

# Children's Hospital and Health System Children's Community Health Plan Policy and Procedure

This policy applies to the following entity(s):

- |  |  |
|--|--|
| <input type="checkbox"/> CHW – Milwaukee                         | <input type="checkbox"/> CHW - Fox Valley                            |
| <input type="checkbox"/> CHHS Foundation                         | <input type="checkbox"/> CHW - Surgicenter                           |
| <input type="checkbox"/> CHW – Community Services Division       | <input checked="" type="checkbox"/> Children's Community Health Plan |
| <input type="checkbox"/> Children's Medical Group - Primary Care | <input type="checkbox"/> Children's Specialty Group                  |
| <input type="checkbox"/> Children's Medical Group - Urgent Care  | <input type="checkbox"/> CHHS Corporate Departments                  |

## Medical Utilization Management Policy

### SUBJECT: GENICULAR NERVE BLOCK FOR OSTEOARTHRITIC KNEE PAIN

#### INCLUDED PRODUCT(S):

##### Medicaid

BadgerCare Plus

Care4Kids Program

##### Commercial

Together with CCHP

##### Marketplace

Together with CCHP

#### PURPOSE OR DESCRIPTION:

The purpose of this policy is to define criteria for the medical necessity of genicular nerve block for severe osteoarthritic (OA) knee pain. There is currently insufficient published evidence to support genicular nerve blocks for management of knee pain; however, there is some evidence that peripheral nerve radiofrequency ablation (RFA) may improve knee pain and function. Therefore, genicular nerve block may be indicated as a diagnostic step to ensure that blocking the nerve would provide therapeutic benefit.

#### POLICY:

There is currently no MCG Careweb guideline on genicular nerve blocks. This CCHP policy will be used to determine the medical necessity of genicular nerve blocks:

Genicular nerve blocks may be indicated when **ALL** of the following are present:

1. Diagnostic genicular nerve block is needed to confirm that blocking the nerve provides pain relief
2. Patient is a candidate for genicular nerve RFA, as indicated by **ALL** of the following:
  - a. Chronic OA knee pain (at least 3 months' duration)

Effective: 10/19

Revised:

Reviewed: 10/21

Q: \CCHP Leadership\Utilization Management Medical Policies\APPROVED MEDICAL UM POLICIES\Genicular Nerve Block Medical UM Policy

Developed by: CCHP Medical Directors and Director Health Plan Clinical Services

- b. Failure of 3 months or more of nonoperative management, as indicated by **ONE** of the following:
  - i. Exercise program
  - ii. Weight loss
  - iii. Pharmacotherapy
  - iv. Corticosteroid injection
- c. Imaging studies have ruled out other causes of knee pain (eg fracture, tumor)
- d. No coagulopathy
- e. No current infection

**REFERENCES:**

1. Peripheral Nerve Ablation for Treatment of Osteoarthritic Knee Pain. Hayes, a Division of TractManager. Copyright © 2019 TractManager September 19, 2017
2. Choi WJ, Hwang SJ, Song JG, et al. Radiofrequency treatment relieves chronic knee osteoarthritis pain: A double-blind randomized controlled trial. *Pain*. 2011;152(3):481-487.
3. Ikeuchi M, Ushida T, Izumi M, Tani T. Percutaneous radiofrequency treatment for refractory anteromedial pain of osteoarthritic knees. *Pain Med*. 2011;12(4):546-551.
4. Sari S, Aydin ON, Turan Y, Ozlulerden P, Efe U, Kurt Omurlu I. Which one is more effective for the clinical treatment of chronic pain in knee osteoarthritis: radiofrequency neurotomy of the genicular nerves or intra-articular injection? *Int J Rheum Dis*. 2016.
5. Shen WS, Xu XQ, Zhai NN, Zhou ZS, Shao J, Yu YH. Radiofrequency thermocoagulation in relieving refractory pain of knee osteoarthritis. *Am J Ther*. 2016.
6. Santana Pineda MM, Vanlinthout LE, Moreno Martin A, van Zundert J, Rodriguez Huertas F, Novalbos Ruiz JP. Analgesic effect and functional improvement caused by radiofrequency treatment of genicular nerves in patients with advanced osteoarthritis of the knee until 1 year following treatment. *Reg Anesth Pain Med*. 2017;42(1):62-68.
7. Kidd, Vasco Deon et al. Genicular Nerve Radiofrequency Ablation for Painful Knee Arthritis: the Why and the How. *JBJS Essential Surgical Techniques*: March 26, 2019 - Volume 9 - Issue 1 - p e10 doi: 10.2106/JBJS.ST.18.00016

Effective: 10/19

Revised:

Reviewed: 10/21

Q: \CCHP Leadership\Utilization Management Medical Policies\APPROVED MEDICAL UM POLICIES\Genicular Nerve Block Medical UM Policy

Developed by: CCHP Medical Directors and Director Health Plan Clinical Services