



# MEDICAL POLICY STATEMENT Marketplace

| Policy Name & Number   | Date Effective   |
|--|--|
| Transcranial Magnetic Stimulation for Treatment of Depression-MP-MM-1339 | IN, GA, KY, WV: 12/01/2022-10/31/2023<br>OH: 01/01/2023-10/31/2023 |
| Policy Type  |  |
| <b>MEDICAL</b>   |  |

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Medical Policy Statements prepared by CareSource and its affiliates do not ensure an authorization or payment of services. Please refer to the plan contract (often referred to as the Evidence of Coverage) for the service(s) referenced in the Medical Policy Statement. If there is a conflict between the Medical Policy Statement and the plan contract (i.e., Evidence of Coverage), then the plan contract (i.e., Evidence of Coverage) will be the controlling document used to make the determination. 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.

### This policy applies to the following Marketplace(s):

|  |  |   |   |  |
|--|--|---|---|--|
| <input checked="" type="checkbox"/> <b>Georgia</b> | <input checked="" type="checkbox"/> <b>Indiana</b> | <input checked="" type="checkbox"/> <b>Kentucky</b> | <input checked="" type="checkbox"/> <b>Ohio</b> | <input checked="" type="checkbox"/> <b>West Virginia</b> |
|--|--|---|---|--|

### Table of Contents

|                                    |   |
|------------------------------------|---|
| A. Subject.....                    | 2 |
| B. Background.....                 | 2 |
| C. Definitions .....               | 2 |
| D. Policy.....                     | 3 |
| E. Conditions of Coverage.....     | 4 |
| F. Related Policies/Rules.....     | 4 |
| G. Review/Revision History .....   | 4 |
| H. References .....                | 5 |
| I. State-Specific Information..... | 5 |

## A. Subject

### **Transcranial Magnetic Stimulation for Treatment of Depression**

## B. Background

Transcranial Magnetic Stimulation (TMS) was originally introduced in 1985 as a noninvasive treatment modality for treatment-resistant Major Depressive Disorder (MDD) by sending brief, repetitive pulses of magnetic energy to the scalp via a large electromagnetic coil, generating a low level of electrical stimulation. These magnetic fields pass through the skull and induce electrical currents that depolarize neurons in a focal area of the surface cortex. The magnetic field generated by this type of stimulation is very small and cannot be felt by the patient but is strong enough to flow into the brain without inducing seizures or creating a need for anesthesia.

TMS is generally an outpatient procedure with conscious patients and sessions that vary between (30) to forty (40) minutes. It can be delivered as a single pulse or as a series of pulses. Despite variability in the number of pulses delivered per session and the number of sessions per patient, research indicates that typical courses of TMS consist of treatment up to five (5) days a week for up to six (6) weeks. A tapering schedule is used to end treatment.

## C. Definitions

- **Acute (Index) Course of Treatment** - The initial series of treatment given to relieve acute symptoms of the disorder.
- **Adequate Trial of an Antidepressant Drug** - Taking a drug for at least four (4) weeks at or near the maximum dose for the specific antidepressant as approved by the Food and Drug Administration (FDA), or documentation exists that higher doses were not tolerated when the dose is less than the FDA-approved maximum.
- **Continuation TMS** - A course of treatment beginning after the acute/index course, lasting up to six (6) months, and designed to prevent worsening of symptoms and continue treatment for a depressive episode that has not yet remitted.
- **Depression Rating Scale** - Scales standardized for national use that reliably assess the range of symptoms most commonly observed in adults with MDD. Listed below are commonly used scales that comprehensively survey type and magnitude of symptoms present:
  - Beck Depression Inventory (BDI)
  - Geriatric Depression Scale (GDS)
  - Hamilton Depression Rating Scale (HAM-D)
  - Patient Health Questionnaire-9 (PHQ-9)
  - Quick Inventory of Depressive Symptomatology (QIDS)
- **Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR)** - The standard language by which clinicians, researchers, and public health officials in the United States communicate about mental disorders and subsequent criteria and classification.
- **Maintenance TMS** - Regularly scheduled TMS sessions on a weekly, biweekly, or monthly basis used to prevent relapse of depressive symptoms.

- **Major Depressive Disorder (MDD)** - Characterized by discrete episodes of at least 2 weeks' duration involving changes in affect, cognition, and neurovegetative functions and inter-episode remission evidenced by a combination of 5 or more symptoms that must include either depressed mood or anhedonia representing a change from previous functioning.
- **Medication Side Effects** - Unexpected effects of medications that cause significant distress, inhibit daily function, have the potential to worsen health, or are life threatening.
- **Remission** - The absence of significant signs or symptoms of a major depressive episode during the previous two (2) months.

