

Brain Natriuretic Peptide Test (BNP) for Congestive Heart Failure MPM 2.10

Disclaimer Refer to the member's specific benefit plan and Schedule of Benefits to determine coverage. This may not be a benefit on all plans or the plan may have broader or more limited benefits than those listed in this Medical Policy.

Description A brain natriuretic peptide (BNP) test, also known as B-type natriuretic peptide test, is used as a marker to assist in the diagnosis of congestive heart failure (CHF). Normally, only a low amount of BNP is found in the blood; levels greater than 100 pg/ml may indicate abnormal or symptomatic heart failure. The BNP test is used in conjunction with standard tests to determine if a patient has CHF so that appropriate and timely treatment can be initiated.

Coverage Determination Benefit Certification is not required for in-plan providers. However, all claims are subject to retrospective review.

The BNP test is only covered for the indications listed in this Medical Policy.

Measurement of brain natriuretic peptide (BNP) is covered for the following indications:

- establishing the diagnosis of heart failure
- risk stratification in members with suspected acute coronary syndromes^{1,2}
- to determine progress with ongoing treatment of CHF³

Coding The coding listed in this Medical Policy is for reference only. Covered and non-covered codes are within this list.

CPT Codes	Description
83880	Natriuretic peptide

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ICD-9© Diagnosis Codes	Description
411.1	Intermediate coronary syndrome
411.81 – 411.89	Other acute and subacute forms of ischemic heart disease
428.0	Congestive heart failure
428.1	Left heart failure
428.20	Systolic heart failure, unspecified
428.21	Systolic heart failure, acute
428.22	Systolic heart failure, chronic
428.23	Systolic heart failure,, acute on chronic
428.30	Diastolic heart failure, unspecified
428.31	Diastolic heart failure, acute
428.32	Diastolic heart failure, chronic
428.33	Diastolic heart failure, acute on chronic
428.40	Combined systolic and diastolic heart failure, unspecified
428.41	Combined systolic and diastolic heart failure, acute
428.42	Combined systolic and diastolic heart failure, chronic
428.43	Combined systolic and diastolic heart failure, acute on chronic
786.00 – 786.09	Dyspnea and respiratory abnormalities

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[MPMPPC050903]

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Reviewed by: Daniel Friedman, MD, Presbyterian Heart Group, Albuquerque, NM. February 2008, April 2009.

- References:**
1. American College of Cardiology/American Heart Association. 2009 Focused Update Incorporated into the ACC/AHA 2005 Guidelines for the Diagnosis and Management of Heart Failure in Adults: A Report of the American College of Cardiology Foundation/American Heart Association Task Force on Practice Guidelines Developed in Collaboration with the International Society for Heart and Lung Transplantation. Originally published online March 26, 2009.
 2. Milliman Care Guidelines®, Inpatient and Surgical Care, 13th Edition. Heart Failure, ORG: M-190(ISC). HSIM: 04-45-01-0b. Last update: February 2-2009.
 3. Pfisterer M, et al. BNP-Guided vs Symptom-Guided Heart Failure Therapy. The Trial of Intensified vs Standard Medical Therapy in Elderly Patients with Congestive Heart Failure (TIME-CHF) Randomized Trial. JAMA, January 28, 2009—Vol 301, No. 4. 383-392.

Approval Signatures: **Clinical Quality Committee:** Charles Baumgart, MD

Medical Director: Albert Rizzoli, MD

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02-21-08: Transitioned to Medical Policy
05-27-09: Annual Review and Revision

This Medical Policy is intended to represent clinical guidelines describing medical appropriateness and is developed to assist Presbyterian Health Plan and Presbyterian Insurance Company, Inc. (Presbyterian) Health Services staff and Presbyterian medical directors in determination of coverage. The Medical Policy is not a treatment guide and should not be used as such.

For those instances where a member does not meet the criteria described in these guidelines, additional information supporting medical necessity is welcome and may be utilized by the medical director in reviewing the case. Please note that all Presbyterian Medical Policies are available on the Internet at: <http://www.phs.org/phs/healthplans/providers/healthservices/Medical/index.htm>

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