LETTER OF MEDICAL NECESSITY

Autism/XL-Intellectual Disability Panel (NGS)

PATIENT INFORMATION

Today's Date *(MM/DD/YYYY)*	**Patient Date of Birth** *(MM/DD/YYYY)*
Patient First Name	**Patient Last Name**
ICD-10 Codes *(fill in below, separate by commas)*	

LABORATORY INFORMATION

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TEST INFORMATION

This letter is in regard to my patient, (insert full legal name) _____, to request full coverage for the Autism/XL-Intellectual Disability Panel to be performed by Quadrant Laboratories. It is my professional determination that testing is medically necessary and will have a direct impact on this patient's treatment and management.

PATIENT CLINICAL AND FAMILY HISTORY

This testing is requested due to this patient's personal medical history, which includes the following clinical findings:

The patient's family history is negative for related conditions/unknown/remarkable for the following related clinical features:

The patient has previously had the following uninformative genetic and other testing, if any, please provide test details below:

CLINICAL EVIDENCE AND GUIDELINES FOR TESTING

ASDs (autism spectrum disorders) affect more than 3% of children. [1,2] Many individuals with ASD are diagnosed with global developmental delay in early childhood.[3] ASDs are clinically and genetically heterogeneous, and pathogenic variants in many different genes can cause nearly identical clinical presentations. Therefore, it is typically necessary to perform testing of multiple genes to identify the underlying genetic cause in an individual with ASD and/or other Neurodevelopmental disorders (NDD).

PATIENT CLINICAL UTILITY AND MEDICAL MANAGEMENT IMPLICATIONS

Knowledge of the specific genetic etiology can provide critical information about the risk for associated medical and psychiatric problems and provide important information to guide medical management. ASDs may be isolated or may occur in individuals who have a syndromic clinical presentation that also includes birth defects, dysmorphic features, and/or an increased risk for other associated health problems, such as seizures, psychiatric disorders, and vision or hearing problems. Additionally, in some cases, knowledge of the specific genetic etiology may enable initiation of an effective treatment or may assist in the decision to discontinue a treatment that is ineffective or harmful.[4] Knowledge of the specific genetic cause of ASDs has been shown to lead to direct changes in medical management in approximately half of individuals who received a genetic diagnosis, including changes to medications, dietary treatments, surgical interventions, surveillance regimens, or preventative measures.[5,6]

Additional implications specific to this patient include:

SUMMARY

The Autism/XL-Intellectual Disability Panel at Quadrant Laboratories is a highly sensitive and cost-effective genetic test. I am requesting coverage for this medically necessary test in order to establish appropriate medical management for this patient. Without testing, treatment would be suboptimal, subjecting this patient to increased morbidity and potentially early mortality.

Thank you for your review and consideration. If you have questions, or if I can be of further assistance, please do not hesitate to call me at:

Providers Phone Number:

SIGN

Provider's Signature ***(required)*** Date *(MM/DD/YYYY)*

REFERENCES

1 CDC (Centers for Disease Control and Prevention) (2021) Morbidity and Mortality Weekly Report. https://www.cdc.gov/mmwr/volumes/70/ss/ss7011a1.htm

2 Prevalence of Autism Spectrum Disorder Among Children and Adolescents in the United States from 2019 to 2020 | Adolescent Medicine | JAMA Pediatrics | JAMA Network (2022)

3 Shaw KA, McArthur D, Hughes MM, Bakian AV, Lee L-C, Pettygrove S, Maenner MJ, Progress and Disparities in Early Identification of Autism Spectrum Disorder: Autism and Developmental Disabilities Monitoring Network, 2002–2016, Journal of the American Academy of Child & Adolescent Psychiatry (2021)

4 Fitzgerald et al. Large-scale discovery of novel genetic causes of developmental disorders. Nature 2015 519 (7542):223-8.

5 Vissers LE et al. Genetic studies in intellectual disability and related disorders. Nat Rev Genet 2016 17(1): 9-18.

6 Schaefer et al. Professional Practice and Guidelines Committee. Clinical genetics evaluation in identifying the etiology of autism spectrum disorders: 2013 guideline revisions. Genetics In Medicine: Official Journal Of The American College Of Medical Genetics 2013 15 (5):399-407.