

UPMC Health Plan POLICY AND PROCEDURE MANUAL

POLICY NUMBER: PAY.039
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SUBJECT: Biofeedback in the Treatment of Pediatric Dysfunctional Elimination Syndrome
INDEX TITLE: Medical Management
ORIGINAL DATE: February 22, 2007

This policy applies to the following lines of business: (Check those that apply.)

Commercial:					
HMO ()	POS ()	PPO ()	OOA/DOC ()		
Fully Insured ()	Self-funded/ASO ()	HSA ()	All (X)		
Medicare Select ()	Medicare Supplement ()				
DPW-MA:					
Health Choices ()	Voluntary ()		All (X)		
CMS-MA:					
HMO (X)	PPO (X)	Specialty Needs Plan (X)	Part D ()	PFFS (X)	All ()
PID-CHIP:					
Free ()	Sub ()		All (X)		

I. POLICY

It is the policy of UPMC Health Plan to recognize that treatment of pediatric members with primary Dysfunctional Elimination Syndrome using Biofeedback Therapy is consistent with good medical practice when the services are medically necessary and according to the member's benefit plan.

II. DEFINITIONS

Encopresis: Inability to control the elimination of stool (fecal incontinence)

Dysfunctional Elimination: (Bedwetting): An abnormal pattern of elimination of unknown cause, characterized by both urine and stool and by bladder and bowel incontinence, occurring in previously toilet-trained children without anatomic or neurologic abnormalities.

Primary Nocturnal Pediatric Elimination: Inability to hold urine during the sleep cycle.

Detrusor Sphincter Dyssynergia: Disturbance of the normal relationship between bladder (detrusor) contraction and sphincter relaxation during voluntary or **involuntary** voiding efforts.

III. PURPOSE

The purpose of this policy is to identify biofeedback therapy as a treatment option for pediatric members up to age 18 who have been diagnosed with Primary Dysfunctional Elimination Syndrome.

IV. SCOPE

This policy applies to various UPMC Health Plan departments as indicated by the Benefit and Reimbursement Committee. These include but are not limited to: Medical Management, Benefit Configuration and Claims Departments.

V. PROCEDURE

A. Medical Description

Biofeedback is considered an alternative medicine technique under the mind-body category of complimentary and alternative medicine (CAM) practices.

Pediatric Dysfunctional Elimination Syndrome is one of the most common indications for urological consultation in children. Centralized therapy for non-neurogenic voiding dysfunction and, specifically, biofeedback training for the external sphincter, can successfully treat this condition.

Primary nocturnal Pediatric Dysfunctional Elimination Syndrome occurs frequently in children under the age of ten (10), and occurs more often in males than females. While 40% of 3 year old children wet their beds, at age 5, 16% of children experience nocturnal bedwetting, and only 7% at 8 years of age. Many outgrow the problem, as only one in 100 adults continue to experience this problem. But biofeedback has provided an 85% cure rate for children who have been treated with this technique. Primary nocturnal incontinence is attributable to a small bladder and detrusor instability. Biofeedback has also been demonstrated as useful for children who experience recurrent urinary tract infections. After ruling out any physical problems that may contribute to this recurring problem (anatomical issues) or emotional problems, a physician may recommend biofeedback, as it is non-invasive and demonstrates visible results in a short time. . Biofeedback may involve using electronic devices that monitor individual bodily functions and help to trigger the child's responses. Another method of biofeedback is to train the child to practice holding his/her urine for longer and longer times, strengthening the bladder wall, while developing a sensory reaction to the pressure on the bladder. For children with bladder sphincter dyssynergia, biofeedback therapy is considered to teach sphincter relaxation. An average treatment consists of 4 to 8 biofeedback sessions.

B. Indications

Biofeedback **must be recommended by a physician and performed by a urologist** for the treatment of the following conditions associated with bladder dysfunction:

- Nocturnal enuresis
- Staccato voiding
- Bladder-sphincter dyssynergia
- Vesicoureteral reflux
- Recurrent Urinary tract infections when:
 - Physical limitations such as a kidney or urinary tract infection, diabetes, or defects in the urinary system have been ruled out.
 - Medications and other conservative measures to address this problem have not reduced or eliminated the issue
 - Dysfunctional elimination (bedwetting) occurs nightly

C. Limitations

The following conditions **will not be covered**:

- Biofeedback therapy is not a treatment option for children under five (5) years of age or over eighteen (18) years of age.
- Unusual straining during urination or a small or narrow stream of urine or dripping may be a sign of other physical problems.
- Cloudy or pink urine, or bloodstains on underwear or night clothes

In addition,

- Biofeedback must be performed by a urologist or a voiding center in a hospital
- Treatment is limited to 10 sessions per lifetime.

Note: Biofeedback therapy for **encopresis** in children is considered experimental and investigative.

D. Variations

N/A

E. References

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