

Pain Programs for Chronic Pain, Multidisciplinary

Administrative Process

- Requires prior approval by Behavioral Health Improvement and Operations (BHIO).
- The HealthPartners' prior approval form is completed in full by the primary care physician and submitted for review by the primary care physician.
- Multidisciplinary pain programs are generally covered under the member's medical benefit as a rehabilitation program.

Definitions

A **multidisciplinary pain program** is a comprehensive approach to the patient with chronic pain, which:

- Is delivered in a single facility;
- Conducts a comprehensive assessment for physical and behavioral health; and
- Integrates the interventions of physicians, behavioral health specialists, physical therapists and occupational health therapists;
- Develops an individualized care plan.
- The goal of treatment is an emphasis on improving function through the development of long-term, self-management skills including fitness and a healthy lifestyle.
- Is identified as a Level 2 intervention for the treatment of chronic pain, as defined by ICSI.

HealthPartners utilizes the ICSI Chronic Pain Guidelines to determine appropriate care. (Please see link at the bottom of this policy.) These guidelines define chronic pain as persistent pain, which can be either continuous or recurrent. It is of sufficient duration and intensity to adversely affect a patient's well being, level of function, and quality of life¹.

There is not a strict time line, but after six weeks - or a time longer than the anticipated healing time for their condition - patients should be thoroughly evaluated for the presence of chronic pain. Chronic Pain Syndrome is at the end of the spectrum of chronic pain. It is defined by the ICSI Work Group as a constellation of behaviors related to persistent pain that represents significant life role disruption. Chronic Pain Syndrome may require Multidisciplinary Pain Management, the criteria for which is the topic of this coverage policy.

Coverage

Multidisciplinary pain programs are covered when they meet the criteria listed below and are delivered by a program in the Designated Network for Chronic Pain Management. Chronic pain is often a persistent, life-altering condition. The goal of a treatment program is pain management, not elimination of pain.

The programs in the Designated Pain Management Program Network are:

- Mayo Clinic Pain Rehabilitation Program,
- Courage Center Chronic Pain Rehabilitation Program

Indications that are covered

Multidisciplinary pain programs for chronic pain are covered when **all** of the following are met:

1. The primary care physician:
 - a. Has utilized ICSI Level I general management guidelines in active treatment planning for the patient¹ and demonstrates this by submission of written plan of care which includes:
 - i. Developed plan of care and set goals using the biopsychosocial model;
 - ii. Physical rehabilitation with functional goals:
 1. Fitness/exercise program;
 2. Massage.
 - iii. Psychosocial management with functional goals:
 1. Cognitive-Behavioral Therapy.
 - iv. Pharmacological management:
 1. Tricyclic antidepressants;
 2. Anticonvulsants;
 3. Topical agents.

- v. Intervention Management:
 1. Therapeutic procedures.
 - vi. Complementary medicine management:
 1. Acupuncture.
2. Using the ICSI Chronic Pain Guideline, the primary care physician (PCP):
 - a. Has measured the care plan goal attainment and reviewed the plan of care.
 - i. When goals for function and comfort are not met, the plan of care has been reviewed to assess whether enough Level 1 management has been attempted. If not, the plan of care has been updated with more Level 1 interventions.
 - b. Has documentation that recent and adequate(as defined by 10 sessions in past 6 months with a single provider) trials of Level 1 interventions under this care plan have failed; and
 - c. Supports participation in the multidisciplinary pain program as a level II intervention;
 - d. Agrees and collaborates to support the multidisciplinary treatment plan after the program completion as the patient returns to care by the PCP.
 3. The primary care physician and the patient understand that the goal of the pain program is not medication management or pain relief but development of new skills for the self management of chronic pain.
 4. The patient has the cognitive and physical capacity to participate in the psychological and physical interventions provided by a pain program.
 5. Pain has affected the patient's level of function for activities of daily living (ADLS).
 6. The patient is agreeable to the conditions of the treatment program including but not limited to:
 - a. detoxification from medication as recommended;
 - b. full participation in scheduled activities including physical exercise;
 - c. family participation;
 - d. abstaining from alcohol and non-prescribed drugs for the duration of the program;
 - e. learning about pain and stress management techniques;
 - f. striving for return to productive lifestyle including return to work and normal activities.
 7. The patient is willing to participate in HealthPartners Case Management as appropriate (behavioral health case management or medical case management as clinically appropriate).
 8. The patient and physician have agreed to detoxification if necessary and a multidisciplinary pain program has been determined to be the appropriate location for this to occur.

Indications that are not covered

The following conditions are not eligible for coverage at the multidisciplinary pain programs within HealthPartners Designated Provider Network because there are other programs more appropriate for these conditions.

1. Pain due to cancer, migraines, chemical dependency or in the context of palliative care or end-of-life management.

Products

Consult your plan documents (Membership Contract, Summary Plan Description [SPD], Evidence of coverage [EOC] or similar plan document) to determine governing contractual provisions, including exclusions and limitations relating to your specific plan. These guidelines apply to most, but not all, plans offered by HealthPartners. We strive to ensure that the contents of this site are correct and complete, but to verify your benefits, please check your contract or SPD, or contact Member Services. In the event of a conflict between your specific plan documents and this general information, the plan documents will govern. These coverage criteria may not apply to Medicare Products if Medicare requires different coverage. For more information regarding Medicare coverage criteria or for a copy of a Medicare coverage policy contact Member Services at 952-883-7979 or 800-233-9645.

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Bibliography

1. ICSI Guideline, "Pain, Chronic; Assessment and Management of." July 2008 – Go to www.icsi.org and search "chronic pain".