

### **310-GG NUTRITIONAL THERAPY, METABOLIC FOODS, AND TOTAL PARENTAL NUTRITION**

EFFECTIVE DATE: October 1, 2019

REFERENCES: AMPM, Chapter 310-GG, Attachment A - AHCCCS Certificate of Medical Necessity for Commercial oral Nutritional Supplements, for Members 21 Years of Age and Older – Initial or Ongoing Requests

#### **Purpose**

This policy applies to the Division's Administrative Services Subcontractors (AdSS). This Policy establishes requirements regarding nutritional assessments, nutritional therapy, including metabolic foods, commercial oral supplements, and total parental nutrition for members 21 years of age and older.

#### **Definitions:**

- A. Commercial Oral Supplemental Nutrition - Nourishment available without a prescription that serves as sole caloric intake or additional caloric intake to.
- B. Enteral Nutrition - Liquid nourishment provided directly to the digestive tract of a member who cannot ingest an appropriate number of calories to maintain an acceptable nutritional status. Enteral nutrition is commonly provided by J-tube, G-tube or N/G tube.
- C. Metabolic Medical Food Formulas or Medical Foods - Nutrition and specialized diets used to treat inherited metabolic disorders that are rare genetic conditions in which normal metabolic function is inhibited by a deficiency in a critical enzyme. Metabolic formula or modified low protein foods are produced or manufactured specifically for persons with a qualifying metabolic disorder and are not generally used by persons in the absence of a qualifying metabolic disorder. In order to avoid toxic effects, the treatment of the associated metabolic disorder depends on dietary restriction of foods containing the substances that cannot be metabolized by the member.
- D. Total Parenteral Nutritional (TPN) Therapy - Nourishment provided through the venous system to members with severe pathology of the alimentary tract that does not allow absorption of sufficient nutrients to maintain weight and strength appropriate for the individual's general condition. Nutrients are provided through an indwelling catheter.

#### **Policy**

A nutritional assessment is required for a member who has been identified as having a health status which may improve or be maintained with nutrition intervention such as nutritional therapy.

Refer to AdSS Medical Policy 430 for requirements specific to nutritional assessments and nutritional therapy for all members 20 years of age and under.

AHCCCS covers the nutritional assessment as determined medically necessary and as a part of health risk assessment and screening services provided by the member's Primary Care Provider (PCP). Nutritional assessment services provided by a registered dietitian also are

covered when ordered by the member's PCP.

AHCCCS covers nutritional therapy on an enteral, parenteral or oral basis when determined medically necessary to provide either complete daily dietary requirements, or to supplement a member's daily nutritional and caloric intake. AdSS follows Medicare requirements for the provision of TPN services.

### **Prior Authorization**

Prior Authorization (PA) from the AdSS is required for commercial oral nutritional supplements, enteral nutrition, and parenteral nutrition unless:

- A. The member is currently receiving nutrition through enteral or parenteral feedings for which PA has already been obtained.
- B. For the first 30 days with members who require oral supplemental nutritional feedings on a temporary basis due to an emergent condition; i.e. post-hospitalization.

### **Commercial Oral Nutritional Supplements**

Medical necessity for commercial oral nutritional supplements must be determined on an individual basis by the member's PCP or specialty provider, using the criteria specified in this Policy. The PCP or specialty provider must use the AHCCCS approved form (AMPM 310-GG Attachment A) to obtain authorization from the AdSS.

- A. Specific criteria must be met with AMPM 310-GG Attachment A when assessing the medical necessity of providing commercial oral nutritional supplements. These criteria include the following:
  - 1. The Member is currently underweight with a BMI of less than 18.5, presenting serious health consequences for the member, or has already demonstrated a medically significant decline in weight within the past three months (prior to the assessment),
  - 2. The Member is able to consume/eat no more than 25% of his/her nutritional requirements from typical food sources,
  - 3. The Member has been evaluated and treated for medical conditions that may cause problems with weight gain and growth (e.g. feeding problems, behavioral conditions or psychosocial problems, endocrine or gastrointestinal problems), and
  - 4. The Member has had a trial of higher caloric foods, blenderized foods, or commonly available products that may be used as dietary supplements for a period no less than 30 days in duration. If it is determined through clinical documentation and other supporting evidence that a trial of higher caloric foods would be detrimental to the member's overall health, the provider may submit Attachment C, along with supporting documentation demonstrating the risk posed to the member for the AdSS Medical Director's consideration in approving the provider's PA request.

