

n05742

## Peroral Endoscopic Myotomy (POEM) – Medical Policy

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### Values

Accountability • Integrity • Service Excellence • Innovation • Collaboration

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#### Abstract Purpose:

The purpose of this policy is to provide guidance for Network Health Plan/Network Health Insurance Corporation/Network Health Administrative Services, LLC's (NHP/NHIC/NHAS) utilization management teams regarding medical necessity of the Peroral Endoscopic Myotomy (POEM) procedure.

#### Policy Detail:

Refer to the appropriate Certificate of Coverage, Evidence of Coverage, Summary Plan Description, or Individual and Family Plan to determine eligibility and coverage because Employer Group/Plan Sponsor and government contracts may vary. NHIC follows Medicare's National/Local (Wisconsin area) Coverage Determinations for its Medicare Advantage membership. *In the absence of a Medicare National/Local Coverage Determination this medical policy would apply to our Medicare Advantage membership.*

#### Procedure Detail:

##### I. Description:

Peroral endoscopic myotomy (POEM) is a procedure to treat swallowing disorders caused by muscle problems of the esophagus (such as achalasia). POEM procedure is accomplished with the use of an endoscope inserted through the mouth to cut muscles in the esophagus. This loosens the muscles preventing tightening and interference with swallowing.

##### II. Medical Indications/Criteria:

- A. Peroral endoscopic myotomy (POEM) is considered medically necessary when all of the following criteria are met:
  - i. The member/participant is 18 years of age or older; **AND**
  - ii. Has a diagnosis of primary achalasia (type I, II, or III) confirmed by esophageal manometry; **AND**
  - iii. Has an Eckardt symptoms score greater than three (3).

##### III. Coverage:

- A. NHP/NHAS may extend coverage for the peroral endoscopic myotomy procedure when the criteria above are met.
- B. NHIC follows CMS National Coverage Determinations (NCD) and Local Coverage Determinations (LCD) for application to its Medicare Advantage membership. Please refer to the applicable CMS guideline found at [www.cms.gov](http://www.cms.gov).

##### IV. Limitations/Exclusions:

- A. Network Health considers the POEM procedure not medically necessary for any other indication not meeting the criteria outlined above.

## Regulatory Citations:

UM2

## Related Documents:

**Table 1. Eckardt Score**

Score	Symptoms			
	Weight loss (kg)	Dysphagia	Poststernal pain	Regurgitation
0	No	No	No	No
1	<5	Occasional	Occasional	Occasional
2	5-10	Daily	Daily	Daily
3	>10	Each meal	Each meal	Each meal

The classification of achalasia is as follows: Level 0, score: 0-1; Level I, score=2 to 3; Level II, score=4 to 6; Level III, score >6

## CPT Codes\*:

\*This list may not be all inclusive

43497	Lower esophageal myotomy, transoral (i.e.) peroral endoscopic myotomy [POEM]
43499	Unlisted procedure, esophagus *(replaced by 43497 on 1/1/2022)

## References:

- A. Peroral Endoscopic Myotomy (POEM)  
<https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/peroral-endoscopic-myotomy>
- B. Mouen A Khashab, MD. Peroral endoscopic myotomy (POEM) Aug 2023. (Literary review current through Sept 2023) [www.uptodate.com](http://www.uptodate.com).
- C. Dirks, R.C., Kohn, G.P., Slater, B. *et al.* Is peroral endoscopic myotomy (POEM) more effective than pneumatic dilation and Heller myotomy? A systematic review and meta-analysis. *Surgical Endoscopy* 35, 1949–1962 (2021). <https://doi.org/10.1007/s00464-021-08353-w>
- D. Alberto Aiolfi, Davide Bona, Carlo Galdino Riva, et al. Systematic review and Bayesian network meta-analysis comparing laparoscopic heller myotomy, pneumatic dilation, and peroral endoscopic myotomy for esophageal achalasia. *Journal of Laparoendoscopic & Advanced Surgical Techniques*. Vol. 30, No.2. Pub Online 10 Feb 2020.
- E. Schlottmann F, Luckette DJ, Fine J, et al. Laparoscopic heller myotomy versus peroral endoscopic myotomy (POEM) for achalasia: A systematic review and meta-analysis. *Annals of Surgery*. 2018, March. Volume 267-Issue 3- pg 451-460
- F. Laurino-Neto RM, Herbella F, Schlottmann F, Patti M. Evaluation of Esophageal Achalasia: From Symptoms To The Chicago Classification. *Arq Bras Cir Dig*. 2018;31(2):e1376. doi: 10.1590/0102-672020180001e1376. Epub 2018 Jul 2. PMID: 29972404; PMCID: PMC6044194.

