

# Clinical Policy: Caudal or Interlaminar Epidural Steroid Injections

Reference Number: PA.CP.MP.164

Effective Date: 09/18

Date of Last Revision: 07/23

Coding Implications

Revision Log

## Description

Epidural steroid injections have been used for pain control in patients with radiculopathy, spinal stenosis, and nonspecific low back pain, despite inconsistent results as well as heterogeneous populations and interventions in randomized trials. Epidural injections are performed utilizing three approaches in the lumbar spine: caudal, interlaminar, and transforaminal. Generally, candidates for epidural steroid injection are individuals who have acute radicular symptoms or neurogenic claudication unresponsive to traditional analgesics and rest, with significant impairment in activities of daily living.

*Note: For guidelines for transforaminal ESIs, reference PA.CP.MP.165 Selective Nerve Root Blocks and Transforaminal Epidural Steroid Injections.*

## Policy/Criteria

It is the policy of Pennsylvania Health and Wellness® (PHW) that invasive pain management procedures performed by a physician are **medically necessary** when *the relevant criteria are met, only one procedure is performed per visit, with imaging guidance (except in rare instances, with documented justification), and the member/enrollee is not currently being treated with full anticoagulation therapy. If on warfarin, international normalized ratio (INR) should be  $\leq 1.4$  prior to the procedure.* Discontinuing anti-platelet therapy is a clinical decision balancing risks and benefits of the procedure on therapy, versus the underlying medical condition if not treated appropriately.<sup>23</sup>

- I. It is the policy of Pennsylvania Health and Wellness® that caudal or interlaminar epidural steroid injections (ESIs) are **medically necessary** for the following indications:
  - A. *One caudal or interlaminar ESI for acute pain management (pain lasting < three months) when all of the following are met:*
    1. There is severe radicular pain that interferes substantially with activities of daily living (ADLs);
    2. Severe pain persists after treatment with nonsteroidal anti-inflammatory drugs (NSAID) and/or opiates (both  $\geq$  three days or contraindicated/not tolerated);
    3. The member/enrollee cannot tolerate chiropractic or physical therapy and the injection is intended as a bridge to therapy.
  - B. *Initial ESI for chronic pain, all of the following:*
    1. Request is for one caudal or interlaminar ESI at one level in the cervical, thoracic or lumbar region;
    2. Persistent radicular pain has been caused by spinal stenosis, disc herniation or degenerative changes in the vertebrae, as confirmed by physical exam and imaging;

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3. Pain interferes with ADLs and has lasted for at least three months;
4. The member/enrollee has failed to respond to conservative therapy including all of the following:
  - a.  $\geq$  ix weeks chiropractic, physical therapy or prescribed home exercise program;
  - b. NSAID  $\geq$  six weeks or NSAID contraindicated or not tolerated;
  - c.  $\geq$  six weeks activity modification.

C. *Second caudal or interlaminar ESI for chronic pain* that **did not** improve from the first ESI, all of the following:

1. Request is for an ESI at one level in the cervical, thoracic or lumbar region;
2. At least two weeks have passed since the first ESI.

D. *Subsequent caudal or interlaminar ESI for recurrence of chronic pain* that **has improved** from the first or second ESI, all of the following:

1. Initial injection(s) led to  $\geq$  50% relief and functional improvement for at least two months;
2. At least two months have passed since the last ESI;
3. Less than four injections have been administered within 12 months;
4. Less than 12 months have elapsed since the initial injection at the level requested.

II. It is the policy of PHW that *A third or subsequent caudal or interlaminar ESI for chronic pain* that **did not** improve from the first two ESIs is considered **not medically necessary** because effectiveness has not been established.

III. It is the policy of PHW that *continuation of injections* beyond 12 months or more than four therapeutic injections is considered **not medically necessary** because effectiveness and safety have not been established. When more definitive therapies cannot be tolerated or provided, consideration will be made on a case-by-case basis.

IV. It is the policy of PHW that *caudal or interlaminar ESI for any other indication or location* is considered **not medically necessary** because effectiveness has not been established.

### Background

There is much debate on the efficacy and medical necessity of multiple interventions for managing spinal pain. Epidural glucocorticoid injections have been used for pain control in patients with radiculopathy, spinal stenosis, and nonspecific low back pain despite inconsistent results as well as heterogeneous populations and interventions in randomized controlled trials (RCTs). Epidural injections are performed utilizing three approaches in the lumbar spine: caudal, interlaminar, and transforaminal.<sup>2</sup> Generally, candidates for epidural steroid injection are individuals who have acute radicular symptoms or neurogenic claudication unresponsive to traditional analgesics and rest, with significant impairment in activities of daily living. Epidural steroid injections have been used in the treatment of spinal stenosis for many years, and no validated long-term outcomes have been reported to substantiate their use. However, significant improvement in pain scores have been reported at three months after injection.

