Measure Description

This measure captures the percentage of members with a primary diagnosis of low back pain that did not have an imaging study (plain X-ray, MRI, CT scan) within 28 days of the diagnosis.

The measurement period is January 1st – December 3rd of the measurement year as imaging studies are captured 28 days after diagnosis of low back pain.

*** The measure is reported as an inverted rate. A higher score indicates appropriate treatment of low back pain (i.e., the proportion for whom imaging studies did not occur)

Exclusions

• Cancer
• Recent Trauma
• Intravenous drug abuse
• Neurologic impairment
• HIV
• Spinal infection
• Major organ transplant
• Prolonged use of corticosteroids

Strategies for rate improvement and lowering healthcare costs by using alternate treatment methods for low back pain

• Hold off on ordering imaging studies in the first 4 weeks of care for low back pain unless some of the following examples are present: recent trauma, history of cancer, or loss of feeling/weakness/numbness in the lower limbs, IV drug use, fever, weight loss, or incontinence
• Educate patients that imaging studies can increase exposure to radiation- offer alternative treatments such as:
  - NSAIDS and muscle relaxers
  - Exercise to strengthen the core and low back
  - Massage or physical therapy
  - Be active to limit muscle stiffening
  - Place a pillow between legs when sleeping on side or under knees when sleeping on their back to reduce back discomfort

Quality Toolkit

Aetna Better Health® of Pennsylvania | Aetna Better Health® Kids
Numerator Codes

There is a large list of approved NCQA codes used to identify the diagnosis and services included in the LBP measure.

The following are just a few of the approved codes. For a complete list please refer to the NCQA website at www.ncqa.org.

<table>
<thead>
<tr>
<th>CPT</th>
<th>ICD-10</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>72010,</td>
<td>M47.898</td>
<td>Other spondylosis, sacral and sacrococcygeal region</td>
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<tr>
<td>72020,</td>
<td>M48.08</td>
<td>Spinal stenosis, sacral and sacrococcygeal region</td>
</tr>
<tr>
<td>72052,</td>
<td>M53.2X8</td>
<td>Spinal instabilities, sacral and sacrococcygeal region</td>
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<tr>
<td>72100</td>
<td>M54.40</td>
<td>Lumbago with sciatica, unspecified side</td>
</tr>
</tbody>
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