

Platelet-Rich Plasma

Policy Number: **M20130117011**
Effective Date: **4/1/2013**
Sponsoring Department: **Health Care Services**
Impacted Department(s): **Health Care Services**

Type of Policy: Internal External

Data Classification: Confidential Restricted Public

Applies to (Line of Business):

- Corporate (All)
 State Products, if yes which plan(s): MediSource; MediSource Connect; Child Health Plus; Essential Plan
 Medicare, if yes, which plan(s): MAPD; PDP; ISNP; CSNP
 Commercial, if yes, which type: Large Group; Small Group; Individual
 Self-Funded Services (*Refer to specific Summary Plan Descriptions (SPDs) to determine any pre-authorization or pre-certification requirements and coverage limitations. In the event of any conflict between this policy and the SPD of a Self-Funded Plan, the SPD shall supersede the policy.*)

Excluded Products within the Selected Lines of Business (LOB)

Applicable to Vendors? Yes No

Purpose and Applicability:

To set forth the medical necessity criteria for the utilization of Platelet-Rich Plasma.

Policy:

Commercial and Self-Funded:

Platelet rich plasma and platelet derived growth factors are not covered as there is insufficient clinical evidence to support the efficacy and effectiveness of their use. These non-covered products include but are not limited to:

- Autologous platelet rich plasma injections
- Autologous platelet gel
- Autologous platelet derived growth factors

Platelet rich plasma is considered experimental/investigational for all indications including, but not limited to:

- Chronic non-healing wounds
- Epicondylitis (i.e., tennis elbow, elbow epicondylar tendinosis)
- Osteoarthritis
- Plantar fasciitis
- Dupuytren’s contracture
- Bone healing and fusion, including as an adjunct to spinal fusion
- Sinus surgery

Medicare Advantage:

There is currently a Centers for Medicare and Medicaid (CMS) Local Coverage Determination (LCD). And a Local Coverage Article (LCA) for musculoskeletal injuries and/or joint conditions. There is a CMS National Coverage Determination (NCD) for coverage for platelet rich plasma for the treatment of chronic non-healing diabetic, venous and/or pressure wounds. Please refer to the links listed in the Reference section for Medicare Advantage members.

Medicare Advantage utilizes the Commercial criteria for platelet rich plasma for all other indications.

MediSource, MediSource Connect, Child Health Plus and Essential Plan:

Platelet rich plasma is covered by MediSource, MediSource Connect, Child Health Plus or Essential Plan in Article 28 places of service including hospital outpatient departments (OPD), hospital ambulatory surgery centers, hospital emergency departments (ED), free-standing ambulatory surgery centers, and Diagnostic and Treatment Centers (D&TCs) settings.

Platelet rich plasma is not covered by MediSource, MediSource Connect, Child Health Plus or Essential Plan in Article 11 place of service, provider offices.

Background

Platelet Rich Plasma (PRP) is blood plasma with a higher-than-usual concentration of platelets. PRP Involves collecting a small sample of blood from the patient, concentrating the platelets, and administering the PRP to the patient through injection. While the mechanism of action has not been identified, the theory is PRP injections will stimulate new healthy cells to grow and promote healing.

PRP has predominantly been used to treat musculoskeletal conditions, particularly tendon-related pathologies. In general, no major adverse events have been reported, with only minor and transient risks and adverse effects of PRP seen, which include pain/bleeding, tenderness, and swelling and bruising at the site of injection.

There is a lack of good quality, well-designed clinical trial evidence which supports the use of PRP for multiple indications. PRP development protocols vary considerably across studies, and there is no consensus on best practices, nor is there clear understanding of which steps and factors (if any) are associated with better outcomes.

An evaluation of the peer-reviewed scientific literature, including but not limited to subscription materials, has provided Independent Health the basis for its medical necessity coverage outlined above.

Pre-Authorization Required? Yes No

Preauthorization is required for this service.

Definitions

Platelet-rich plasma is produced in an autologous or homologous manner. The autologous blood derived product contains both platelet derived growth factor (PDGF) products and platelet-rich plasma (PRP). PRP contains whole cells including white cells, red cells, macrophages and fibroblasts.

References

Related Policies, Processes and Other Documents

N/A

Non-Regulatory references

Bennell KL, Paterson KL, Metcalf BR, et al. Effect of Intra-articular Platelet-Rich Plasma vs Placebo Injection on Pain and Medial Tibial Cartilage Volume in Patients With Knee Osteoarthritis: The RESTORE Randomized Clinical Trial. *JAMA*. 2021 Nov 23;326(20):2021-2030.

de Vos RJ, Windt J, Weir A. Strong evidence against platelet-rich plasma injections for chronic lateral epicondylar tendinopathy: a systematic review. *Br J Sports Med*. 2014 Jun;48(12):952-6.

Deveza LA, Bennell K. Management of knee osteoarthritis. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. (Accessed on April 26, 2024.)

