

# MedStar Health, Inc.

## POLICY AND PROCEDURE MANUAL

Policy Number: MP.123.MH  
Last Review Date: 08/09/2018  
Effective Date: 10/01/2018

### MP.123.MH – Incontinence, Biofeedback

This policy applies to the following lines of business:

- ✓ MedStar CareFirst PPO

MedStar Health considers **Biofeedback for the treatment of Incontinence** medically necessary for the following indications:

**A. Adult (members 18 years age and older) - Biofeedback for Urinary Incontinence and Fecal Incontinence/Constipation when all of the following criteria are met:**

1. Treatment is billed by a practitioner according to their scope of practice for a diagnosis of urinary incontinence or fecal incontinence/constipation.
2. Potential treatable problems should be identified and treatment implemented prior to biofeedback therapy.
3. Coverage includes treatment of urinary stress and/or urge incontinence and fecal incontinence/constipation in cognitively intact members.
4. Member as failed a documented trial of four weeks of an ordered plan of pelvic muscle exercises (PME), designed to increase periurethral muscle strength.

**B. Pediatric (members between five years of age and 18 years of age) – Biofeedback for Dysfunctional Elimination Syndrome:**

Biofeedback for pediatric members must be prescribed by the urologist and performed by the practitioner according to their scope of practice for the treatment of any of the following conditions associated with bladder dysfunction:

1. Nocturnal enuresis
2. Staccato voiding
3. Bladder-sphincter dyssynergia
4. Recurrent urinary tract infections when all of the following criteria are met:
  - a. Physical limitations such as a kidney infection, diabetes, or defects in the urinary system have been ruled out.
  - b. Medications and other conservative measures to address this problem have not reduced or eliminated the issue.
  - c. Dysfunctional elimination (bedwetting) occurs nightly.

### Limitations

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### **A. Adult (members 18 years age and older) - Biofeedback for Urinary Incontinence and Fecal Incontinence/Constipation:**

1. Home use of biofeedback therapy is not covered.
2. Biofeedback training in a group setting is not covered.
3. Biofeedback therapy is limited to up to six treatments per six months per condition.

Appropriate candidates for biofeedback training include:

- Capable of participating in the treatment plan (physically as well as intellectually)
- Motivated to actively participate in the treatment plan, including being responsive to care requirements
- Have a condition that can be appropriately treated with biofeedback.

### **B. Pediatric (members between five years of age and 18 years of age) – Biofeedback for Dysfunctional Elimination Syndrome**

Biofeedback therapy should not be a treatment for any of the following conditions/symptoms and will not be covered:

1. This is not a treatment option for children under five years of age.
2. Unusual straining during urination or a small or narrow stream of urine or dripping may be a sign of other physical problems.
3. Cloudy or pink urine, or bloodstains on underwear or night clothes.

Other limitations include:

- a. Treatment is limited to ten sessions per lifetime.
- b. No coverage provided for the electromyography (EMG) biofeedback device.

Biofeedback therapy for encopresis or constipation in children is considered experimental and investigative.

## **Background**

CMS defines fecal incontinence as the involuntary loss of stool (gas, liquid or solid). Fecal incontinence is caused by a disruption of the normal function of both the lower digestive tract and the nervous system. Fecal incontinence can be caused by several factors:

- Constipation
- Damage to the anal sphincter muscle (e.g., childbirth or hemorrhoid surgery)
- Damage to the nerves of the anal sphincter muscles of the rectum (e.g., childbirth, straining to pass stool, stroke, physical disability due to injury, diabetes or multiple sclerosis)
- Loss of the storage capacity in the rectum

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- Diarrhea
- Pelvic floor dysfunction

CMS defines urinary incontinence as the involuntary leakage of urine. Male and females have different risk factors in developing urinary incontinence. The risk of urinary incontinence increases with age in both men and women, but women are more likely to develop urinary incontinence due to anatomical differences in the pelvic region and due to changes caused by pregnancy and childbirth. There are several types of urinary incontinence:

- Stress incontinence
- Urge incontinence
- Overflow incontinence
- Mixed incontinence

Biofeedback training of the pelvic muscles uses an electronic or mechanical device to relay visual and/or auditory evidence of pelvic floor muscle activity in order to improve awareness and control of pelvic floor muscle contractions. Biofeedback may include measurement of muscle contraction through surface EMG, vaginal or rectal sensors, and/or rectal manometry devices. Such services when performed for biofeedback monitoring are part of the biofeedback service.

### Codes:

CPT Codes / HCPCS Codes / ICD-10 Codes	
Code	Description
<b>CPT Codes {for Adult (members 18 years age and older) Biofeedback for Urinary Incontinence and Fecal Incontinence/ Constipation}:</b>	
90911	Biofeedback training; perineal muscles, anorectal or urethral sphincter, including EMG and/or manometry
90901	Biofeedback Training by any modality
<b>CPT codes not covered:</b>	
90875 & 90876	If psychophysiological therapy is performed incorporating biofeedback training, consult these CPT codes
<b>ICD-10 codes covered if selection criteria are met:</b>	
G83.4	Cauda equine syndrome
K59.00-K59.09	Constipation
K59.4	Anal spasm

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N31.2	Flaccid neuropathic bladder, not elsewhere classified
N31.9	Neuromuscular dysfunction of bladder
N36.42	Intrinsic sphincter deficiency (ISD)
N36.43	Post-void dribbling
N36.44	Muscular disorders of urethra
G83.4	Cauda equine syndrome
N36.8	Other specified disorders of urethra
N39.3	Stress incontinence (female) (male)
N39.41	Urge incontinence
N39.42	Incontinence without sensory awareness
N39.43	Post-void dribbling
N39.44	Nocturnal enuresis
N39.45	Continuous leakage
N39.46	Mixed incontinence
N39.490	Overflow incontinence
R15.0-R15.9	Fecal incontinence
R33.0	Drug induced retention of urine
R33.8-R33.9	Retention of urine
R35.0	Frequency of micturition
R39.14	Feeling of incomplete bladder emptying
R39.15	Urgency of urination
<b>CPT Codes {for Pediatric (members between five years of age and 18 years of age) Biofeedback for Dysfunctional Elimination Syndrome}:</b>	
90911	Biofeedback training, perineal muscles, anorectal or urethral sphincter, including EMG and/or manometry
<b>ICD-10 codes covered if selection criteria are met:</b>	
N13.70-N13.739	Vesicoureteral reflux
N32.81	Overactive bladder
N36.41-N36.44	Sphincter disorders/ deficiency
N39.0	Urinary tract infection, site not specified
N39.44	Nocturnal enuresis

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### Disclaimer:

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