



# OUTPATIENT CARE

Evidence-based authorisation of established and emerging technologies, procedures, diagnostic tests, imaging, rehabilitative services, durable medical equipment, injectables and more.



# EVIDENCE-BASED CRITERIA

Milliman's *Ambulatory Care* product enables access to easy-to-use evidence-based criteria for Imaging, Diagnostic Testing, Rehabilitation Services, Ambulatory Surgery, Injectables, Referrals and Transplantation. Users can quickly find the authorisation criteria they need, as well as over 60 Optimum Treatment Guidelines for comprehensive background, scope, diagnosis, and treatment information.

Criteria and guidelines are searchable by CCSD codes, providing quick access to the most frequently used categories. Busy healthcare professionals can quickly find comprehensive background, diagnosis and treatment information, while utilising up-to-date information on emerging technologies and many difficult to manage issues.

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**CAREGUIDELINES** Delivering evidence-based knowledge at the point of care

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Ambulatory Care (AC) > Imaging > MRI > Spine, Lumbar

**Spine, Lumbar (MRI)**  
ACG: A-9099 (AC)  
[Link to Codes](#)

Milliman Care Guidelines®  
Ambulatory Care  
11th Edition

- Cervure and Scoliosis
- Low Back Pain and Lumbar Spine Conditions
- Miscellaneous Congenital Spinal Deformities
- Quality Measures
- References
- Footnotes
- Codes

**Curvature and Scoliosis**

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- MRI, spine, lumbar is indicated for curvature or scoliosis for **ANY ONE** of the following<sup>(4)</sup>(1)(2)(3)(4)(5)(6):
  - Atypical curve pattern on plain x-ray **AND ANY ONE** of the following:
    - Short segment
    - Rapid progression
    - Absence of thoracic apical segment lordosis on lateral plain x-ray
    - Left-sided thoracic curvature
    - Thoracic kyphosis greater than 30 degrees
  - Abnormal neurologic examination; findings **MAY INCLUDE**:
    - Clonus
    - Abnormal or unilaterally absent superficial abdominal reflexes
    - Weakness
    - Urinary dysfunction
    - Hyperreflexia
    - Asymmetric deep tendon reflexes
    - Diminished sensation
    - Decreased rectal tone
    - Clonus foot deformity
  - Infantile or juvenile onset
  - Neurofibromatosis
  - Congenital scoliosis

**Low Back Pain and Lumbar Spine Conditions**

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- MRI, spine, lumbar, is indicated for low back pain or lumbar spine conditions for **ANY ONE** of the following<sup>(2)</sup>(7)(8)(9): (Start with unenhanced; use enhanced either to differentiate scar formation from prior surgery or with radicular symptoms below the knees in negative unenhanced study.) **QME®(1)**
  - Evidence of cauda equina or spinal cord compression as indicated by **ANY ONE** of the following: (urgent)
    - Urinary retention or overflow incontinence
    - Spasticity
    - Faecal incontinence

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**Imaging:** Among the most widely- used and effective tools for this setting, these criteria can be accessed by CCSD codes, diagnosis, technology or body region. This section delivers precise, actionable indications for imaging tests, including PET, CT, CT angiography, MRI, MR angiography, nuclear medicine, ultrasound and catheter angiography.

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Ambulatory Care (AC) > Injectables and Other Pharmacologic Agents > Introduction to Injectables and Other Pharmacologic Agents

**Introduction to Injectables and Other Pharmacologic Agents**

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The Injectables and Other Pharmacologic Agents Section in the Ambulatory Care Guidelines contains a list of injectables or other pharmacologic agents administered or managed primarily in an ambulatory or outpatient setting and includes indications for their use. In each guideline, a list of diagnoses is followed by indications for that particular injectable or other pharmacologic agent.

