



Commercial/Healthcare Exchange PA Criteria

Effective: July 25th, 2018

Prior Authorization: Needle phobia

Products Affected: This policy applies to drugs where the drug requires prior authorization. Drug-specific policies must be reviewed prior to applying the criteria listed below. This policy should be applied when a drug-specific policy does not address needle phobia.

Covered Uses: N/A

Exclusion Criteria: Drugs related to the treatment of non-covered services are not covered. Certain classes of injectable medications are excluded from coverage under some benefit plans. Please check benefit plan descriptions for details.

Required Medical Information: Medical chart documentation

Age Restrictions: N/A

Prescriber Restrictions: N/A

Coverage Duration: Per drug specific policy

Other Criteria: Needlephobia is considered when ALL of the following criteria have been met:

1. The use of needles causes marked fear or anxiety in the member.
2. The use of needles is actively avoided or endured with intense fear or anxiety.
3. The fear or anxiety is out of proportion to the actual danger posed by the use of needles to administer medications
4. The fear, anxiety, or avoidance of needle use is persistent, typically lasting for 6 months or more, despite continued attempts.
5. The fear, anxiety, or avoidance of needle use causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
6. The members fear of needles is not better explained by the symptoms of another mental disorder including fear, anxiety, and avoidance of situations associated with panic-like symptoms.
7. The member has been given a diagnosis of fear of injections by the prescribing physician.
8. The member has clinically documented “vasovagal reflex” as a result of self-administered needle use. Vasovagal Reflex reaction is defined by an initial rise in blood pressure followed by a very steep drop in blood pressure, which usually results in loss of consciousness, and sometimes in convulsions.

References:

1. BJA: British Journal of Anaesthesia, Volume 113, Issue 1, 1 July 2014, Pages 4–6, <https://doi.org/10.1093/bja/aeu013>
2. Hamilton G, James. Needle Phobia: A Neglected Diagnosis. Journal of Family Practice. 1995 August. (v41 n2) Start Page: p169(7) ISSN: 0094-3509.

Last Res. 7.25.18



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3. American Psychiatric Association (APA). Diagnostic and Statistical Manual of Mental Disorders. 5th ed. Washington, DC: APA; 2013

Policy Revision history

Rev #	Type of Change	Summary of Change	Sections Affected	Date
1	New Policy	New Policy	All	7/25/18

Last Res. 7.25.18



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