

## Electroconvulsive Therapy (ECT) Medical Necessity Criteria

### Documentation Required Prior to Determination:

**Initial and Re-Authorization:** requires the PNO/Provider Agency or inpatient physician to submit a prior authorization request for all ECT procedures. Documentation related to the information under **Diagnostic Criteria** should be submitted at the time of request.

**Length of Authorization:** up to sixty days maximum, authorized in blocks of 6 for Mercy RBHA members

### Determination Criteria:

Mercy Care Affiliated RBHA considers electroconvulsive therapy (ECT) medically necessary for the management of the following conditions:

- (1) Depression - Major depression or Bipolar depression
- (2) Mania
- (3) Schizophrenia and related disorders – psychotic symptoms associated with significant occupational / social dysfunction and not responding to pharmacotherapy
- (4) Catatonia

### Selection Criteria for ECT:

- (1) Member has one of the qualifying psychiatric conditions listed above
- (2) Member is at least 12 years old and
- (3) One of the following criteria is met:
  - (a) Member is unresponsive to effective medications, given for adequate dose and duration that are indicated for the member's condition
  - (b) Member is unable to tolerate effective medications or has a medical condition for which medication is contraindicated
  - (c) Member has had favorable responses to ECT in the past
  - (d) Member is unable to wait safely until medication is effective (eg. Life threatening inanition, psychosis, stupor, extreme agitation, high suicide or homicide risk)
  - (e) Member is experiencing severe mania (296.43, 296.44,) or depression (296.23,296.33, 296.24, 296.34, 296.53,296.54 ) during pregnancy
  - (f) Member prefers ECT as a treatment option
- (4) Relative contraindications to ECT include but are not limited to: space occupying lesions of the brain; high intracranial pressure; unstable or severe cardiovascular disease; recent myocardial infarction; recent cerebral infarction; retinal detachment; high anesthesia risk; significant medical risk; unstable musculoskeletal injuries (particularly spinal)