“FOR CMS (MEDICARE) MEMBERS ONLY”

NATIONAL COVERAGE DETERMINATION (NCD) FOR COMPUTED TOMOGRAPHY:

Item/Service Description

A. General
Diagnostic examinations of the head (head scans) and of other parts of the body (body scans) performed by computerized tomography (CT) scanners are covered if medical and scientific literature and opinion support the effective use of a scan for the condition, and the scan is: (1) reasonable and necessary for the individual patient; and (2) performed on a model of CT equipment that meets the criteria in C below.

CT scans have become the primary diagnostic tool for many conditions and symptoms. CT scanning used as the primary diagnostic tool can be cost effective because it can eliminate the need for a series of other tests, is non-invasive and thus virtually eliminates complications, and does not require hospitalization.

Indications and Limitations of Coverage for NCD 221.0

B. Determining Whether a CT Scan Is Reasonable and Necessary
Sufficient information must be provided with claims to differentiate CT scans from other radiology services and to make coverage determinations. Carefully review claims to insure that a scan is reasonable and necessary for the individual patient: i.e., the use must be found to be medically appropriate considering the patient’s symptoms and preliminary diagnosis.

There is no general rule that requires other diagnostic tests to be tried before CT scanning is used. However, in an individual case the contractor’s medical staff may determine that use of a CT scan as the initial diagnostic test was not reasonable and necessary because it was not supported by the patient's symptoms or complaints stated on the claim form: e.g., "periodic headaches."

Claims for CT scans are reviewed for evidence of abuse which might include the absence of reasonable indications for the scans, an excessive number of scans or unnecessarily expensive types of scans considering the facts in the particular cases.
INTRODUCTION:

Computed tomography (CT) scans provide greater clarity than regular x-rays and are used to further examine abnormalities found on chest x-rays. They may be used for detection and evaluation of various disease and conditions in the chest, e.g., tumor, inflammatory disease, vascular disease, congenital abnormalities, trauma and symptoms such as hemoptysis.

INDICATIONS FOR CHEST CT:

For annual lung cancer screening:

Counseling and Shared Decision Making Visit

*Before the beneficiary’s first lung cancer LDCT screening, the beneficiary must receive counseling and shared decision making visit that meets all of the following criteria, and is appropriately documented in the beneficiary’s medical records:*

- Must be furnished by a physician (as defined in Section 1861(r)(1) of the Social Security Act) or qualified non-physician practitioner (meaning a physician assistant, nurse practitioner, or clinical nurse specialist as defined in §1861(aa)(5) of the Social Security Act), and
- Must include all of the following elements:
  - Determination of beneficiary eligibility including age, absence of signs or symptoms of lung cancer, a specific calculation of cigarette smoking pack-years; and if a former smoker, the number of years since quitting;
  - Shared decision making, including the use of one or more decision aids, to include benefits and harms of screening, follow-up diagnostic testing, over-diagnosis, false positive rate, and total radiation exposure;
  - Counseling on the importance of adherence to annual lung cancer LDCT screening, impact of comorbidities and ability or willingness to undergo diagnosis and treatment;
  - Counseling on the importance of maintaining cigarette smoking abstinence if former smoker; or the importance of smoking cessation if current smoker and, if appropriate, furnishing of information about tobacco cessation interventions; and
  - If appropriate, the furnishing of a written order for lung cancer screening with LDCT.

Written Orders for Subsequent Annual Lung Cancer Screenings with LDCT

For subsequent annual lung cancer LDCT screenings, the beneficiary must receive a written order for lung cancer LDCT screening. The written order may be furnished during any appropriate visit with a physician (as defined in Section 1861(r)(1) of the Social Security Act) or qualified non-physician practitioner (meaning a physician assistant, nurse practitioner, or clinical nurse specialist as defined in Section 1861(aa)(5) of the Social Security Act).
If a physician or qualified non-physician practitioner elects to provide a lung cancer screening counseling and shared decision making visit before a subsequent annual lung cancer LDCT screening, the visit must meet all of the criteria described above for a counseling and shared decision making visit.