Hayes, Inc. Comparative Effectiveness Review Platelet-Rich Plasma for Treatment of Conditions of the Achilles Tendon and Plantar Fascia. Lansdale, PA: March 2019.

Hayes, Inc. Comparative Effectiveness Review of Platelet-Rich Plasma for Treatment of Lateral Epicondylitis: A Review of Reviews. Lansdale, PA: December 2017.

Hayes, Inc. Comparative Effectiveness Review Platelet-Rich Plasma for Treatment of Ligament Injuries and Tendinopathies of the Knee: Review of Reviews; Lansdale, PA: December 2017.

Hayes, Inc. Comparative Effectiveness Review of Platelet-Rich Plasma for Knee Osteoarthritis: A Review of Reviews; Lansdale, PA: November 2017.

Hayes, Inc . Evidence Analysis Research Brief. Platelet-Rich Plasma for Knee Osteoarthritis. Lansdale, PA: November 2023.

Hayes, Inc . Health Technology Assessment Platelet-Rich Plasma For Hip Osteoarthritis. Lansdale, PA: June 2019.

Hayes, Inc. Health Technology Assessment Platelet-Rich Plasma for Wound Treatment in Diabetic Foot Ulcers; Lansdale, PA: February 2022.

Moraes VY, Lenza M, Tamaoki MJ, et al. Platelet-rich therapies for musculoskeletal soft tissue injuries. *Cochrane Database Syst Rev*. 2014 Apr 29;4:CD010071.

National Institute for Clinical Excellence (NICE) [web site]. NICE interventional procedure guidance 437 Autologous blood injection for plantar fasciitis. January 2013. Available at:

<https://www.nice.org.uk/guidance/ipg437/resources/autologous-blood-injection-for-plantar-fasciitis-1899869694583237> Accessed April 30, 2024.

National Institute for Clinical Excellence (NICE) [web site]. NICE interventional procedure guidance 438 Autologous blood injection for tendinopathy. January 2013. Available at: <https://www.nice.org.uk/guidance/ipg438/resources/autologous-blood-injection-for-tendinopathy-1899869696262853> Accessed April 30, 2024.

National Institute for Clinical Excellence (NICE) [web site]. Platelet-rich plasma injections for knee osteoarthritis Interventional procedures guidance. January 23, 2019. Available at: <https://www.nice.org.uk/guidance/ipg637/resources/plateletrich-plasma-injections-for-knee-osteoarthritis-pdf-1899874048147909> Accessed April 30, 2024.

Roberts WN Intraarticular and soft tissue injections: What agent(s) to inject and how frequently? In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. (Accessed on April 26, 2024.)

Yu S, Investigational approaches to the management of osteoarthritis. In: UpToDate, Post TW (Ed), UpToDate, Waltham, MA. (Accessed on April 26, 2024.)

Regulatory References

Centers for Medicare and Medicaid (CMS) [web site]. Local Article Billing and Coding: Platelet Rich Plasma (A58609). Available at: <https://www.cms.gov/medicare-coverage-database/view/article.aspx?articleId=58609&ver=6> . Accessed April 30, 2024.

Centers for Medicare and Medicaid (CMS) [web site]. Local Coverage Determination (LCD) Platelet Rich Plasma (L38937). Available at: <https://www.cms.gov/medicare-coverage-database/view/lcd.aspx?lcdid=38937&ver=6&keyword=blood+product&keywordType=starts&areald=all&docType=NCA%2CCAL%2CNCD%2CMEDCAC%2CTA%2CMCD%2C6%2C3%2C5%2C1%2CF%2CP&contractOption=name&contractorName=1&sortBy=relevance&bc=1> Accessed April 30, 2024.

Centers for Medicare and Medicaid (CMS) [web site]. National Coverage Determination (NCD) for Blood-Derived Products for Chronic Non-Healing Wounds (270.3). Available at: <https://www.cms.gov/medicare-coverage-database/view/ncd.aspx?ncdid=217&ncdver=6&bc=0> Accessed April 30, 2024.

New York State Department of Health, Division of Managed Care Response to Coverage Question (CovQuest) October 29, 2018.

This policy contains medical necessity criteria that apply for this service. Please note that payment for covered services is subject to eligibility criteria, contract exclusions and the limitations noted in the member's contract at the time the services are rendered.

Version Control

Signature / Approval on File? Yes No

Revision Date	Owner	Notes
7/1/2024	Health Care Services	Revised
7/1/2023	Health Care Services	Reviewed
7/1/2022	Health Care Services	Revised
8/1/2021	Health Care Services	Reviewed
9/1/2020	Health Care Services	Revised
11/1/2019	Medical Management	Revised
10/1/2019	Medical Management	Revised
1/1/2019	Medical Management	Reviewed
12/1/2017	Medical Management	Reviewed
1/1/2017	Medical Management	Revised
1/1/2016	Medical Management	Revised
12/1/2014	Medical Management	Revised
4/1/2014	Medical Management	Revised