ELECTROMYOGRAPHY (EMG) AND NERVE CONDUCTION STUDIES (NCS)

Non-Discrimination Statement and Multi-Language Interpreter Services information are located at the end of this document.

Coverage for services, procedures, medical devices and drugs are dependent upon benefit eligibility as outlined in the member's specific benefit plan. This Medical Coverage Guideline must be read in its entirety to determine coverage eligibility, if any.

This Medical Coverage Guideline provides information related to coverage determinations only and does not imply that a service or treatment is clinically appropriate or inappropriate. The provider and the member are responsible for all decisions regarding the appropriateness of care. Providers should provide BCBSAZ complete medical rationale when requesting any exceptions to these guidelines.

The section identified as “Description” defines or describes a service, procedure, medical device or drug and is in no way intended as a statement of medical necessity and/or coverage.

The section identified as “Criteria” defines criteria to determine whether a service, procedure, medical device or drug is considered medically necessary or experimental or investigational.

State or federal mandates, e.g., FEP program, may dictate that any drug, device or biological product approved by the U.S. Food and Drug Administration (FDA) may not be considered experimental or investigational and thus the drug, device or biological product may be assessed only on the basis of medical necessity.

Medical Coverage Guidelines are subject to change as new information becomes available.

For purposes of this Medical Coverage Guideline, the terms "experimental" and "investigational" are considered to be interchangeable.

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Description:

Electromyography (EMG) and Nerve Conduction Studies (NCS), when properly performed by a trained practitioner, are considered the gold standard of electrodiagnostic assessment for evaluating the electrical function of peripheral nerves and muscles.

NCS should typically be performed together with a needle EMG and performed by a properly trained provider trained in electrodiagnostic medicine. Specialties with this training are neurology, physical medical and rehabilitation and physiatry.
ELECTROMYOGRAPHY (EMG) AND NERVE CONDUCTION STUDIES (NCS) (cont.)

**Description:** (cont.)

Electrodiagnostic assessment components include:

1. **Needle Electromyography (EMG):**
   
   EMG refers to the recording and study of electrical activity of muscles using a needle electrode inserted into the muscle. Needle EMG procedures include the interpretation of electrical waveforms measured by equipment that produces both visual and auditory components of electrical signals recorded from the muscle(s) studied by the needle electrode. Single fiber EMG records the response of a single muscle fiber.

2. **Nerve Conduction Studies (NCS):**

   NCS evaluate both motor and sensory nerve conduction by means of electrodes on the skin, or, in some cases, needle electrodes. The nerve is stimulated with a mild electrical impulse and the resulting electrical activity is recorded by other electrodes. The distance between electrodes and the time it takes for electrical impulses to travel between them are used to calculate the nerve conduction velocity. NCS may also be referred to as nerve conduction velocity tests (NCV).

3. **Repetitive Nerve Stimulation (RNS) Studies:**

   RNS studies are intended to evaluate the integrity and function of the neuromuscular junction (NMJ). The test involves stimulating a nerve repetitively at variable rates and recording the response of the corresponding muscle(s). Disorders of the NMJ will show a diminished muscular response to repetitive stimulation.

4. **Somatosensory Evoked Potentials (SEP):**

   SEP’s evaluate nerve conduction in various sensory fibers of both the peripheral and central nervous system, and are used to test the integrity and function of these nerve pathways. They are typically used to assess nerve conduction in the spinal cord and other central pathways that cannot be assessed by standard NCS.

5. **Blink Reflexes:**

   The blink reflexes, which are analogs of the corneal reflex, are evaluated by stimulating the orbicularis orbis muscle at the lower eyelid. They are used to localize lesions in the fifth or seventh cranial nerves.
ELECTROMYOGRAPHY (EMG) AND NERVE CONDUCTION STUDIES (NCS) (cont.)

Description: (cont.)

Automated Point-of-Care Nerve Conduction Tests:
Automated nerve conduction tests are performed with portable devices that allow NCS to be done in an office without specialized training rather than performed in conjunction with a needle EMG in a laboratory. The need for specialized equipment and personnel may limit the availability of electrodiagnostic testing for some individuals. The automated devices use computer software to deliver, measure and analyze the responses from conduction studies and provide a detailed report for review by the physician.

Automated point-of-care nerve conduction tests have been investigated to assist in the diagnosis of carpal tunnel syndrome and peripheral neuropathy, and in particular, for detecting diabetic neuropathy. These tests include but are not limited to: Axon-II™, Brevio®, NC-stat®, Neurometer®, NeuroMetrix ADVANCE™, The Neural-Scan™ and XLTek Neuropath.

