LLC.

**The Medical Policy Statement detailed above has received due consideration as defined in the Medical Policy Statement Policy and is approved.**

*Independent medical review – 06/2018*