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Provider update

Pediatric sleep studies

Effective January 1, 2021, all in-lab sleep studies requested for members 3 years of age and older who are meeting *AIM Sleep Disorder Management Guidelines* for suspected obstructive sleep apnea should be conducted in a freestanding facility.

Members younger than 3 years of age may have an in-lab sleep study conducted in a hospital setting without a prior authorization (PA).

In Maryland, where the availability and accessibility of sleep labs in unregulated space supports the access needs of our members, pediatric sleep studies will require review and precertification of the site-of-service when medical necessity of the service is met and hospital outpatient site of service is requested.

Additionally, all service authorization requests will be processed according to state requirements.

Definitions:

- **Administrative denial for site of service:** The denial for payment of a requested site or place of service for reasons other than a lack of medical necessity

- **Freestanding facilities:** In Maryland, freestanding facilities are defined as practices that render services in unregulated, non-hospital space

- **Medical necessity:** Refers to activities that may be justified as reasonable, necessary or appropriate based on objective and evidenced-based clinical standards of care. Examples of criteria that are the basis for the determination that a service, procedure or supply is medically necessary include but are not limited to:

    - **Precertification:** Process by which medical necessity criteria are applied to ensure that proposed care is medically necessary and performed at the appropriate level of care.

    - **Site of service review:** Once medical necessary has been determined for the requested procedure or service, a site of service administrative review will be required to ensure the service will be provided in the most efficient and cost-effective setting.

* AIM Specialty Health is an independent company providing some utilization review services on behalf of Amerigroup Community Care.

- **Type I sleep study:** An attended sleep study performed in a hospital or freestanding sleep lab with continuous and simultaneous monitoring of electroencephalogram (EEG), electrooculogram (EOG), electrocardiogram (EKG), electromyogram (EMG), oxygen saturation, respiratory effort, and airflow. Type I studies are also known as polysomnography (PSG).

95782	Polysomnography; younger than 6 years, sleep staging with 4 or more additional parameters of sleep, attended by a technologist
95783	Polysomnography; younger than 6 years, sleep staging with 4 or more additional parameters of sleep, with initiation of continuous positive airway pressure therapy or bi-level ventilation, attended by a technologist
95805	Multiple sleep latency or maintenance of wakefulness testing, recording, analysis and interpretation of physiological measurements of sleep during multiple trials to assess sleepiness
95807	Sleep study, simultaneous recording of ventilation, respiratory effort, ECG or heart rate, and oxygen saturation, attended by a technologist
95808	Polysomnography; any age, sleep staging with 1-3 additional parameters of sleep, attended by a technologist
95810	Polysomnography; age 6 years or older, sleep staging with 4 or more additional parameters of sleep, attended by a technologist
95811	Polysomnography; age 6 years or older, sleep staging with 4 or more additional parameters of sleep, with initiation of continuous positive airway pressure therapy or bi-level ventilation, attended by a technologist

- **Sleep studies requested for in-hospital facilities for members 3 years and older require a PA.**

- **Special circumstance:** Relevant case or member-specific facts that support the use of hospital-based or regulated space. These may include but are not limited to:
  - Narcolepsy without cataplexy — G47419;
  - Idiopathic hypersomnia with long sleep time — R0681
  - Primary Central Apnea — G4731; and
  - Periodic Limb Movement Disorder — G4761.

PAs not meeting criteria for medical necessity for pediatric in-hospital sleep studies require medical director review (MDR) for final determination.

Procedure: Site of service precertifications

1. When an authorization request for specified services/procedures is initiated for services to be performed in an outpatient hospital facility or regulated space, and the service meets medical necessity criteria, the requester must also identify any special circumstance(s) to justify why the service must be provided in the hospital-based setting. If the requester cannot provide a special circumstance, the service will be redirected to a participating freestanding practice/facility.

2. When an authorization request meets medical necessity for the service, but no special circumstances are provided (see Definitions) to support the provision of services in a hospital-based setting, and the requesting provider does not accept redirection to a freestanding or non-hospital based site of service, then an administrative denial for site of service will be issued. The provider/member will be notified that the services meet medical necessity for approval, but the site/location of services is being administratively denied. An administrative denial letter will be issued per requirements.

Reference:

AIM Sleep Disorder Diagnostic and Treatment Guidelines, Clinical Appropriateness Guidelines 2020

What if I need assistance?

If you have questions about this communication or need assistance with any other item, contact your local Provider Relations representative or call Provider Services at 1-800-454-3730.