

<b>Policy</b>	<b>MM-043</b>
<b>Effective Date</b>	<b>09/01/2024</b>
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Originated Department	Clinical Operations

### MRI Guided Focused Ultrasound (MRgFUS)

<b>Audience</b>
Providers, Members, Brokers, MHC

<b>Purpose</b>
<p>Medical policies provide general support for applying Mountain Health Co-Op member policy document coverage decisions and must reference the member-specific benefit plan document. The terms of the member-specific Policy document may differ from the standard benefit plan on which this medical policy is based. If there is a conflict between a member-specific policy document and the Mountain Health Co-Op medical policy, the member-specific policy document supersedes this medical policy. Any person(s) applying this medical policy must identify member eligibility, the member-specific policy document, and related policies or guidelines before applying this medical policy, including the existence of any state or federal guidance. Mountain Health Co-Op medical policies are designed for informational purposes only and are not an authorization, explanation of benefits, or contract. Receipt of benefits is subject to satisfaction of all terms and conditions of the member-specific policy document coverage. Mountain Health Co-Op reserves the sole discretionary right to modify all policies and guidelines at any time.</p>

<b>Definition</b>
<p>Magnetic resonance guided focused ultrasound (MRgFUS) is a noninvasive treatment that combines focused ultrasound and magnetic resonance imaging (MRI). The ultrasound beam penetrates through soft tissues to targeted sites, while using MRI for guidance and monitoring. Ultrasound causes a local increase in temperature in the target tissue, resulting in coagulation necrosis while sparing the surrounding normal structures. Ultrasound waves from each sonic blast is directed at a focal point causing a rapid rise in temperature (i.e., to 65°C-85°C), which is sufficient to kill tissue at the focal point. In addition to providing guidance, the MRI can</p>

provide online thermometric imaging, a temperature “map”, to confirm the therapeutic effect of the ablation treatment and allow for real-time adjustment of the treatment parameters.

MRgFUS is used in many settings. It has been applied to prostate tissue in the treatment of prostate cancer, for uterine fibroids and essential tremor and for skeletal metastases. Other uses are continuing to be investigated.

MRgFUS is being investigated for the treatment of other tumors, including breast, prostate, brain, and desmoid tumors as well as non-spinal osteoid osteoma, however, there has been no clinically proven effectiveness yet.

In the case of essential tremor (ET), unilateral MRgFUS thalamotomy is considered a less invasive alternative to current open neurologic procedures. MRgFUS takes approximately 2 hours to perform, the patient is awake, and from the procedure does not require any incisions, burr holes in the scalp, or the insertion of electrodes.

## Policy/Procedure

### 1. Commercial Plans/ CHIP

### 2. Mountain Health Co-Op **COVERS** magnetic resonance guided high-intensity ultrasound (MRgFUS) for the treatment of idiopathic essential tremor in limited circumstances when coverage criteria are met.

### 3. Coverage Criteria: **(Must meet ALL)**

**3.1** Documented diagnosis of disabling essential tremor;

**3.2** The tremor is refractory to medical therapy which is defined as a trial and failure or intolerance to medications alone or in combination from the all of the following categories:

- a) Beta blockers (e.g., propranolol)
- b) Anticonvulsants (e.g., primidone, Gabapentin or topiramate)
- c) Benzodiazepines (e.g., clonazepam or diazepam)
- d) Member has failed or is not a surgical candidate for deep brain stimulation (DBS) (e.g., advanced age, anticoagulant therapy, or surgical comorbidities).
- e) Member does NOT have any of the following limitations or conditions:
- f) Treatment of head or voice tremor
- g) Bilateral thalamotomy
- h) A neurodegenerative condition
- i) Unstable cardiac disease
- j) Coagulopathy
- k) Risk factors for deep-vein thrombosis
- l) Severe depression
- m) Cognitive impairment
- n) Previous brain procedure (e.g., transcranial magnetic stimulation, stereotactic lesioning, electroconvulsive therapy, DBS)
- o) A skull density ratio < 0.45 (the ratio of cortical to cancellous bone)
- p) MRI contraindicated