Criteria:

- Electrodiagnostic assessment, consisting of EMG, NCS and related measures is considered medically necessary as an adjunct to history, physical exam (PE) and imaging studies with documentation of ALL of the following:

  1. Signs and symptoms of neuropathy and/or myopathy are present (numbness/tingling, pain, muscle weakness, atrophy, depression of deep tendon reflexes or sensory impairment to pin prick, 2 point discrimination or light touch)
  2. Definitive diagnosis cannot be made by PE and imaging studies alone
  3. Failure of medically supervised conservative treatment (e.g., rest, analgesics, NSAIDS, physical therapy, spinal manipulation, if appropriate) specific to the individual’s symptoms for 30 days or greater
  4. Work-up for ONE or more of the following categories of disease is indicated:

    - Compressive neuropathies
    - Focal neuropathies/myopathies, generalized
    - Motor neuron diseases
    - Nerve root compression
    - Neuromuscular junction disorders
    - Plexopathies
    - Traumatic nerve injuries
ELECTROMYOGRAPHY (EMG) AND NERVE CONDUCTION STUDIES (NCS) (cont.)

Criteria: (cont.)

➢ Repeat electrodiagnostic assessment consisting of EMG, NCS and related measures is considered medically necessary with documentation of ANY of the following:

1. Development of new signs or symptoms suggesting a second diagnosis in an individual who has received an initial diagnosis
2. Interim progression of disease following an initial test that was inconclusive, such that a repeat test is likely to elicit additional findings
3. Unexpected change(s) in the course of disease or response to treatment, suggesting that the initial diagnosis may be incorrect and that re-examination is indicated
4. Repeat evaluations may be needed to monitor recovery, to help establish prognosis and/or to determine the need for and timing of surgical intervention (e.g., traumatic nerve injury) and to assess recovery over time following peripheral nerve surgery

➢ Electrodiagnostic assessment, consisting of EMG, NCS and related measures performed on an individual with chronic medical conditions with known complications of neuropathy are considered not medically necessary and not eligible for coverage.

These chronic conditions include, but are not limited to:

▪ Diabetic neuropathy
▪ End-stage renal disease
▪ HIV neuropathy

➢ Electrodiagnostic assessment, consisting of EMG, NCS and related measures to diagnose a neuropathy in an individual without signs or symptoms of a neuropathy is considered screening and, therefore, a benefit plan exclusion and not eligible for coverage.
ELECTROMYOGRAPHY (EMG) AND NERVE CONDUCTION STUDIES (NCS) (cont.)

Criteria: (cont.)

➢ Electrodiagnostic assessment, consisting of EMG, NCS and related measures for all other indications not previously listed or if above criteria not met is considered experimental or investigational based upon:

1. Insufficient evidence to support improvement of the net health outcome, and
2. Insufficient evidence to support improvement of the net health outcome as much as, or more than, established alternatives.

These indications include, but are not limited to:

• Screening of asymptomatic individuals
• Serial assessments to evaluate progression of disease in individual with previously diagnosed neuropathy or myopathy
• Evaluation of treatment response in an individual with previously diagnosed neuropathy or myopathy
• Evaluation of severity of disease in an individual with previously diagnosed neuropathy or myopathy

➢ NCS performed without an EMG are considered experimental or investigational based upon:

1. Insufficient evidence to support improvement of the net health outcome, and
2. Insufficient evidence to support improvement of the net health outcome as much as, or more than, established alternatives.

➢ Automated nerve conduction tests are considered experimental or investigational based upon:

1. Insufficient evidence to support improvement of the net health outcome, and
2. Insufficient evidence to support improvement of the net health outcome as much as, or more than, established alternatives.
ELECTROMYOGRAPHY (EMG) AND NERVE CONDUCTION STUDIES (NCS) (cont.)

Resources:

Literature reviewed 09/26/17. We do not include marketing materials, poster boards and non-published literature in our review.

The BCBS Association Medical Policy Reference Manual (MPRM) policy is included in our guideline review. References cited in the MPRM policy are not duplicated on this guideline.


7. InterQual® Care Planning Criteria Procedures. Electromyography (EMG) and Nerve Conduction Studies (NCS).
ELECTROMYOGRAPHY (EMG) AND NERVE CONDUCTION STUDIES (NCS) (cont.)

Non-Discrimination Statement:

Blue Cross Blue Shield of Arizona (BCBSAZ) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. BCBSAZ provides appropriate free aids and services, such as qualified interpreters and written information in other formats, to people with disabilities to communicate effectively with us. BCBSAZ also provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, call (602) 864-4884 for Spanish and (877) 475-4799 for all other languages and other aids and services.

