Transcutaneous Electrical Nerve Stimulation (TENS)
Corporate Medical Policy

Description
Transcutaneous electrical nerve stimulation (TENS) describes the application of electrical stimulation to the surface of the skin at the site of pain. TENS may be applied in a variety of settings (in the patient's home, a physician's office, or in an outpatient clinic). TENS consists of an electrical pulse generator, usually battery operated, connected by wire to two or more electrodes, which are applied to the surface of the skin at the site of the pain.

TENS has also been used to treat dementia by altering neurotransmitter activity and increasing brain activity that is thought to reduce neural degeneration and stimulate regenerative processes.

Sympathetic therapy describes a type of electrical stimulation of the peripheral nerves that is designed to stimulate the sympathetic nervous system in an effort to "normalize" the autonomic nervous system and alleviate chronic pain. Unlike TENS or inferential electrical stimulation, sympathetic therapy is not designed to treat local pain, but is designed to induce a systemic effect on sympathetically induced pain.

Policy

Coding Information
Click the links below for attachments, coding tables & instructions.
Attachment 1

When a service may be considered medically necessary

We consider TENS medically necessary for the following conditions.

- Postoperative pain and 1 or more of the following:
- Conventional pain control techniques fail to adequately reduce pain.
- Medication-related adverse events are unacceptable.
- Opioid dosage reduction is needed.

- Dysmenorrhea, as indicated by ALL of the following:
  - No response to treatment with NSAIDs or hormonal therapy (e.g., oral contraceptives)
  - Secondary causes of dysmenorrhea have been ruled out (e.g., endometriosis).

- Chronic refractory musculoskeletal or neuropathic pain with ALL of the following:
  - The pain is unresponsive to at least three months of conservative medical therapy including non-steroidal anti-inflammatory medications, ice, rest and/or physical therapy.
  - Efficacy of the use of a TENS unit has been documented in a provider setting.
  - Documentation of member education on the use of TENS therapy

****Refractory chronic pain is defined in this policy as pain that causes significant disruption of function and has not responded to at least three months of conservative therapy, including non-steroidal anti-inflammatory medications, ice, rest, and/or physical therapy.

- Postoperative pain and 1 or more of the following:
  - Conventional pain control techniques fail to adequately reduce pain.
  - Medication-related adverse events are unacceptable.
  - Opioid dosage reduction is needed.

A 90 day trial of TENS may be considered medically necessary to establish the efficacy of pain management for the above conditions. A 90 day trial may be considered medically necessary when the following conditions have been met:

- The trial is monitored by a clinician; **AND**
- The pain is unresponsive to at least three months of conservative medical therapy (e.g., use of NSAIDs, Physical Therapy, Occupational Therapy, Chiropractic, stretching); **AND**
  - Documentation for the trial includes all of the following:
  - Initial assessment/evaluation of the nature, duration, and perceived intensity of pain;
The types and duration of prior treatments;
- Treatment plan including ongoing medications and proposed use of TENS unit, including the frequency and duration of treatment.

**** We consider significant disruption of functioning as documented difficulty in at least two of the following (adapted from the RAND SF-20):

1. Eating, dressing, bathing or using the toilet
2. Sleeping
3. Walking one block
4. Working at a job, attending school or performing household tasks
5. Limiting social activities
6. Causing depression and/or anxiety requiring treatment

****Intensity of pain best illustrated when scored on the Visual Analogue Scale (VAS) or Quadruple VAS recommended.

A trial of three months is required before the full purchase will be considered:

Continued use of TENS beyond the initial 90 day trial may be considered medically necessary: When a clinical summary of the trial to determine efficacy is submitted, that includes:

- The management of the above types of pain that causes significant disruption of function.
- Perceived intensity of pain with and without TENS (e.g., 2 point or 30% improvement in visual analog scale);
- Ongoing medication requirements for pain relief (if any);
- Other modalities (if any) in use for pain control;
- Actual use of TENS on a daily basis (frequency and duration of application).