<b>Origination Date:</b> 10/20/2022	<b>Approval Date:</b> 12/14/2023	<b>Next Review Date:</b> 12/14/2024
<b>Regulatory Body:</b>	<b>Approving Committee:</b> Medical Policy Committee	<b>Policy Entity:</b> NHAS, NHIC, NHP
<b>Policy Owner:</b> Rachell Hall	<b>Department of Ownership:</b> Utilization Management	<b>Revision Number:</b> 1
<b>Revision Reason:</b> 10/20/2022-New Medical Policy. 10/26/2023- annual review. Medicare language added to Policy Details. Minor formatting changes. References updated and CPT/HCPCS codes reviewed for updates, revisions, or changes. 12/14/2023 – Approved at Medical Policy Committee		

Meeting: Utilization Management Committee	Date: 12/14/2023
Title/Topic: Peroral Endoscopic Myotomy (POEM)-Medical Policy	Policy Number: n05742
Purpose: Annual Review	Outcome: Choose an item.
Line of Business: Commercial and Medicare	Effective Date: 12/14/2023

**INTRODUCTION:**

*Includes definition of problem or opportunity. Provides background information on the topic. Describes current state. May also include prior state and/or factors that have changed. Includes operational definitions where key terms may have varied interpretation.*

Peroral endoscopic myotomy (POEM) is a procedure to treat swallowing disorders caused by muscle problems of the esophagus (such as achalasia). POEM procedure is accomplished with the use of an endoscope inserted through the mouth to cut muscles in the esophagus. This loosens the muscles preventing tightening and interference with swallowing.

This medical policy provides guidance for Utilization Management Coordinator Registered Nurses (UMC-RN) regarding determinations involving the medical necessity of the POEM procedure. This policy is due for annual review.

**ACTION RECOMMENDED:**

*States recommendations in specific terms. Includes a summary of what should be accomplished, methods, and timetable (if applicable). Recommendations on implementation and follow-up plans may also be included.*

Annual review has been conducted and the Peroral Endoscopic Myotomy (POEM) medical policy is presented for review and approval with changes as written.

No changes were made to the intention or utilization guidance of this policy. Changes made include minor formatting changes, updating of references, and verification of CPT codes.

**ANALYSIS/JUSTIFICATION:**

*Includes information relevant to the recommended action including information used in formulation the recommendations. Information will include reference to any existing Centers for Medicare & Medicaid Services (CMS) coverage determinations as well as any existing established vendor criteria. Information may include financial/cost data, service measures, projections or other key measures or process tools, recommendations from a clinical provider with expertise regarding the topic, and/or information from other widely used treatment guidelines or peer reviewed clinical literature.*

No national or local coverage determinations were identified from the Centers for Medicare/Medicaid (CMS) pertaining to the POEM procedure.

MCG 27<sup>th</sup> edition has coverage criteria for open or laparoscopic lower esophageal sphincter myotomy under Myotomy, Lower Esophageal Sphincter: Open or Laparoscopic ACG: A-0204 (AC) and under General Recovery Care Guidelines, Head and Neck Surgery or Procedure GRG SG-HNS (ISC GRG) for some general esophageal surgeries, but nothing specifically addressing indications for the POEM procedure.

**REFERENCES:**

*Includes detailed description regarding source(s) of information used for development of policy or recommendations via citation.*

- Peroral Endoscopic Myotomy (POEM)  
<https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/peroral-endoscopic-myotomy>
- Mouen A Khashab, MD. Peroral endoscopic myotomy (POEM) Aug 2023. (Literary review current through Sept 2023) [www.uptodate.com](http://www.uptodate.com).
- Dirks, R.C., Kohn, G.P., Slater, B. *et al.* Is peroral endoscopic myotomy (POEM) more effective than pneumatic dilation and Heller myotomy? A systematic review and meta-analysis. *Surgical Endoscopy* 35, 1949–1962 (2021).  
<https://doi.org/10.1007/s00464-021-08353-w>
- Alberto Aiolfi, Davide Bona, Carlo Galdino Riva, et al. Systematic review and Bayesian network meta-analysis comparing laparoscopic heller myotomy, pneumatic dilation, and peroral endoscopic myotomy for esophageal achalasia. *Journal of Laparoendoscopic & Advanced Surgical Techniques*. Vol. 30, No.2. Pub Online 10 Feb 2020.
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**REVISION REASON:**

*Includes the date changes or updates were made and summary of changes applied.*

10/26/2023: Annual review. Minor formatting changes made. References were reviewed and updated. CPT code verification was performed to monitor for changes and/or updates.

**Disclaimer:**

Contract language as well as state and federal laws take precedence over any medical policy.

Network Health coverage documents (i.e. Certificate of Coverage, Evidence of Coverage, Summary Plan Descriptions) outline contractual terms of the applicable benefit plan for each line of business and will be considered first in determining eligibility. Not all Network Health coverage documents are the same. Coverage may differ. Our Medicare membership follows applicable Centers for Medicare and Medicaid Services (CMS) coverage statements including National Coverage Determinations (NCD) and Local Coverage Determinations (LCD). Please refer to the CMS website at [www.cms.gov](http://www.cms.gov).

Network Health reserves the right to review and update our medical policies on occasion as medical technologies are constantly evolving. The documentation of any brand name of a test, product and/or procedure in a medical policy is in no way an endorsement of that product; it is for reference only.

Network Health's medical policies are for guidance and not intended to prevent the judgment of the reviewing medical director(s) nor dictate to health care providers how to practice medicine.