**4. Mountain Health Co-Op considers magnetic resonance guided high-intensity ultrasound (MRgFUS) ablation investigational in all other situations including but not limited to: Treatment of uterine fibroids, pain palliation in adults with metastatic bone cancer and treatment of other tumors (e.g., brain cancer, prostate cancer, breast cancer, desmoid).**

**5. Clinical rationale**

- 5.1** The evidence supporting magnetic resonance guided focal ultrasound as it relates to essential tremor (ET) is limited but supportive in general. This is demonstrated by a meta-analysis completed in 2018 to evaluate the literature and findings as it pertains to the use of MRgFUS to treat medicine refractory ETs by Mohammed et al. The literature search identified 9 studies (total N=160 patients) for inclusion, 8 of which were also included in the Ontario technology assessment. Side effects included nausea, vomiting, and ataxia which decreased during the 12 month follow-up. The authors found that with significant improvements in the mean percentage change in Clinical Rating Scale for Tremor (CRST) scores (62.2%) and Quality of Life in ET scores (46.5%), MRgFUS is a promising therapy in functional neurosurgery.
- 5.2** Hayes conducted a research brief in September of 2022 to summarize the volume of publications and to determine if there was adequate, newly published literature to update their tech assessment on magnetic resonance-guided high-intensity focused ultrasound (MRgHIFU) for the treatment of essential tremor from 2019. Research found only 2 newly published studies that met inclusion for consideration. Consequently, no updates to the conclusions from the 2019 review occurred, and the conclusion that current evidence on the efficacy of unilateral MRgFUS thalamotomy for treatment-resistant essential tremor is limited in quantity, though no major safety concerns were identified.
- 5.3** The conclusion of the only systematic review identified is further supported in several studies. In 2009, Liberman et al. directed a multicenter prospective study on 3 medical centers in Canada, Israel, and Germany. The study included 31 patients with painful bone metastases who had failed or refused other treatment options; 25 (81%) patients were available for 3-month follow-up. Mean visual analog scale score decreased from 5.9 at baseline to 1.8 three months after treatment. Thirteen of 25 patients who used non-opioid analgesics and 6 of 10 who used opioids decreased medication use after treatment.
- 5.4** Neither group reported treatment-related adverse events. The authors found that this study demonstrates potential for MRgFUS in treating painful bone metastases, however, larger studies are needed to better understand as to what extent the treatment actually affected the lesions.
- 5.5** A complete double-blind, randomized sham-controlled trial evaluated MRgFUS for the treatment of ET in 2016 by Elias et.al. Patients were randomized into 2 groups, MRgFUS thalamotomy (n=56) or sham treatment (n=20), and the criteria included moderate-to-severe ET which had not responded to at least 2 trials of medical therapies. Mean score for hand tremor improved significantly from baseline in the treatment group (47%) compared with the sham group (0.1%) at 3 months. Change in mean functional improvement score from baseline differed significantly in the MRgFUS group (62%) compared with the sham group (3%) at 3 months. The Quality of Life in Essential Tremor Questionnaire scores also differed significantly in

the treatment group compared with the sham group, with the largest improvements experienced in the psychosocial domain. The improvements in hand tremor score, functional improvement, and quality of life (QOL) were maintained at 12 months in the MRgFUS group. Side effects included sensory and gait disturbances. In conclusion, MRgFUS thalamotomy reduced hand tremor in patients with ET.