A form-fitting conductive garment will be considered medically necessary in place of conventional electrodes for one of the above categories when the following is met:

1. It has received permission or approval for marketing by the Food and Drug Administration; **AND**
2. It has been prescribed by a physician for use in delivering covered TENS treatment; **AND**
3. One of the medical indications outlined below is met:

- The patient cannot manage without the conductive garment because there is such a large area or so many sites to be stimulated and the stimulation would have to be delivered so frequently that it is not feasible to use conventional electrodes, adhesive tapes and lead wires;
- The patient cannot manage without the conductive garment for the treatment of chronic intractable pain because the areas or sites to be stimulated are
inaccessible with the use of conventional electrodes, adhesive tapes and lead wires;

- The patient has a documented medical condition such as skin problems that preclude the application of conventional electrodes, adhesive tapes and lead wires;
- The patient requires electrical stimulation beneath a cast either to treat disuse atrophy, where the nerve supply to the muscle is intact, or to treat chronic intractable pain; or
- The patient has a medical need for rehabilitation strengthening (pursuant to a written plan of rehabilitation) following an injury where the nerve supply to the muscle is intact.

We consider the following a benefit exclusion and therefore, not-covered:

- Extra batteries that can be purchased over the counter for the TENS unit, as it is considered a convenience item.

**When a service is considered investigational**

We consider TENS investigational when used to treat any of the following without a co-occurring condition above:

- Dementia
- Depression
- Anxiety
- Cancer and cancer treatment-related pain
- Dysphagia
- Fibromyalgia
- MS-associated pain
- Phantom Limb
- Rheumatoid Arthritis
- Scleroderma and GI symptoms
- Slow transit constipation in children
- Stroke-related motor dysfunction
- Stress incontinence post prostatectomy
- Urge incontinence in children
- Neurogenic incontinence
- Enuresis in children
- Tinnitus
- Lichen simplex pruritis
- Acute and chronic headaches (e.g. Cefaly)
- Chronic deep abdominal pain
- Chronic pelvic pain syndrome
- Temporomandibular joint (TMJ) pain
• Use as sympathetic therapy including when delivered using the Dynatron STS and Dynatron STS Rx device.
• Use as cranial electrical stimulation, transcranial electrical stimulation, or electrical stimulation therapy (e.g. Alpha-Stim)
• Use as electrical stimulation of auricular acupuncture points
• Pain during labor and delivery

Reference Resource:


Related Policies

Medical Equipment and Supplies (DME)
Neuromuscular Electrical Stimulation (NMES)

Document Precedence

Blue Cross and Blue Shield of Vermont (BCBSVT) Medical Policies are developed to provide clinical guidance and are based on research of current medical literature and review of common medical practices in the treatment and diagnosis of disease. The applicable group/individual contract and member certificate language, or employer’s benefit plan if an ASO group, determines benefits that are in effect at the time of service. Since medical practices and knowledge are constantly evolving, BCBSVT reserves the right to review and revise its medical policies periodically. To the extent that there may be any conflict between medical policy and contract/employer benefit
plan language, the member’s contract/employer benefit plan language takes precedence.

Audit Information

BCBSVT reserves the right to conduct audits on any provider and/or facility to ensure compliance with the guidelines stated in the medical policy. If an audit identifies instances of non-compliance with this medical policy, BCBSVT reserves the right to recoup all non-compliant payments.

Administrative and Contractual Guidance

Benefit Determination Guidance

Prior approval is required and benefits are subject to all terms, limitations and conditions of the subscriber contract.

Incomplete authorization requests may result in a delay of decision pending submission of missing information. To be considered compete, see policy guidelines above.

An approved referral authorization for members of the New England Health Plan (NEHP) is required. A prior approval for Access Blue New England (ABNE) members is required. NEHP/ABNE members may have different benefits for services listed in this policy. To confirm benefits, please contact the customer service department at the member’s health plan.

Federal Employee Program (FEP): Members may have different benefits that apply. For further information please contact FEP customer service or refer to the FEP Service Benefit Plan Brochure. It is important to verify the member’s benefits prior to providing the service to determine if benefits are available or if there is a specific exclusion in the member’s benefit.

Coverage varies according to the member’s group or individual contract. Not all groups are required to follow the Vermont legislative mandates. Member Contract language takes precedence over medical policy when there is a conflict.

If the member receives benefits through an Administrative Services Only (ASO) group, benefits may vary or not apply. To verify benefit information, please refer to the member’s employer benefit plan documents or contact the customer service department. Language in the employer benefit plan documents takes precedence over medical policy when there is a conflict.

