



**Subject:** Biofeedback for Urinary Incontinence\*

**Effective Date:** October 22, 2002

**Department(s):** Utilization Management

---

**Policy:** Biofeedback as therapy for stress and/or urge urinary incontinence will be covered under the Plans administered by QualCare, Inc.

**Objective:** To provide proper and consistent reimbursement and to delineate criteria for coverage of biofeedback for a specific indication.

**Procedure:**

- A. The diagnosis of stress and/or urge urinary incontinence must be documented in writing by a physician.
- B. There must be written documentation of a trial of at least 4 weeks of pelvic muscle exercise training, without biofeedback, that has failed. No more than 4 of these pelvic muscle exercise training sessions shall be in the setting of a provider's office or other facility.
- C. A maximum of 12 sessions will be authorized for biofeedback (**CPT-90911**) for stress and/or urge urinary incontinence ( **ICD 9-788.31,788.32,788.33; ICD-10 N39.41, N39.3, N39.46**).

## References

- American Urological Association. Surgical treatment of female stress urinary incontinence (SUI): AUA/SUFU guideline. Accessed at [http://www.auanet.org/guidelines/stress-urinary-incontinence-\(sui\)-new-\(aua/sufu-guideline-2017\)](http://www.auanet.org/guidelines/stress-urinary-incontinence-(sui)-new-(aua/sufu-guideline-2017))
- Dumuolin C, Hay-Smith EJ, Mac Habee-Seguin G. Pelvic floor muscle training versus no treatment, or inactive control treatments, for urinary incontinence in women. *Cochrane Database Syst Rev* 2014;5:CD005654. doi: 10.1002/14651858.CD005654.pub3.(May)
- Myers DL Female mixed urinary incontinence: a clinical review. *JAMA*;311(19):2007-14(May)
- Bo K, Hilde G. Does it work in the long term?--A systematic review on pelvic floor muscle training for female stress urinary incontinence. *Neurourol Uridyn* 2013;32(3):215-23(Mar)
- Hay-Smith J, Herderschee R, Dumoulin C, Herbison P. Comparisons of approaches to pelvic floor muscle exercise training for urinary incontinence in women: an abridged Cochrane systematic review. *Eur J Phys Rehab Med* 2012;46(4):698-705(Dec)
- Greer JA, Smith AL, Arya LA. Pelvic floor muscle training for urgency urinary incontinence in women: a systematic review. *Int Urogynecol J* 2012 Jan 14[epub ahead of print]
- Herderschee R, Hay-Smith EJ, Herbison GP, Roovers JP, Heineman MJ. Feedback or biofeedback to augment pelvic floor muscle training for urinary incontinence in women. *Cochrane Database Syst Rev* 2011 Jul6; (7):CD009252
- DuBeau CE. Treatment of Urinary Incontinence. UpToDate version 18.1, updated February 1, 2010. Available at: <http://www.uptodate.com/online/content/topic.do?topicKey=primneph/6500&view=print> accessed 07/14/10
- Dumoulin C, Hay-Smith J. Pelvic floor muscle training versus no treatment, or inactive control treatments, for urinary incontinence in women. Cochrane Database Syst Rev 2010 Jan 20;(1):CD005654
- Burgio KL. Behavioral treatment of urinary incontinence, voiding dysfunction, and overactive bladder. *Obstet Gynecol Clin N Am* 2009;36(3):475-491 (Sep)
- Drzewiecki BA, Kelly PR, Marinaccio B. Biofeedback training for lower urinary tract symptoms: Factors affecting efficacy. J Urol 2009;182(4 Suppl):2050-2055 (Oct)
- Gibbs CF, Johnson TM 2<sup>nd</sup>, Ouslander JG. Office Management of Geriatric Urinary Incontinence. *Am J Med* 2007;120(3):211-220 (Mar)
- Wilson MM. Urinary Incontinence: Selected Current Concepts. *Med Clin North Amer* 2006;90(5):825-836 (Sep)

Payne CK. Urinary Incontinence: Nonsurgical Management. Ch 29 in Walsh PC, ed-in-chief, Campbell's Urology 8<sup>th</sup> Ed. Philadelphia: Saunders, 2002

---. Centers for Medicare and Medicaid Services (CMS) Coverage Issues – Medical Procedures 35-27.1 Biofeedback Therapy for the Treatment of Urinary Incontinence (May 2001)

Levine SA, Barry, PP. Geriatric Patients: Urinary Incontinence. Ch 8 in Noble J, ed-in-chief, Textbook of Primary Care Medicine, 3<sup>rd</sup> Ed. St. Louis: Mosby, 2001

Culligan PJ. Urinary Incontinence in Women: Evaluation and Management. Am Fam Physician 2000;62:2433-2444, 2447, 2452 (December 1)

Ouslander JG. Urinary Incontinence Ch 119 in Goldman L and Bennett JC, eds-in-chief, Cecil Textbook of Medicine 21<sup>st</sup> Ed. Philadelphia: Saunders, 2000

Sampselle CM. Urogynecology. Evidence-based Obstet and Gynecol 1999;1(4):113 (December)

Visco AG, Figuers CF. Urogynecology and Pelvic Floor Dysfunction: Nonsurgical Management of Pelvic Floor Dysfunction. Obstet and Gynecol Clinics 1998;25(4):849-865 (December)

Iselin CE, Webster GD. Office management of Urologic Problems: Office Management of Female Urinary Incontinence. Urol Clin N Amer 1998;25(4):625-645 (November)

Wyman JF, Fantl JA, McClish DK, Bump RC. Comparative efficacy of behavioral interventions in the management of female urinary incontinence. Am J Obstet Gynecol 1998;179(4):999-1007 (October)

Drafted By: BFisher, MD 09/23/02

Approved By/Date: QM Committee 10/22/02

Reviewed without Revision By/Date: BFisher, MD 10/25/05

Approved By/Date: QM Committee 12/12/05

Reviewed without Revision By/Date: BFisher, MD 03/31/08

Approved By/Date: QM Committee 04/29/08

Reviewed without Revision By/Date: BFisher, MD 07/14/10

Approved By/Date: QM Committee 07/27/10

Reviewed without Revision By/Date: MMcNeil, MD 04/27/12

Approved By/Date: QM Committee 05/08/12

Revised By/Date: MMcNeil, MD 06/18/14

Approved By/Date: QM Committee: 07/22/14

Reviewed w/o Revision By/Date: MMcNeil, MD 01/10/17

Approved By/Date: QM Committee 2/21/17

Reviewed w/o Revision By/Date: M McNeil, MD 07/30/18

Approved By/Date: QM Committee 08/21/18

\*Consistent with Summary Plan Description (SPD). When there is discordance between this policy and the SPD, the provisions of the SPD prevail.