- On occasion, the following phrase is used: Current role remains unclear.
  - This statement is used when the available evidence for a treatment or test has resulted in no clear conclusion or consensus regarding its value, either for a specific diagnosis or for the procedure or treatment overall. In order to provide additional information to aid in the decision-making process, the statement is always followed by 1 to 4 paragraphs that summarize the available evidence and, where appropriate, the proposed course for the procedure.
  - The use of this statement does not indicate that a specific test or treatment lacks value or that, after careful consideration, it may not be useful in certain clinical scenarios. The practice of medicine and patient care are dynamic processes. New innovations are introduced regularly. Ultimately, healthcare practitioners need to use their clinical judgment.

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Ambulatory Care 11th Edition  
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### Injectables and Other Pharmacologic Treatments:

Over 40 guidelines provide criteria or evidence summaries for pharmacologic agents, including biologics. These include intravenous immunoglobulins, growth hormone, botulinum toxin, and erythropoietin.

**Evidence-based Methodology:** The full-time staff producing the *Milliman Care Guidelines*<sup>®</sup> uses international evidence-based resources. Clinician editors review thousands of articles during guideline development, with all applicable evidence being referenced within the product and abstracts made available where possible.

**Emerging Technologies:** The latest research is incorporated, including descriptions of established or proposed criteria, and results of published trials. The latest biotechnology drugs are addressed, as well as emerging technologies like radiofrequency saphenous vein ablation, surgeries for obstructive sleep apnea and artificial vertebral disks.

### More Criteria And Information:

- Diagnostic Testing
- Ambulatory Surgical and Noninvasive Treatments
- Transplantations
- Referral Management
- Optimum Treatment Guidelines (Background, Scope, Diagnosis and Treatment)
- Scope of Primary Care
- Rehabilitative Services

## Inpatient and outpatient products customised for the United Kingdom

The following products are customised to UK terminology and infrastructure:

### **Inpatient resources, goals and decision support**

– *Inpatient and Surgical Care* provides criteria for admission, procedure and discharge; length of stay goals; care pathways; and other tools to help healthcare professionals support patients facing hospitalization and/or surgery. Comprehensive and easy to use, this product helps ensure optimal health outcomes, continuous quality improvement, and enhanced resource utilization, even providing patient education information for organisations pursuing advanced care management initiatives.

*General Recovery Guidelines*, an outstanding complement to *Inpatient and Surgical Care*, is ideal for cases where there is no clear diagnosis, no specific guideline covering the diagnosis, or when the clinical situation is so complex that a specific guideline doesn't fit. Used together, these products enable clients to find guidelines for the entire spectrum of conditions and procedures requiring hospital admission.

**Outpatient criteria and tools** – *Ambulatory Care* is a valuable source of authorisation guidelines, covering imaging, durable medical equipment, diagnostic testing, procedures, injectables, rehabilitation, and more. Emerging, as well as existing, technologies are addressed. Evidence Summaries are provided, enhancing access to clinical evidence cited in the criteria, while Optimum Treatment Guidelines and Referral Management guidelines support best practice and delivery of high quality care in the outpatient setting.

**Products****What they target****Organisational benefits*****Ambulatory Care***

- Conditions and procedures that are optimally managed in the outpatient setting

- Assist in prioritisation of patients
- Help determine optimal care setting and best treatment practices

***Inpatient and Surgical Care***

- Identify benchmark patient care and recovery
- Describes recovery and treatment plans that generate the most favourable outcomes and assume optimal recovery, decision making, and care
- Provides recovery milestones that indicate the clinical readiness for a safe transition to home (or a lower level of care)
- Provides patient and family education materials that can be used to help ensure adequate understanding of discharge instructions and home care elements and prevent unnecessary readmissions

- Increase efficiency and effectiveness, benchmarking
- Using international clinical evidence and a transparent approach, they can help build consensus among professionals
- Facilitates safe transition of care to the home setting

***General Recovery Guidelines***

- For very complex cases where additional clinical tools or management are required, or where there is not a specific *Inpatient and Surgical Care* guideline for use

- Provide specific tools to help manage care including an inpatient monitoring and assessment tool, all designed to ensure consistency in clinical management

For more information on the *Care Guidelines*,  
licensing or training, please call us at 0808 234 8072  
or visit our website at [www.careguidelines.co.uk](http://www.careguidelines.co.uk).

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