Policy Implementation/Update information

| 10/2005 | This policy replaces TENS policy signed by Dr. Pekins and Dr. Provato in 2005 and 2004, Dr. Perkins 11/01/1998, and supersedes the |
memorandum 09/26/1997 from Dr. Allard; memorandum dated 07/10/1997 from Dr. Allard and memorandum from Dr. Van Buren dated 11/06/1989.

<table>
<thead>
<tr>
<th>Date</th>
<th>Action</th>
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<tbody>
<tr>
<td>10/2006</td>
<td>Updated to add referral guidelines for NEHP and updated HCPCS codes.</td>
</tr>
<tr>
<td>08/2008</td>
<td>Format changes made; reviewed by CAC 09/2008.</td>
</tr>
<tr>
<td>08/2009</td>
<td>Annual review. Adopted BCBSA medical policy with minor changes; reviewed by CAC 09/2009.</td>
</tr>
<tr>
<td>07/09/2009</td>
<td>Replaced policy; updated with literature review through December 2008; references added and reordered; clinical input reviewed. Policy statement revised; TENS may be medically necessary for chronic pain if effective during a therapeutic trial; other uses of TENS considered investigational.</td>
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<tr>
<td>01/2010</td>
<td>Updated with minor editing; reviewed and approved by CAC 01/2010.</td>
</tr>
<tr>
<td>11/2011</td>
<td>Updated and transferred to new format; language added regarding sympathetic therapy. Language added concerning additional information required to approve TENS garments. Coding table updated regarding sympathetic therapy. Coder reviewed and approved codes-SAF.</td>
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<tr>
<td>04/26/2012</td>
<td>Replaced with new coding table; corrected format and language-SAF</td>
</tr>
<tr>
<td>05/2017</td>
<td>Clarifying language for medical necessity investigational criteria and benefit exclusion, formatting changes, TENS trial up to 90 days from 30 days. Added clarification for objective tools to define disruptive functioning, removed neuropathy as investigational, updated references, updated policy implementation table, updated reference, and removed CPT® 64550 code from requiring PA. HCPCS Code E1399 removed from investigational to requiring PA.</td>
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Eligible providers

Qualified healthcare professionals practicing within the scope of their license(s).

Approved by BCBSVT Medical Directors       Date Approved

- Gabrielle Bercy-Roberson, MD, MPH, MBA
- Senior Medical Director
- Chair, Health Policy Committee

- Joshua Plavin, MD, MPH, MBA
- Chief Medical Office

Attachment I
<table>
<thead>
<tr>
<th>Code Type</th>
<th>Number</th>
<th>Brief Description</th>
<th>Policy Instructions</th>
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<tbody>
<tr>
<td>HCPCS</td>
<td>A4556</td>
<td>Electrodes, pair</td>
<td>Requires PA</td>
</tr>
<tr>
<td>HCPCS</td>
<td>A4557</td>
<td>Lead wires, pair</td>
<td>Requires PA</td>
</tr>
<tr>
<td>HCPCS</td>
<td>A4595</td>
<td>TENS supply 2 lead per month</td>
<td>Requires PA</td>
</tr>
<tr>
<td>HCPCS</td>
<td>E0720</td>
<td>Tens two lead, localized</td>
<td>Requires PA</td>
</tr>
<tr>
<td>HCPCS</td>
<td>E0730</td>
<td>Tens four or more leads</td>
<td>Requires PA</td>
</tr>
<tr>
<td>HCPCS</td>
<td>E0731</td>
<td>Conductive garment for delivery of TENS or NMES</td>
<td>Requires PA</td>
</tr>
<tr>
<td>HCPCS</td>
<td>E1399</td>
<td>Durable medical equipment; miscellaneous</td>
<td>Requires PA</td>
</tr>
<tr>
<td>CPT</td>
<td>64550</td>
<td>Application of surface(transcutaneous) neurostimulator</td>
<td>Does NOT Require PA</td>
</tr>
</tbody>
</table>

**The following codes will be considered as medically necessary when applicable criteria have been met.**

**The following codes will be denied as Not Medically Necessary, Contract Exclusions or Investigational**

<table>
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<tr>
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<tr>
<td>CPT</td>
<td>97799</td>
<td>Unlisted physical medicine / rehabilitation service or procedure</td>
<td>Investigational; this code may be used to report sympathetic therapy. Submission of medical records is required at the time of claim submission.</td>
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<tr>
<td>HCPCS</td>
<td>A4630</td>
<td>Replacement batteries TENS units; patient owned</td>
<td>Exclusion</td>
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