

MEDICAL POLICY

MEDICAL POLICY DETAILS	
Medical Policy Title	Pelvic Floor Electrical Stimulation as a Treatment for Urinary or Fecal Incontinence
Policy Number	1.01.19
Category	Technology Assessment
Original Effective Date	09/16/99
Committee Approval Date	08/16/01, 07/18/02, 05/21/03, 06/17/04, 06/16/05, 06/15/06, 05/17/07, 05/14/08, 09/18/08, 09/17/09, 09/16/10, 09/15/11
Current Effective Date	06/22/23
Archived Date	09/20/12
Archive Review Date	09/19/13, 09/18/14, 09/17/15, 07/21/16, 07/20/17, 07/19/18, 07/18/19, 06/18/20, 06/17/21, 06/16/22, 06/22/23
Product Disclaimer	<ul style="list-style-type: none"> If a product excludes coverage for a service, it is not covered, and medical policy criteria do not apply. If a commercial product (including an Essential Plan or Child Health Plus product), medical policy criteria apply to the benefit. If a Medicaid product covers a specific service, and there are no New York State Medicaid guidelines (eMedNY) criteria, medical policy criteria apply to the benefit. If a Medicare product (including Medicare HMO-Dual Special Needs Program (DSNP) product) covers a specific service, and there is no national or local Medicare coverage decision for the service, medical policy criteria apply to the benefit. If a Medicare HMO-Dual Special Needs Program (DSNP) product DOES NOT cover a specific service, please refer to the Medicaid Product coverage line

POLICY STATEMENT

Based upon our criteria and assessment of the peer-reviewed literature, pelvic floor electrical stimulation (PFES) does not improve patient outcomes and, therefore, is considered **not medically necessary**.

Refer to Corporate Medical Policy #1.01.01 Transcutaneous and Percutaneous Electrical Nerve Stimulation as a Treatment for Pain or Other Conditions.

Refer to Corporate Medical Policy #7.01.10 Sacral Nerve Stimulation.

DESCRIPTION

Urinary incontinence is defined by the International Continence Society (ICS) as “a condition in which involuntary loss of urine is a social or hygienic problem.” The National Institute of Health (NIH) statistics indicate that urinary incontinence is estimated to affect 10-12 million people in the United States, two-thirds of whom are female.

Pelvic floor electrical stimulation (PFES) has been advocated as a treatment for urinary stress incontinence, urge incontinence, and incontinence due to detrusor instability. PFES is also being investigated as a treatment modality for patients with fecal incontinence due to pelvic floor dysfunction and has been proposed as a non-invasive alternative to surgical intervention for patients with damage to the anal sphincter.

PFES is the application of electrical current to the pudendal nerve. This electrical stimulation causes reflex contraction of the pelvic floor musculature (detrusor/bladder muscle and levator ani muscle). PFES is applied to the body using skin electrodes around the anus or by vaginal or rectal sensors (probes). PFES may be used alone or in conjunction with biofeedback or pelvic floor muscle exercises. The goal of PFES is to regain volitional control of the pelvic floor muscles

Medical Policy: PELVIC FLOOR ELECTRICAL STIMULATION AS A TREATMENT FOR URINARY OR FECAL INCONTINENCE

Policy Number: 1.01.19

Page: 2 of 4

through their passive activation. The patient should progress to regaining voluntary control of muscle contraction without stimulation, increasing the strength of pelvic floor muscles, thereby eliminating urinary leakage.

RATIONALE

While case series have reported promising outcomes of pelvic floor electrical stimulation, the evidence from these case series tends to overestimate the treatment effect. The studies do not account for placebo effects or for dropouts. Many of the studies investigating electrical stimulation as a treatment of urinary or fecal incontinence combined biofeedback and/or pelvic floor muscle exercises with electrical stimulation as the intervention, which makes it difficult to determine the independent effect of electrical stimulation alone. Published studies of randomized, controlled clinical trials investigating this treatment modality have reported inconsistent and/or inconclusive results. The evidence is insufficient to determine the effectiveness of pelvic floor electrical stimulation on urinary incontinence or fecal incontinence. Most of the published studies have not measured the effect of these devices on pelvic muscle strength, which is a measurement of the effectiveness of pelvic floor stimulation. There is insufficient evidence from clinical trials to determine whether electrical stimulation is more effective than pelvic floor muscle exercises or even sham electrical stimulation.

The National Institute of Health and Care Excellence guideline NG123 “Non-surgical management of urinary incontinence” updated June 24, 2019, states “a trial of supervised pelvic floor muscle training of at least 3 months’ duration as first-line treatment to women with stress or mixed urinary incontinence should be offered.”

CODES

- Eligibility for reimbursement is based upon the benefits set forth in the member’s subscriber contract.
- **CODES MAY NOT BE COVERED UNDER ALL CIRCUMSTANCES. PLEASE READ THE POLICY AND GUIDELINES STATEMENTS CAREFULLY.**
- Codes may not be all inclusive as the AMA and CMS code updates may occur more frequently than policy updates.
- Code Key: Experimental/Investigational = (E/I), Not medically necessary/ appropriate = (NMN).

