

Meeting: Utilization Management Committee	Date: 10/17/2024
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: 10/17/2024

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 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 28th 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> Accessed August 26, 2024.
- Mouen A Khashab, MD. Peroral endoscopic myotomy (POEM) Aug 2023. (Literary review current through Jul 2024) 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). Accessed August 26, 2024. <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. Accessed August 26, 2024.
- 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. Accessed August 26, 2024.
- 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. Accessed August 26, 2024.

REVISION REASON:

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

10/17/2024: Annual review. 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.

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