

## Template Letter of Medical Necessity for Cigna

*Instructions: Information to be described in the following template letter of medical necessity aligns with categories found in the corresponding Summary of Medical Criteria for OCAs. If a patient does not fit a criterion, available existing literature for each case should be supplemented with this letter.*

*This is an example summary, and information should be provided to insurance companies at the discretion of the health care provider.*

### Cigna Pre-Authorization

I am writing this letter to request pre-authorization for **Jane Doe** to perform an osteochondral allograft transplantation surgery. This letter provides information regarding the patient's medical history, current condition, diagnosis, and treatment rationale to support the medical necessity for an osteochondral allograft. This submission also includes all medical records and clinical notes, as well as the supporting medical literature.

*Summary of patient medical history, prior treatments, and current symptoms*

#### **Describe the following:**

- ✓ Patient demographic
- ✓ Patient condition
- ✓ Cause of defect (patient diagnosis)
- ✓ Prior treatments

**Jane Doe** is a **skeletally mature 35-year-old female** with a BMI of **30** and **no history of cancer**, who was first presented to my care in **January 2016**. The patient described **progressive, unrelenting and debilitating pain** in the patient's **right knee** since **July 2015**, which has persisted for **over 6 months** and has made **regular daily activities difficult**. The patient is **an avid runner** and has a lesion associated with **repetitive trauma** to the **right knee**. The patient has failed all conservative treatments following 3 months of observation, including: **DESCRIBE ALL PREVIOUS FAILED TREATMENTS**. Additionally, the following surgical procedures have been ineffective: **DESCRIBE SURGICAL PROCEDURES**.

*Summary of examination: defect description and joint health*

#### **Describe the following**

- ✓ Medical evaluation
- ✓ Cartilage defect size
- ✓ Cartilage defect characterization
- ✓ Lesion (defect) and surrounding cartilage
- ✓ Joint health
- ✓ Knee stability

On **February 12, 2016**, I performed a diagnostic **arthroscopy** to evaluate the status of **Jane Doe's** knee, which has been included with this prior authorization submission. A **large, focal, full thickness lesion (Outerbridge Grade III)** was found on the patient's **right lateral femoral condyle** with an estimated size of **4 cm<sup>2</sup> (2.2cm x 1.8cm)**. The defect is **discrete, single, and unipolar** with **no observation of a corresponding tibial lesion**. The surrounding cartilage and menisci are **normal with no signs of degeneration, inflammation, or osteoarthritis**. The examination showed **normal joint alignment and knee stability**.

#### *Treatment Recommendations and Rationale*

##### **Describe the following:**

- ✓ Reason for treatment (include diagnosis and treatment codes)
- ✓ Not candidate for TKA
- ✓ Describe success rates of similar patients in practice and supporting literature
- ✓ Published studies
- ✓ Physician dictations
- ✓ Results of diagnostic tests
- ✓ Patient compliance

The patient is an ideal candidate for osteochondral allograft. *(Reason patient not a candidate for TKA and needs OCA)* The patient is **35** years old and is too young for a total knee replacement. This osteochondral allograft procedure may prevent the need for a future total knee replacement and provide the patient a higher quality of life and return to activity. *(Patient compliance)* I have had multiple visits with the patient, and the patient is willing and able to comply with post-operative restrictions and rehabilitation requirements. *(Describe your experience and success rates in your practice)* In my practice, I have seen high success rates **(~85%)** with this procedure for patients with similar defects in the lateral condyle. This procedure is medically necessary and meets all the criteria outlined in the **Cigna** medical policy **(Policy CMM-312)**. Additionally, in the clinical community, osteochondral allografts are the gold standard for treating large chondral and osteochondral defects in the femoral condyle. Over a decade of literature and clinical studies support the efficacy of this procedure and high success rates (75-85%). *(Describe attachments)* Attached with this letter are a number of peer-reviewed clinical publications that demonstrate the excellent clinical outcomes of this procedure for treating large chondral/osteochondral defects of the femoral condyles. Also attached are my clinical notes, dictations, results of diagnostics tests (i.e. MRI, arthroscopy, x-ray), and patient history.

Sincerely,

**Physician's Name**