- B. Supporting documentation must also accompany AMPM 310-GG Attachment A. This documentation must demonstrate that the member meets all of the required criteria and includes:
1. Initial Requests:
    - a. Documentation demonstrating that nutritional counseling has been provided as a part of the health risk assessment and screening services provided to the member by the PCP or specialty provider, or through consultation with a registered dietitian,
    - b. Clinical notes or other supporting documentation dated no earlier than three months prior to date of the request, providing a detailed history and thorough physical assessment and demonstrating evidence of the member meeting all of the required criteria listed in AMPM 310-GG Attachment A. The physical assessment must include the member's current/past height, weight, and BMI,
    - c. Documentation detailing alternatives that were tried in an effort to boost caloric intake and/or change food consistencies that have proven unsuccessful in resolving the nutritional concern identified, as well as member adherence to the prescribed dietary plan/alternatives attempted.
  2. Ongoing Requests:
    - a. Subsequent submissions must include a clinical note or other supporting documentation dated no earlier than three months prior to the date of the request, that includes the members overall response to supplemental therapy and justification for continued supplement use. This shall include the member's tolerance, recent hospitalizations, current height, weight, and BMI,
    - b. Documentation demonstrating encouragement and assistance provided to the caregiver in weaning the member from supplemental nutritional feedings should be included, when appropriate, and
    - c. Members receiving nutritional therapy must be physically assessed by the member's PCP, specialty provider, or registered dietitian at least annually.
    - d. Initial and ongoing certificate of medical necessity is considered valid for a period of six month.

### **Metabolic Medical Foods**

Metabolic medical foods are used to treat inherited metabolic disorders that are rare genetic conditions in which normal metabolic function is inhibited by a deficiency in a critical enzyme. Metabolic formula or modified low protein foods are produced or manufactured specifically for persons with a qualifying metabolic disorder and are not generally used by persons in the absence of a qualifying metabolic disorder.

- A. Metabolic formulas and medical foods are covered within limitations specified in this Policy for members diagnosed with the following metabolic conditions: Phenylketonuria; Homocystinuria; Maple Syrup Urine Disease; Galactosemia (requires soy formula); Beta Keto-Thiolase Deficiency; Citrullinemia; Glutaric Acidemia Type I; Isovaleric Acidemia; Methylmalonic Acidemia; Propionic Acidemia; Argininosuccinic Acidemia; Tyrosinemia Type I; HMG CoA Lyase Deficiency; Very long chain acyl-CoA Dehydrogenase deficiency (VLCAD), and long Chain acyl-CoA dehydrogenase deficiency (LCHAD).
1. The AdSS is responsible for the initial and follow-up consultations by a genetics physician and/or a metabolic nutritionist,
  2. The AdSS is responsible for all medically necessary laboratory tests and other services related to the provision of medical formulas/foods for members diagnosed with an inherited metabolic disorder,
  3. Metabolic formula or modified low protein foods shall be processed or formulated to be deficient in the nutrients(s) specific to the member's metabolic condition; meet the member's distinctive nutritional requirements; determined to be essential to sustain the member's optimal growth within nationally recognized height/weight or BMI, and metabolic homeostasis; obtained under physician order; member's medical and nutritional status shall be supervised by the member's PCP, attending physician or appropriate specialist,
  4. Modified low protein foods must be formulated to contain less than 1 gram of protein per unit or serving. For purposes of this policy, modified low protein foods do not include foods that are naturally low in protein,
  5. Soy formula is covered only for members receiving Early and periodic Screening, Diagnosis and Treatment (EPSDT) services and only until members are able to eat solid lactose-free foods,
  6. Foods that are available in the grocery store or health food store are not covered as a metabolic food, and
  7. Education and training regarding proper sanitation and temperatures to avoid contamination of foods which are blended or specially prepared for the member is required, if the member/guardian/designated representative elects to prepare the member's food.

### **Provider Requirements**

- A. When requesting initial or ongoing PA for supplemental nutrition, providers must provide the following:
1. A completed copy of AMPM 310-GG Attachment A to support all of the necessary requirements for Commercial Oral Nutritional Supplements as detailed in this Policy
  2. Documentation of ongoing monitoring conducted to assess member

adherence/ tolerance to the prescribed nutritional supplement regimen and any necessary adjustments.

3. The AdSS must implement protocols for transitioning a member who is receiving nutritional therapy to or from another AdSS or Provider.