- 5.6** Arrigoni et al., assessed the use of MRgFUS in a case series of 14 patients, who were followed for 12 months, with intra-articular benign bone lesions as an alternative to surgery. Pain was measured by a visual analog scale and all patients received CT and MRI images to monitor the success of the treatment. Mean pain scores significantly decreased from 7.8 pretreatment to 2.0 at 6-month follow-up to 0.6 at 12-month follow-up ( $p < 0.001$ ). No patients reported worse symptoms and none reported the procedure unsuccessful. Diagnostic imaging supported the clinical findings and showed calcification of the lesion, lack of contrast enhancement, and resolution of bone edema.
- 5.7** In another 2017 case study, Zaaroor et al. evaluated 30 patients with severe medication-resistant tremor that underwent unilateral ventral intermediate nucleus (VIM) thalamotomy using MRgFUS to determine the effectiveness in alleviating tremor in patients with essential tremor (ET) and Parkinson's disease (PD). Patients that underwent MRgFUS, included 18 with ET, 9 with PD, and 3 with ET-PD. The mean age of the study population was  $68.9 \pm 8.3$  years (range 46–87 years). At 1 month post-treatment, the mean CRST score of the patients with ET decreased from  $40.7 \pm 11.6$  to  $9.3 \pm 7.1$  ( $p < 0.001$ ) and was  $8.2 \pm 5.0$  six months after treatment ( $p < 0.001$ , compared with baseline). In patients with PD, the mean score of the motor part of the UPDRS decreased from  $24.9 \pm 8.0$  to  $16.4 \pm 11.1$  ( $p = 0.042$ ) at 1 month and was  $13.4 \pm 9.2$  six months after treatment ( $p = 0.009$ , compared with baseline). During follow-up of 6–24 months, tremor reappeared in 6 of the patients, although it was a lesser degree than before the procedure in 5. Short-term adverse events that occurred during sonication included headache, dizziness, nausea, burning scalp sensation, vomiting and lip paresthesia. No adverse event lasted beyond 3 months. The authors concluded that MRgFUS VIM thalamotomy was safe and effective in patients with ET, PD, and ET-PD to relieve medication-resistant tremor. However, large randomized studies are needed to assess prolonged efficacy and safety.
- 5.8** Lastly, in 2018 Chang et al., reported results from 67 patients who participated in the 2016 open-label extension of the double-blind, randomized sham-controlled trial. Because 9 patients from the original trial received additional treatment during the 2-year follow-up, they were excluded from the analysis. Paresthesias and gait disturbances were the most common adverse effects at 1 year—each observed in 10 patients with an additional 5 patients experiencing neurological adverse effects. None of the adverse events worsened over the period of follow-up, and 2 of these resolved. At the 2 year follow-up there were no new delayed complications and improvements in tremor and disability scores were maintained (tremor,  $19.8 \pm 4.9$  [baseline] to  $8.8 \pm 5.0$  [at 2 years]; disability,  $16.4 \pm 4.5$  [baseline] to  $6.5 \pm 5.0$  [at 2 years]).
- 5.9** For individuals with medicine-refractory essential tremors who receive magnetic resonance-guided focused ultrasound (MRgFUS), the evidence concluded that,

overall, MRgFUS decreased tremor severity, improved QOL and resulted in meaningful improvement of net health outcomes.

**6. FDA approvals:**

**6.1** In October 2004, the ExAblate® 2000 System (InSightec) was approved by the FDA through the premarket approval process for “ablation of uterine fibroid tissue in pre- or perimenopausal women with symptomatic uterine fibroids who desire a uterine sparing procedure.” Treatment is indicated for women with a uterine gestational size of fewer than 24 weeks who have completed childbearing.

**6.2** In October 2012, the ExAblate® System, Model 2000/2100/2100 VI, was approved by FDA through the premarket approval process for pain palliation in adults with metastatic bone cancer who have failed or are not candidates for radiotherapy. The device was evaluated through an expedited review process. FDA required a post-approval study with 70 patients to evaluate the effectiveness of the system under actual clinical conditions the results of which are not yet available.

**6.3** In July 2016, the FDA provided a premarket approval for the use of the ExAblate® Neuro System for the treatment of essential tremors in patients who have not responded to medication ( $\beta$ -blockers or anticonvulsant drugs).

**Applicable Coding**

**CPT Codes**

**0398T** Magnetic resonance image guided high intensity focused ultrasound (MRgFUS), stereotactic ablation lesion, intracranial for movement disorder including stereotactic navigation and frame placement when performed

*Non-Covered CPT Codes*

**0071T** Focused ultrasound ablation of uterine leiomyomata, including MR guidance; total leiomyomata volume less than 200 cc of tissue

**0072T** Focused ultrasound ablation of uterine leiomyomata, including MR guidance; total leiomyomata volume greater or equal to 200 cc of tissue

**HCPCS Codes**

*Non-Covered HCPCS Codes*

**C9734** Focused ultrasound ablation/therapeutic intervention, other than uterine leiomyomata, with magnetic resonance (MR) guidance

**Vendors**

- Personify
- HPS

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Review/Revision/Approval History	
Date	Description
07/08/2024	New Policy
04/27/2026	Reviewed and approved by Mountain Health CO-OP Policy Committee

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