#### D. Policy

- I. A review of medical necessity is required for initial or continuation courses of TMS.
- II. TMS is considered medically necessary when **all** the following criteria are met:
  - A. 18 years of age or older.
  - B. Confirmed diagnosis of MDD, single or recurrent, with a current severe episode as evidenced by a recent score on a standardized depression rating scale **and** at least **one** 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** adequate trials of four (4) antidepressant agents, including at least two (2) different agent classes at or near the maximum effective dose and duration for each class approved by the FDA.
    2. Inability to tolerate a therapeutic dose of medications, as evidenced by documentation via medical records of four (4) trials of antidepressant agents with distinct side effects.
    3. History of response to TMS in a previous depressive episode, as evidenced by a greater than 50% improvement on a standardized depression rating scale.
    4. Currently receiving, or is a candidate for and has declined, electroconvulsive therapy (ECT) with TMS considered a less invasive treatment option.
  - C. Completion of a trial of evidence-based psychotherapy effective for treatment of MDD with appropriate frequency and duration without significant improvement for twelve (12) weeks, alone or combined with psychopharmacologic agents.
  - D. None of the following conditions or contraindications are present:
    1. Epilepsy or history of seizure or presence of other neurologic disease that may lower seizure threshold (e.g., cerebrovascular accident, severe head trauma, increased intracranial pressure).
    2. Acute or chronic psychotic symptoms or disorders (e.g., schizophrenia, schizophreniform, or schizoaffective disorder).
    3. Cochlear implant, deep brain stimulator, or vagus nerve stimulator.
    4. Current use of substances that may significantly lower seizure threshold, such as alcohol or stimulants.
    5. Metallic hardware or implanted magnetic-sensitive medical device (e.g., implanted cardioverter-defibrillator, pacemaker, metal aneurysm clips or coils)



at a distance within the electromagnetic field of the discharging coil (e.g., less than or equal to 30 cm to the discharging coil).

6. Unstable medical disorder.

III. Additional treatment courses of TMS are considered medically necessary when **all** the following have been met:

- A. 30 days since last session of TMS, and
- B. A history of response to TMS in a previous depressive episode, as evidenced by a greater than 50% improvement on a standardized depression rating scale, and
- C. Medical necessity is met per Section II above.

IV. Maintenance treatment with TMS is not considered medically necessary. There is not sufficient evidence to support maintenance treatment. Additional research is needed to assess net benefit versus harm for patients.

V. Additional criteria:

- A. Transcranial magnetic stimulation must be administered by an FDA-cleared device for the treatment of MDD in a safe and effective manner according to the manufacturer’s user manual and specified stimulation parameters.
- B. A treatment course should not exceed five (5) days a week for six (6) weeks (total of 30 sessions), followed by a 3-week taper of three (3) treatments in one (1) week, two (2) treatments the next week, and one (1) treatment in the last week.
- C. TMS can be ordered by and performed under direction of a neurologist, licensed psychiatrist, or psychiatric nurse practitioner who has examined the member, reviewed the record when it is within scope of practice, and has experience in administering TMS therapy within scope of practice.

E. Conditions of Coverage

NA

F. Related Policies/Rules

Medical Necessity Determinations

G. Review/Revision History

|                       | DATE  | ACTION  |
|-----------------------|---|---|
| <b>Date Issued</b>    | 07/12/2018                                      |   |
| <b>Date Revised</b>   | 08/31/2022<br>10/25/2022<br>01/19/2023          | Annual review. Combined individual policies (GA 0861, IN 0237, KY 0239, OH 0235, WV 0240).<br>Added IA MP. Evote received 12/8/22.<br>Changed title for clarity. Removed IA.  |
| <b>Date Effective</b> | IN, GA, KY, WV:<br>12/01/2022<br>OH: 01/01/2023 |   |
| <b>Date Archived</b>  | IN, GA, KY, WV:<br>10/31/2023<br>OH: 10/31/2023 | 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. |

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

## H. References

1. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revised. Depressive disorders. (March, 2022). ISBN 978-0890425763.
2. Holtzheimer PE. Technique for performing transcranial magnetic stimulation (TMS). (May 16, 2022). Retrieved November 16, 2022 from [www.uptodate.com](http://www.uptodate.com).
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4. Jarrett R, Vittengl J. Unipolar depression in adults: continuation and maintenance treatment. (December 8, 2021). Retrieved November 16, 2022 from [www.uptodate.com](http://www.uptodate.com).
5. MCG, 26th Edition. Transcranial Magnetic Stimulation (B-801-T). (August 21, 2022). Retrieved November 16, 2022 from [www.careweb.careguidelines.com](http://www.careweb.careguidelines.com).
6. National Institute of Mental Health, U.S. Department of Health and Human Services. Brain stimulation therapies. (June, 2016). Retrieved November 16, 2022 from [www.nimh.nih.gov](http://www.nimh.nih.gov).
7. Perera T, George MS, Grammer G, Janicak PG, Pascual-Leone A, Wirecki TS. The Clinical TMS Society Consensus Review and Treatment Recommendations for TMS Therapy for Major Depressive Disorder. *Brain Stimul.* 2016;9(3):336-346. doi:10.1016/j.brs.2016.03.010.

## I. State-Specific Information

- A. Georgia, effective: 12/01/2022
- B. Indiana, effective: 12/01/2022
- C. Kentucky, effective: 12/01/2022
- D. Ohio, effective: 01/01/2023
- E. West Virginia, effective: 12/01/2022

*Independent medical review – 06/2018*