



GUIDELINES FOR NEUROPSYCHOLOGICAL TESTING REFERRALS

What is neuropsychological testing?

Neuropsychological testing is the use of standardized instruments and systematic procedures to examine a person's functional abilities in the areas of intelligence, memory, language, attention, problem solving, visual-motor skills, and sensorimotor skills. Neuropsychological testing plays a significant role in diagnosis, treatment, and rehabilitation.

HNE does not consider, or recommend, neuropsychological testing as a routine intervention for diagnostic determination or treatment planning. However, neuropsychological testing can be useful in determining appropriate diagnoses and treatment planning in especially complex situations. Since neuropsychological testing is a specialized procedure, it requires:

- Prior clinical evaluation that includes: medical/psychiatric illness history, participation in and response to treatment, substance abuse history and treatment history, mental status exam, and assessment of risk; **and/or:**
- Prior full neurological examination.

Indications for neuropsychological testing:

- For Adults
 - Differential diagnosis for neurological and psychiatric disorders (e.g. depression vs. dementia, impairment in functioning because of chronic alcoholism/substance abuse vs. functional impairments because of psychiatric/medical issues).
 - To assess an individual's overall functioning abilities (e.g. intelligence, memory, language, attention, problem solving, visual-motor skills, and sensorimotor skills) in order to aid in diagnosis, establish limitations, or help determine best treatment approaches.
- For Children:
 - Complex neurodevelopment disorders;
 - Complex blend of psychiatric and neurological symptoms requiring differential diagnosis (e.g. co-morbid symptoms of Obsessive Compulsive Disorder, Pervasive Developmental Disorder and nonverbal processing disorders).

Exclusions for neuropsychological testing:

- Individual recently in detox and/or continued substance abuse;
- For educational and/or vocational purposes only;
- If differential diagnosis for ADHD has not been completed by the primary care clinician (behavioral scales/tools completed by parents/guardians and school personnel combined with psychological testing and/or psychiatric evaluation).

- Request for second testing within a 12 month period unless (1) the presence of brain disorder shows substantial improvement or deterioration within this period of time or (2) the patient has undergone a clinical intervention that may have resulted in substantial change in functioning.

When is neuropsychological testing approved?

Requests for neuropsychological testing may be approved if the criteria for medical necessity are met: The criteria include:

- Clarify diagnosis and describe functional abilities/impairments to improve behavioral health and medical care
- Describe functional abilities or impairments related to brain injury, head trauma, or post-brain surgery
- Identify brain abnormalities or neurological problems affecting cognitive and perceptual functioning and motor and memory skills
- Specify clinical issues(s) to be addressed
- Requests for neuropsychological testing must be made at least 30 days prior to the date of testing
- Request for second testing within a 12 month period must come from member's PCP or other provider from whom member is receiving treatment and
- Limit of 8 hours. If additional hours are needed because of the clinical complexity provider must submit the request in writing prior to conducting the additional hours. All requests are reviewed and decisions made based on medical necessity

How do I make a referral for neuropsychological testing?

The provider must complete the Testing Prior Authorization Request Form (PARF) and fax or mail the completed form to the HNE Behavioral Health Department. Additionally, the provider must submit documentation of the prior clinical evaluation (for example: physician progress note referring to the need for referral to a neurological examination, psychiatric evaluation, psychological evaluation; copy of actual clinical evaluation). The Behavioral Health Specialist will review the clinical information to determine if the referral is appropriate. When necessary, the Behavioral Health Specialist will review with a physician or psychologist reviewer.

Who can make a referral for neuropsychological testing?

Any in-plan MD, PA, CNS, or Behavioral Health Provider.

Who can perform the neuropsychological testing?

Any HNE licensed psychologist who has had formal advanced training in neuropsychological testing and has been credentialed by HNE to perform neuropsychological testing.