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Zhai et al conducted a meta-analysis to assess the effects of various surgical and nonsurgical modalities, including epidural injections, used to treat lumbar disc herniation (LDH) or radiculitis. A systemic literature review identified RCTs that compared the use of local anesthetic with and without steroids. The outcomes included pain relief, functional improvement, opioid intake, and therapeutic procedural characteristics. The reviewers concluded the meta-analysis confirms that epidural injections of local anesthetic with or without steroids have beneficial but similar effects in the treatment of patients with chronic low back and lower extremity pain.<sup>1</sup>

Results of a two year follow-up of three randomized, double-blind, controlled trials, with a total of 360 patients with chronic persistent pain of disc herniation receiving either caudal, lumbar interlaminar or transforaminal epidural injections, showed similar efficacy of the three techniques with local anesthetic alone or local anesthetic with steroid.<sup>2</sup> Caudal and interlaminar trials used in the assessment showed some superiority of steroids over local anesthetic at three and six month follow-up. Interlaminar with steroids were superior to transforaminal at 12 months.<sup>2</sup>

### Coding Implications

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CPT® Codes	Description
62320	Injection(s), of diagnostic or therapeutic substance(s) (eg, anesthetic, antispasmodic, opioid, steroid, other solution), not including neurolytic substances, including needle or catheter placement, interlaminar epidural or subarachnoid, cervical or thoracic; without imaging guidance
62321	Injection(s), of diagnostic or therapeutic substance(s) (eg, anesthetic, antispasmodic, opioid, steroid, other solution), not including neurolytic substances, including needle or catheter placement, interlaminar epidural or subarachnoid, cervical or thoracic; with imaging guidance (ie, fluoroscopy or CT)
62322	Injection(s), of diagnostic or therapeutic substance(s) (eg, anesthetic, antispasmodic, opioid, steroid, other solution), not including neurolytic substances, including needle or catheter placement, interlaminar epidural or subarachnoid, lumbar or sacral (caudal); without imaging guidance
62323	Injection(s), of diagnostic or therapeutic substance(s) (eg, anesthetic, antispasmodic, opioid, steroid, other solution), not including neurolytic substances, including needle or catheter placement, interlaminar epidural or subarachnoid, lumbar or sacral (caudal); with imaging guidance (ie, fluoroscopy or CT)
62324	Injection(s), including indwelling catheter placement, continuous infusion or intermittent bolus, of diagnostic or therapeutic substance(s) (eg, anesthetic,

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	antispasmodic, opioid, steroid, other solution), not including neurolytic substances, interlaminar epidural or subarachnoid, cervical or thoracic; without imaging guidance
62325	Injection(s), including indwelling catheter placement, continuous infusion or intermittent bolus, of diagnostic or therapeutic substance(s) (eg, anesthetic, antispasmodic, opioid, steroid, other solution), not including neurolytic substances, interlaminar epidural or subarachnoid, cervical or thoracic; with imaging guidance (ie, fluoroscopy or CT)
62326	Injection(s), including indwelling catheter placement, continuous infusion or intermittent bolus, of diagnostic or therapeutic substance(s) (eg, anesthetic, antispasmodic, opioid, steroid, other solution), not including neurolytic substances, interlaminar epidural or subarachnoid, lumbar or sacral (caudal); without imaging guidance
62327	Injection(s), including indwelling catheter placement, continuous infusion or intermittent bolus, of diagnostic or therapeutic substance(s) (eg, anesthetic, antispasmodic, opioid, steroid, other solution), not including neurolytic substances, interlaminar epidural or subarachnoid, lumbar or sacral (caudal); with imaging guidance (ie, fluoroscopy or CT)

Reviews, Revisions, and Approvals	Revision Date	Approval Date
New policy developed. Split from retired CP.MP.118 Injections for Pain Management. No criteria changes.	09/18	10/18
In section D regarding second or subsequent ESI for chronic pain that improved from the diagnostic injections, changed requirement for 3 months having passed from the previous injection to 2 months. Anticoagulation indication moved to policy/criteria section as it is applicable to all injections in this policy.	10/19	
References reviewed and updated	6/2021	
In policy statement, changed “with or without radiographic guidance” to “with imaging, (except in rare instances, with documented justification).” Changed “review date” in the header to “date of last revision” and “date” in the revision log header to “revision date.” References reviewed and updated. Replaced “member” with “member/enrollee” in all instances. Specialist review.	7/28/2022	
Annual review. Note added regarding guidelines for transforaminal ESIs. Background updated with no impact on criteria. References reviewed and updated. ICD-10 diagnosis code table removed. References reviewed and updated. Reviewed by external specialist.	07/2023	

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