**Beneficiary eligibility criteria**:  
For purposes of Medicare coverage of lung cancer screening with LDCT, beneficiaries must **meet all** of the following eligibility criteria:

- Age 55 – 77 years;
- Asymptomatic (no signs or symptoms of lung cancer);
- Tobacco smoking history of at least 30 pack-years (one pack-year = smoking one pack per day for one year; 1 pack = 20 cigarettes);
- Current smoker or one who has quit smoking within the last 15 years; and
- Receive a written order for lung cancer screening with LDCT. Written orders for lung cancer LDCT screenings must be appropriately documented in the beneficiary's medical records, and must contain the following information:
  - Beneficiary date of birth;
  - Actual pack – year smoking history (number);
  - Current smoking status, and for former smokers, the number of years since quitting smoking;
  - Statement that the beneficiary is asymptomatic (no signs or symptoms of lung cancer); and
  - National Provider Identifier (NPI) of the ordering practitioner.

For **evaluation of known tumor, cancer or mass**:  
- Initial evaluation of diagnosed cancer.
- Evaluation of known tumor or cancer for patient undergoing active treatment with most recent follow-up study > 2 months ago documentation to include but not limited to type/timing/duration of recent treatment).
- Evaluation of known tumor or cancer or history of prior cancer presenting with new signs (i.e., physical, laboratory, or imaging findings) or new symptoms.
- Cancer surveillance excluding small cell lung cancer: Every six (6) months for the first two (2) years then annually thereafter.
- Cancer surveillance – small cell lung cancer: Up to every 3 months for the first two years then annually thereafter.

**Evaluation of suspicious mass/tumor (unconfirmed cancer diagnosis)**:  
- Initial evaluation of suspicious mass/tumor found on an imaging study and needing clarification or found by physical exam and remains non-diagnostic after x-ray or ultrasound is completed.
- Known distant cancer with suspected chest/lung metastasis based on a sign, symptom, imaging study or abnormal lab value.
- For the follow-up evaluation of a nodule with a previous CT (follow-up intervals approximately 3, 6, 12 and 24 months).
Known or suspected interstitial lung disease (e.g. idiopathic interstitial lung diseases, idiopathic pulmonary fibrosis, hypersensitivity pneumonitis, pneumoconiosis, sarcoidosis, silicosis and asbestosis) and initial x-ray has been performed:

- With abnormal physical, laboratory, and/or imaging findings requiring further evaluation.

Known or suspected infection or inflammatory disease (i.e., complicated pneumonia not responding to treatment, abscess, Tuberculosis (TB), empyema or immunosuppression post-organ transplant with new symptoms or findings) and initial x-ray has been performed:

- With abnormal physical, laboratory, and/or imaging findings requiring further evaluation.

For evaluation of known inflammatory disease:
- Initial evaluation
- During treatment
- With new signs and symptoms

For evaluation of non-resolving pneumonia documented by at least two imaging studies:
- Unimproved with 4 weeks of antibiotic treatment OR
- Not resolved at 8 weeks

For evaluation of lung abscess, cavitary lesion, or empyema, demonstrated or suggested on prior imaging.

Suspected vascular disease, (e.g., aneurysm, dissection):
- For evaluation of widened mediastinum on x-ray
- For evaluation of known or suspected superior vena cava (SVC) syndrome
- Suspected thoracic/thoracoabdominal aneurysm or dissection (documentation of clinical history may include hypertension and reported “tearing or ripping type” chest pain).

Known or suspected congenital abnormality:
- For evaluation of known or suspected congenital abnormality
- Vascular - suggest Chest CTA or Chest MRA depending on age and radiation safety issues.
- Nonvascular - abnormal imaging and/or physical examination finding.

Hemoptysis:
- For evaluation of hemoptysis and prior x-ray performed.

Post-operative/procedural evaluation:
- A follow-up study may be needed to help evaluate a patient’s progress after treatment, procedure, intervention or surgery. Documentation requires a medical reason that clearly indicates why additional imaging is needed for the type and area(s) requested.

