Nutrition Therapy for Eating Disorder

Date of Origin: 07/26/2016  Last Review Date: 07/24/2019  Effective Date: 09/01/2019

Dates Reviewed: 07/2017, 07/2018, 07/2019

Developed By: Medical Necessity Criteria Committee

I. Description

Nutrition therapy, as part of a multidisciplinary approach in addressing eating disorders, is recommended to assist in normalizing eating, including adequate nutritional intake, challenging negative perceptions about food, and learning internal cues for hunger and satiety. The role of the dietician includes assessing the impact of eating disorder symptoms on eating habits and fitness while working to normalize eating patterns through nutrition education and the development of a structured eating plan. This includes restoration of nutrition through broadening of food selections, building knowledge of the relationship between food and overall health, and working towards a relationship with food that is balanced and sustainable. Appropriate goals for treatment include reduction and stabilization of eating disorder behavior. Treatment goals should be reasonable and may not include complete elimination of eating disorder behaviors and cognitions in many cases. Coordinating efforts with an individual’s medical and mental health providers is an essential component to recovery.

Nutrition therapy provided by a licensed dietician is recommended for patients diagnosed with an eating disorder who demonstrate continued struggles in maintaining adequate nutritional intake or for those patients exhibiting a range of functional limitations associated with an eating disorder.

II. Criteria: CWQI BHC-0013

A. Contraindications:

Nutrition therapy is not indicated if ANY of the following are present:

1. Transient or mild symptoms resulting in no more than slight impairment.
2. Nutrition therapy in the absence of a multidisciplinary team including a psychotherapist and qualified medical provider.
3. Treatment should not be duplicative of services provided by another professional for the same diagnosis.
B. **Continued authorization:**
Continued authorization is indicated by **ALL** of the following:
1. The treatment plan establishes achievable recovery goals appropriate to the patient’s symptoms, resources, and functioning.
2. Treatment is provided at the lowest level of intensity (including frequency and duration of outpatient sessions and duration of the treatment episode) necessary to maintain the patient’s stability and achieve progress toward appropriate treatment goals.
3. Continued measurable improvements in symptoms and/or functioning.
4. The treatment plan promotes the patient’s ability to independently manage symptoms and resolve problems.
5. The role of the nutritionist supplements rather than supplants the role of the psychotherapist and physician.
6. Treatment plan includes ongoing collaboration among all providers.

C. **Termination Criteria:**
Termination of continued authorization is indicated by **1 or more** of the following:
1. Patient has achieved a stable level of functioning and further treatment is not expected to produce significant improvement.
2. Patient is not making progress in the current setting or level of care (consider referral to another provider, level of care, or form of treatment).

III. Information Submitted with the Prior Authorization Request:
A request for extended authorization for nutrition therapy should include the following information:
1. Evaluation including diagnosis, presenting symptoms and functional impairment.
2. Scope and duration of planned treatment interventions with measurable treatment goals.

IV. CPT or HCPCS codes covered:

<table>
<thead>
<tr>
<th>Codes</th>
<th>Description</th>
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<tbody>
<tr>
<td>97802</td>
<td>Medical nutrition therapy; initial assessment and intervention, individual, face-to-face with the patient, each 15 minutes</td>
</tr>
<tr>
<td>97803</td>
<td>Medical nutrition therapy; re-assessment and intervention, individual, face-to-face with the patient, each 15 minutes</td>
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V. Annual Review History

<table>
<thead>
<tr>
<th>Review Date</th>
<th>Revisions</th>
<th>Effective Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>07/2016</td>
<td>New criteria</td>
<td>07/2016</td>
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</tbody>
</table>
VI. References


Appendix 1 – Applicable ICD-10 diagnosis codes:

<table>
<thead>
<tr>
<th>Codes</th>
<th>Description</th>
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<tbody>
<tr>
<td>F50.00</td>
<td>Anorexia Nervosa, Unspecified</td>
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<tr>
<td>F50.01</td>
<td>Anorexia Nervosa, Restricting Type</td>
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<tr>
<td>F50.02</td>
<td>Anorexia nervosa, Binge-eating/Purging Type</td>
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<tr>
<td>F50.2</td>
<td>Bulimia Nervosa</td>
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<tr>
<td>F50.8</td>
<td>Other Eating Disorders</td>
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<tr>
<td>F50.81</td>
<td>Binge Eating Disorders</td>
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<tr>
<td>F50.89</td>
<td>Other Specified Eating Disorder</td>
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<tr>
<td>F50.9</td>
<td>Eating Disorder, Unspecified</td>
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