Policy on Pediatric Tonsillectomy for Obstructive Sleep Apnea

Note: This Policy will supersede Milliman Guideline ACG: A-0145

Upon review of the literature and consultation with Otolaryngology Providers, it has been determined that the Milliman Care Guidelines for Tonsillectomies for obstructive sleep apnea (OSA) are not applicable for children under the age of 12.

Clinical Indications for Procedure:

1) **Ages 3-12:**

   Signs and symptoms consistent with obstructive sleep apnea, including all of the following- AND clinical correlation by an otolaryngologist confirming the need for tonsillectomy:

   - Daytime sleepiness or hyperactivity
   - Noisy mouth breathing while awake
   - Sleep disordered breathing

   **NOTE:** criteria does not include requirement of polysomnography

2) **Age less than 3:**

   Polysomnography findings confirm apnea-hypopnea index greater than 1.

3) **All ages** with Suspected Obstructive Sleep Apnea with co-morbidities such as obesity, Down Syndrome, craniofacial abnormalities, neuromuscular disorders, sickle cell disease, or mucopolysaccaridoses:

   Polysomnography findings confirm apnea-hypopnea index greater than 1.

   **NOTE:** Tonsillectomies will be authorized as outpatient procedures, with the exceptions of #2 and #3. In these cases overnight monitoring will be authorized if, during polysomnography, the apnea-hypopnea index is 10 or more, or the oxygen saturation nadir is less than 80%.
Medical Policy:
Pediatric Tonsillectomy for Obstructive Sleep Apnea

Created: November 2, 2012
Effective: November 8, 2012
Reviewed/No Updates: 1/28/13; 2/13/14; 2/12/15; 2/11/16; 2/9/17; 2/8/18; 2/14/19; 2/13/20
Reviewed/Updated: 08/06/13; 05/08/14

A. Attachment: None

B. History:

Author/Reviewer: Albert Reeves, MD; Date: 11/2/12
Reviewed/No Changes: Albert Reeves, MD; Date: January 28, 2013
Reviewed/Updated: Albert Reeves, MD; Date: August 06, 2013
Committee Review: UM: August 08, 2013; QAC: August 27, 2013
Reviewed/No Updates: Catherine Sanders, MD
Reviewed/With Updates: Catherine Sanders, MD
Committee Review: UM: May 8, 2014; QAC: May 27, 2014
Reviewed/No Updates: Catherine Sanders, MD
Reviewed/No Updates by: Faustine Dela Cruz, RN & Catherine Sanders, MD
Reviewed/No Updates by: Catherine Sanders, MD & Robert Sterling, MD
Reviewed/No Updates by: Catherine Sanders, MD & Robert Sterling, MD
Committee Review: UM: February 8, 2018; QAC: February 27, 2018
Reviewed/No Updates by: Catherine Sanders, MD & Robert Sterling, MD
Committee Review: UM: February 14, 2019; QAC: February 26, 2019
Reviewed/No Updates by: Howard Taekman, MD & Robert Sterling, MD

<table>
<thead>
<tr>
<th>Revision Date</th>
<th>Content Revised (Yes/No)</th>
<th>Contributors</th>
<th>Review/Revision Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/9/17</td>
<td>No</td>
<td>Catherine Sanders, MD; Robert Sterling, MD</td>
<td>Annual Review</td>
</tr>
<tr>
<td>2/8/18</td>
<td>No</td>
<td>Catherine Sanders, MD; Robert Sterling, MD</td>
<td>Annual Review</td>
</tr>
<tr>
<td>2/14/19</td>
<td>No</td>
<td>Catherine Sanders, MD; Robert Sterling, MD</td>
<td>Annual Review</td>
</tr>
<tr>
<td>2/13/20</td>
<td>No</td>
<td>Howard Taekman, MD; Robert Sterling, MD</td>
<td>Annual Review</td>
</tr>
</tbody>
</table>

G. References:
Pediatric Tonsillectomy for Obstructive Sleep Apnea

Created: November 2, 2012
Effective: November 8, 2012
Reviewed/No Updates: 1/28/13; 2/13/14; 2/12/15; 2/11/16; 2/9/17; 2/8/18; 2/14/19; 2/13/20
Reviewed/Updated: 08/06/13; 05/08/14