If you believe that BCBSAZ has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with: BCBSAZ's Civil Rights Coordinator, Attn: Civil Rights Coordinator, Blue Cross Blue Shield of Arizona, P.O. Box 13466, Phoenix, AZ 85002-3466, (602) 864-2288, TTY/TDD (602) 864-4823, crc@azblue.com. You can file a grievance in person or by mail or email. If you need help filing a grievance BCBSAZ's Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1–800–368–1019, 800–537–7697 (TDD). Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html

Multi-Language Interpreter Services:

Spanish: Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Blue Cross Blue Shield of Arizona, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 602-864-4884.

Navajo: Díí kwe’é atah níílnígíí Blue Cross Blue Shield of Arizona haada yít’éggo bíná’idíldkídgo éí doodago Háída biyá aniyeedígíí táadóo le’e’é yína’idíldkídgo beehaz’áanii höloí díí t’áá hazaadé’ehjí háká a’doowolgo beez’haz’a doo bąáh ilínígóó. Atá’ hálne’ííghí kojí’ bíchí’ hödíllihii 877-475-4799.

Chinese: 如果您，或是您正在協助的對象，有關於插入項目的名稱 Blue Cross Blue Shield of Arizona 方面的問題，您有權利免費以您的母語得到幫助和訊息。洽詢一位翻譯員，請撥電話 在此插入數字 877-475-4799。

Vietnamese: Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Blue Cross Blue Shield of Arizona quý vị sẽ có quyền được giúp và có thể thông tin bằng ngôn ngữ của mình miễn phí. Đề nghị chuyển với một thống dịch viên, xin gọi 877-475-4799.

Arabic:
إن كان لديك أو لدى شخص تساعد أسلحة بخصوص محصصات
الضرورية بلغتك من دون اية تكلفة للتحدث مع مترجم يصل ب 475-877-475-4799.

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ELECTROMYOGRAPHY (EMG) AND NERVE CONDUCTION STUDIES (NCS) (cont.)

Multi-Language Interpreter Services: (cont.)

Tagalog: Kung ikaw, o ang iyong tinituwan, ay may mga katanungan tungkol sa Blue Cross Blue Shield of Arizona, may karapatan ka na makakuha ng tulong at impormasyon sa iyong wika ng walang gastos. Upang makausap ang isang tagasalin, tumawag sa 877-475-4799.

Korean: 만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 Blue Cross Blue Shield of Arizona에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 이용 부담없이 원을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 877-475-4799로 전화하십시오.

French: Si vous, ou quelqu’un que vous êtes en train d’aider, a des questions à propos de Blue Cross Blue Shield of Arizona, vous avez le droit d’obtenir de l’aide et l’information dans votre langue à aucun coût. Pour parler à un interprète, appelez 877-475-4799.

German: Falls Sie oder jemand, dem Sie helfen, Fragen zum Blue Cross Blue Shield of Arizona haben, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 877-475-4799 an.

Russian: Если у вас или лица, которому вы помогаете, имеются вопросы по поводу Blue Cross Blue Shield of Arizona, то вы имеете право на бесплатное получение помощи и информации на вашем языке. Для разговора с переводчиком позвоните по телефону 877-475-4799.

Japanese: ご本人様、またはお客様の身の回りの方でも、Blue Cross Blue Shield of Arizonaについてご質問がございましたら、ご希望の言語でサポートを受けたり、情報を入手したりすることができます。料金はかかりません。通訳をお話される場合、877-475-4799までお電話ください。

Farsi: اگر شما، یا کسی که شما به آنکه مشکل دارید، سوالاتی در مورد اطلاعاتی که را به طور رایگان دریافت نمایید 877-475-4799. وظیفه تامین شماست.

Assyrian: دەگەڕێ ، ئەمەنی چەکە بۆ خۆکەیکەیە یا چەکەیکەیەیە ، نەلەمە یا دەباڵتەیە بە دەباڵتەیە بە Blue Cross Blue Shield of Arizona. لە ژیکەیەکەیە. ئەمەنی، بۆ خۆکەیکەیە، بەرەوە بە 877-475-4799.

Serbo-Croatian: Ukoliko Vi ili neko kome Vi pomoćite imate pitanje o Blue Cross Blue Shield of Arizona, imate pravo da besplatno dobijate pomoć i informacije na Vašem jeziku. Da biste razgovarali sa prevodicom, nazovite 877-475-4799.

Thai: หากคุณหรือคุณช่วยเหลือคนอื่นที่มีปัญหา Blue Cross Blue Shield of Arizona คุณมีสิทธิ์ที่จะได้ความช่วยเหลือและข้อมูลในภาษาของคุณโดยไม่เสียค่า โทร 877-475-4799.