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# Brain Natriuretic Peptide

## Adjudication Guideline

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### Abstract

#### For Members

Difficulty of breathing can be caused by a cardiac or pulmonary condition. Heart failure may manifest as difficulty of breathing. Natriuretic peptide can be used to help the physician rule in or rule out heart failure when the diagnosis is uncertain.

Natriuretic peptide is covered for all health insurance plans whenever medically necessary.

#### For Medical Professionals

Natriuretic peptide is a cardiac neuro-hormone produced mainly in the cardiac ventricles. It is secreted in response to ventricular volume expansion and pressure overload. Hence, natriuretic peptide test may be used as a clinical marker of increased ventricular filling pressure.

Natriuretic peptide is covered as per medical necessity and if ordered by physicians evaluating and/or managing the conditions described within this guideline.

**Approved by:**  
Daman

**Responsible:**  
Medical Standards & Research

**Related Adjudication Guidelines:** None

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National Health Insurance Company – Daman (PJSC) (P.O. Box 128888, Abu Dhabi, U.A.E. Tel No. +97126149555 Fax No. +97126149550)

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## Scope

This guideline explains the coverage of Natriuretic Peptide for all health insurance plans administered by Daman.

## Adjudication Policy

### Eligibility / Coverage Criteria

Natriuretic peptide is covered for all health insurance plans, if medically justified and the available evidence for its use has been established (i.e. not considered investigational).

BNP testing is not helpful when used indiscriminately in patients with acute dyspnea. The most important use of natriuretic peptide is to rule out, or rule in, heart failure as the prime cause of patient's acute dyspnea when the diagnosis is uncertain.

The American College of Cardiology Foundation (ACCF) and the American Heart Association (AHA)

recommend the use of BNP or NT-proBNP in

- Ambulatory patients (outpatient):
  - the diagnosis of heart failure in ambulatory patients with dyspnea, especially if with clinical uncertainty
  - establishing the prognosis or disease severity in ambulatory patients with chronic heart failure
- Hospitalized/ acute (ER) patients:
  - Diagnosis of acutely decompensated heart failure
  - Prognosis or disease severity of acutely decompensated heart failure

BNP and NT-proBNP appear to have poor performance for screening for heart failure. The usefulness of serial measurement of BNP or NT-proBNP is not well established.

Daman will only cover Natriuretic Peptide if ordered by physicians evaluating and/or managing the conditions described above.

## Requirements for Coverage

ICD10CM and CPT codes must be coded to the highest level of specificity.

## Non-Coverage

Natriuretic peptide will not be covered:

- For difficulty of breathing due to known respiratory illnesses (such as COPD, Asthma, etc.) unless there is documented suspicion of Heart Failure
- For indications wherein evidence for its use are still considered investigational.
- Daily/ serial/ repetitive measurement in hospitalized/ in-patient heart failure patients. At most, it should be measured on admission and at discharge.
- When ordered by inappropriate clinicians

## Payment and Coding Rules

Please apply DOH/DHA payment rules and regulations, as well as relevant coding manuals for ICD, CPT, etc.

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## Denial codes

| Code description  |
|---|
| Service is not clinically indicated based on good clinical practice.  |
| Service is not clinically indicated based on good clinical practice, without additional supporting diagnoses/activities |
| Service/supply may be appropriate, but too frequent   |
| Clinician is not eligible to bill this service  |

## Appendices

### A. References

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- <https://bestpractice.bmj.com/topics/en-gb/862/diagnosis-approach>
- <https://emedicine.medscape.com/article/2087425-overview>
- <https://emedicine.medscape.com/article/761722-overview#a9>

### B. Revision History

| Date     | Change(s)   |
|----------|---|
| 01-07-13 | Release of V1.0   |
| 15-07-14 | Release of V2.0   |
| 26-09-18 | Release of V3.0<br>- General content update<br>- Restricted ordering clinicians<br>- Created system support |

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