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Rickets and Osteomalacia Management

Adjudication Guideline

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Abstract

For Members

Rickets and Osteomalacia are the two disorder caused by insufficient level of vitamins D in the body. When vitamin D deficiency occurs in children is termed as rickets, whereas deficient mineralization of the growth plate in adult termed Osteomalacia.

Rickets symptoms aches, bone pain, and sometimes enlargement occurs in bones at joints, such as the wrists. Fracture may occur without any known trauma.

In Osteomalacia bone pain and muscle weakness are the classical symptoms. Fractures may also take place with little or no recognized trauma.

Causes of Rickets and Osteomalacia can be lack of vitamins D intake or less exposure to sunlight, hereditary defect in vitamin D metabolism or defect in end-organ response to vitamin D.

Diagnosis is made through clinical examination- blood, urine tests and radiological examination.

For Medical Professionals

Management of active Rickets, a condition normally associated with children, will be covered till 18 years of age only, as active rickets after this age are medically unlikely.

Osteomalacia is a similar condition occurring in adults normally associated to vitamins D deficiency.

Management of rickets and Osteomalacia if medically necessary is covered for all health plans administered by Daman as per the terms and conditions.

Approved by:
Daman

Responsible:
Medical Standards & Research

Related Adjudication Guidelines:
None

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Scope

The scope of the guideline is to specify the coverage details of Rickets and Osteomalacia management for all the plans administered by Daman.

A. Rickets (0 to 18 years of age)

Rickets occurs primarily in growing children characterized by deficient mineralization in bones as result of vitamin D deficiency but can be associated with low calcium or low serum phosphates all of which leads to impaired growth and architectural disruption of long bone structure.

1. Types of Rickets:

- 1.1 Calcipenic Rickets
 - Nutritional - Vitamin D deficiency or calcium deficiency Rickets
 - Hereditary - Vitamin D dependent Rickets (Pseudovitamin-D deficiency Rickets, Vitamin-D resistant Rickets)
- 1.2 Phosphopenic Rickets OR hypophosphataemic Rickets
 - Nutritional – Phosphate deficiency Rickets
 - Hereditary Hypophosphatemic Rickets:
 - X-linked hypophosphatemic rickets.
 - Hereditary hypophosphatemic rickets with hypercalciuria
 - Hypophosphatemic Ricket-tumour Induced

B. Osteomalacia (18 years onward)

Osteomalacia refers to impaired mineralization of the bone matrix and occurs when the growth plates have fused. Vitamin D deficiency is the most common cause. Diagnosis is made via laboratory results with a low vitamin D level in the setting of low or normal calcium and an elevated intact PTH (Parathyroid Hormone) level. Once the underlying cause is addressed, a successful treatment regimen is possible: increased sunlight exposure, oral vitamin D, and calcium replacement.

Diagnostic/Evaluation factors:

- Elderly
- Vitamin D-deficient diet
- Lack of sunlight exposure
- Family history of osteomalacia
- Fractures
- Malabsorption syndromes
- Diffuse bone pain and tenderness
- Proximal muscle weakness
- Waddling gait

1. Types of Osteomalacia

- 1.1 Vitamin D deficient
- 1.2 Inherited or acquired disorders of phosphate wasting, or oncogenic osteomalacia

Requirements for Coverage

ICD-10 codes must be coded to the highest level of specificity.

Non-Coverage

- Daman does not cover management of Rickets & Osteomalacia for the visitors plan.
- Daman does not cover management of active Rickets above the age of 18 as it is medically unlikely.
- Daman does not cover management of Rickets and Osteomalacia for experimental and clinical trial purposes.

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Payment and Coding Rules

Please apply DOH payment rules and regulations and relevant coding manuals for ICD and DOH drug codes.

Denial codes

Code description
Activity/diagnosis is inconsistent with the patient's age/gender
Service is not clinically indicated based on good clinical practice, without additional supporting diagnoses/activities
Payment is included in the allowance for another service
Use bundled code

Appendices

A. References

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7. BMJ Evidence Centre. (July 7, 2011). Rickets. Best Practice. 1 (1), p1.
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11. <https://www.fda.gov/Drugs/DevelopmentApprovalProcess/FormsSubmissionRequirements/ElectronicSubmissions/DataStandardsManualmonographs/ucm071754.htm>
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B. Revision History

Date	Change(s)
01-07-2012	Release V1.0
01-07-2013	Release V1.1 - New template
15- 07-2014	Release V 2.0 - Disclaimer updated as per system requirements
09-01-2019	Release V 3.0 - Content update

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