CPT Codes

Code	Description
97014*	Physical medicine and rehabilitation - application of a modality to one or more areas; electrical stimulation (unattended) (*NMN for N39.3, N39.41-N39.498, R15.0-R15.9, R32)
97032*	application of a modality to one or more areas; electrical stimulation (manual), each 15 minutes (*NMN for N39.3, N39.41-N39.498, R15.0-R15.9, R32)

Copyright © 2023 American Medical Association, Chicago, IL

HCPCS Codes

Code	Description
E0740 (NMN)	Non-implanted pelvic floor electrical stimulator, complete system
G0283*	Electrical stimulation (unattended), to one or more areas for indication(s) other than wound care, as part of a therapy plan of care (*NMN for N39.3, N39.41-N39.498, R15.0-R15.9, R32)

ICD10 Codes

Code	Description
N39.3 (NMN)	Stress incontinence (female) (male)

Medical Policy: PELVIC FLOOR ELECTRICAL STIMULATION AS A TREATMENT FOR URINARY OR FECAL INCONTINENCE

Policy Number: 1.01.19

Page: 3 of 4

Code	Description
N39.41-N39.498 (NMN)	Other specified urinary incontinence (code range)
R15.0-R15.9 (NMN)	Fecal incontinence (code range)
R32 (NMN)	Unspecified urinary incontinence

REFERENCES

Andersen CA, et al. Conservative management for postprostatectomy urinary incontinence. *Cochrane Database Syst Rev* 2015 Jan 20;1:CD001843.

Bae S, et al., Effects of low-frequency intravaginal electrical stimulation on female urinary incontinence, quality of life, and urinary symptoms: A pilot study. *Low Urin Tract Symptoms* 2020 Jan;12(1):25-32.

*Castro RA, et al. Single-blind, randomized, control trial of pelvic floor muscle training, electrical stimulation, vaginal cones, and no active treatment in the management of stress urinary incontinence. *Clinics* 2008;64:465-72.

*Gilling PJ, et al. A double-blind randomized controlled trial of electromagnetic stimulation of the pelvic floor vs sham therapy in treatment of women with stress urinary incontinence. *BJU Int* 2009;103(10):1386-90.

*Goode PS, et al. Behavioral therapy with or without biofeedback and pelvic floor electrical stimulation for persistent postprostatectomy incontinence: a randomized controlled trial. *JAMA* 2011 Jan 12;305(2):151-9.

*Goode PS, et al. Effect of behavioral training with or without pelvic floor electrical stimulation on stress incontinence in women. *JAMA* 2003 Jul;290(3):345-52.

Hwang UJ, et al. Effect of pelvic floor muscle electrical stimulation on lumbopelvic control in women with stress urinary incontinence: randomized controlled trial. *Physiother Theory Pract* 2022 Apr 18:1-10.

*Mahoney RT, et al. Randomized clinical trial of intra-anal electromyographic biofeedback physiotherapy with intra-anal electromyographic biofeedback augmented with electrical stimulation of the anal sphincter in early postpartum fecal incontinence. *Am J Obstet Gynecol* 2004 Sep;191(3):885-90.

Mundet L, et al. Kegel exercises, biofeedback, electrostimulation, and peripheral neuromodulation improve clinical symptoms of fecal incontinence and affect specific physiological targets: An randomized controlled trial. *J Neurogastroenterol Motil* 2021 Jan 30;27(1):108-118.

National Institute for Health and Care Excellence (NICE). Urinary incontinence and pelvic organ prolapse in women: management. NG123. 2019 Apr [<https://www.nice.org.uk/guidance/ng123>] accessed 05/24/23.

*Osterberg A, et al. Randomized clinical trial comparing conservative and surgical treatment of neurogenic faecal incontinence. *Br J Surg* 2004 Sep;91(9):1131-7.

Shamliyan TA, et al. Nonsurgical treatments for urinary incontinence in adult women: diagnosis and comparative effectiveness. *Comparative Effectiveness Reviews*, No. 36. 2012 Apr [<https://effectivehealthcare.ahrq.gov/topics/urinary-incontinence-treatment/research>] accessed 05/24/23.

*Spruijt J, et al. Vaginal electrical stimulation of the pelvic floor: a randomized feasibility study in urinary incontinent elderly women. *ACTA Obstet Gynecol Scand* 2003 Nov;82(11):1043-8.

Stewart F, et al. Electrical stimulation with non-implanted devices for stress urinary incontinence in women. *Cochrane Database Syst Rev* 2017 Dec 22;12:CD012390.

*Vonthein R, et al. Electrical stimulation and biofeedback for the treatment of fecal incontinence: a systematic review. *Int J Colorectal Dis* 2013; 28(11):1567-77.

Medical Policy: PELVIC FLOOR ELECTRICAL STIMULATION AS A TREATMENT FOR URINARY OR FECAL INCONTINENCE

Policy Number: 1.01.19

Page: 4 of 4

*Wille S, et al. Pelvic floor exercises, electrical stimulation and biofeedback after radical prostatectomy: results of a prospective randomized trial. J Urol 2003 Aug;170(2 Pt 1):490-3.

*Zhu YP, et al. Pelvic floor electrical stimulation for postprostatectomy urinary incontinence: a meta-analysis. Urology 2012 Mar;79(3):552-5.

*Key Article

KEY WORDS

Intravaginal electrical stimulation

CMS COVERAGE FOR MEDICARE PRODUCT MEMBERS

There is currently a National Coverage Determination (NCD) for Non-Implantable Pelvic Floor Electrical Stimulator. Please refer to the following NCD website for Medicare Members: <https://www.cms.gov/medicare-coverage-database/details/ncd-details.aspx?NCDId=231&ncdver=2&bc=AgAAgAAAAAA&>.