Indication for combination studies for the initial pre-therapy staging of cancer, OR ongoing tumor/cancer surveillance OR evaluation of suspected metastases:
- < 5 concurrent studies to include CT or MRI of any of the following areas as appropriate depending on the cancer: Neck, Abdomen, Pelvis, Chest, Brain, Cervical Spine, Thoracic Spine or Lumbar Spine.
Cancer surveillance excluding small cell lung cancer: Every six (6) months for the first two (2) years then annually thereafter.
Cancer surveillance – small cell lung cancer: Up to every 3 months for the first two years then annually thereafter.

Other indications for Chest CT:
• Pre-operative evaluation.
• For further evaluation after abnormal imaging within past 30 - 60 days and with no improvement on x-ray, (not indicated with known rib fractures).
• For evaluation of persistent unresolved cough with at least four weeks duration, unresponsive medical treatment and chest x-ray has been performed
• For evaluation of other chest or thorax adenopathy.
• Evaluation of pneumothorax.
• For evaluation of vocal cord paralysis.
• For suspected thymoma with myasthenia gravis.

Combination of studies with Chest CT:
• Abdomen CT/Pelvis CT/Chest CT/Neck MRI/Neck CT with MUGA – known tumor/cancer for initial staging or evaluation before starting chemotherapy or radiation treatment.

COMBINATION OF STUDIES WITH CHEST CT/SINUS CT:
• For poorly controlled asthma associated with upper respiratory tract infection. May be preformed without failing 4 consecutive weeks of treatment with medication.
• Granulomatosis with polyangiitis (GPA) (Wegener’s).

ADDITIONAL INFORMATION RELATED TO CHEST CT:

CT for Management of Hemoptysis – High-resolution CT (HRCT) is useful for estimating the severity of hemoptysis, localizing the bleeding site and determining the cause of the bleeding. Its results can be related to the severity of bleeding. The volume of expectorated blood and the amount of blood that may be retained within the lungs without being coughed up are important. HRCT is a way to evaluate the amount of bleeding and its severity. It may also help in the localization of bleeding sites and help in detecting the cause of bleeding.

CT and Solitary Pulmonary Nodules – Solitary Pulmonary nodules are abnormalities that are solid, semisolid and non solid; another term to describe a nodule is focal opacity. CT makes it possible to find smaller nodules and contrast-enhanced CT is used to differentiate benign from malignant pulmonary nodules. When a nodule is increasing in size or has spiculated margins or mixed solid and ground-glass attenuation, malignancy should be expected. Patients who have pulmonary nodules and who are immunocompromised may be subject to inflammatory processes.

CT and Empyema – Contrast-enhanced CT used in the evaluation of the chest wall may detect pleural effusion and differentiate a peripheral pulmonary abscess from a thoracic empyema. CT may also detect pleural space infections and help in the diagnosis and staging of thoracic empyema.
CT and Superior Vena Cava (SVC) Syndrome – SVC is associated with cancer, e.g., lung, breast and mediastinal neoplasms. These malignant diseases cause invasion of the venous intima or an extrinsic mass effect. Adenocarcinoma of the lung is the most common cause of SVC. SVC is a clinical diagnosis with typical symptoms of shortness of breath along with facial and upper extremity edema. Computed tomography (CT), often the most readily available technology, may be used as confirmation and may provide information including possible causes.

CT and Pulmonary Embolism (PE) – Spiral CT is sometimes used as a substitute for pulmonary angiography in the evaluation of pulmonary embolism. It may be used in the initial test for patients with suspected PE when they have an abnormal baseline chest x-ray. It can differentiate between acute and chronic pulmonary embolism but it cannot rule out PE and must be combined with other diagnostic tests to arrive at a diagnosis. CT chest is NOT indicated if the patient has none of the risks/factors AND the D-Dimer is negative. (D-Dimer is a blood test that measures fibrin degradation products that are increased when increased clotting and clot degradation is going on in the body.)
REFERENCES


Reviewed/Approved by Michael Pentecost, MD, Chief Medical Officer