

## PRIOR AUTHORIZATION POLICY

**POLICY:** Corticosteroids (Intraarticular) – Zilretta Prior Authorization Policy

- Zilretta® (triamcinolone acetonide extended-release intraarticular injection – Flexion)

**REVIEW DATE:** 12/07/2022

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### OVERVIEW

Zilretta, an extended-release synthetic corticosteroid, is indicated as an intraarticular injection for the management of **osteoarthritis pain of the knee**.<sup>1</sup>

Several other injectable corticosteroids (e.g., betamethasone sodium phosphate and betamethasone acetate, dexamethasone sodium phosphate, methylprednisolone acetate, and immediate-release triamcinolone acetonide) are indicated for intraarticular use for the management of osteoarthritic conditions.<sup>2-5</sup>

### Dosing Information

Zilretta is administered as a single intraarticular injection that delivers 32 mg/5 mL.<sup>1</sup> The efficacy and safety of Zilretta for repeat administration have not been demonstrated.

### Guidelines

Guidelines for the medical management of osteoarthritis of the hand, hip, and knee are available from the American College of Rheumatology (2019).<sup>6</sup> Multiple non-pharmacological modalities are recommended for knee osteoarthritis, including exercise, self-management programs, weight loss, Tai Chi, and use of assistive devices (i.e., bracing or a cane). Pharmacologic therapy for knee osteoarthritis consists of acetaminophen, oral and topical non-steroidal anti-inflammatory drugs, tramadol, intraarticular corticosteroid injections, duloxetine, and topical capsaicin. In the guidelines, no distinction is made between the available intraarticular corticosteroid products or between short-acting and long-acting products.

The American Academy of Orthopaedic Surgeons practice guideline for the management of osteoarthritis of the knee (2022) states intraarticular corticosteroids could provide short-term relief for patients with symptomatic osteoarthritis of the knee.<sup>7</sup> Additionally, extended-release intraarticular corticosteroids can be used over immediate-release to improve patient outcomes.

### POLICY STATEMENT

Prior Authorization is recommended for prescription benefit coverage of Zilretta. All approvals are provided for the duration noted below.

**Documentation:** Documentation is required for use of Zilretta as noted in the criteria as **[documentation required]**. Documentation may include, but is not limited to, chart notes, prescription claims records, prescription receipts, and/or other information.

**Automation:** None.

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## RECOMMENDED AUTHORIZATION CRITERIA

Coverage of Zilretta is recommended in those who meet the following criteria:

### FDA-Approved Indication

1. **Osteoarthritis Pain of the Knee.** Approve for one injection per treated knee if the patient meets the following criteria (A, B, and C):
  - A) Diagnosis of the knee to be treated is confirmed by radiologic evidence of knee osteoarthritis; AND  
Note: Examples of radiologic evidence include diagnosis based on x-ray, magnetic resonance imaging, computed tomography scan, and ultrasound.
  - B) Patient has tried at least ONE intraarticular corticosteroid injection in the knee to be treated **[documentation required]**.  
Note: Examples of intraarticular corticosteroid injections include immediate-release triamcinolone acetonide, betamethasone sodium phosphate/betamethasone acetate, dexamethasone sodium phosphate, and methylprednisolone acetate.
  - C) Patient is not receiving re-treatment of knee(s) previously treated with Zilretta.

### CONDITIONS NOT RECOMMENDED FOR APPROVAL

Coverage of Zilretta is not recommended in the following situations:

1. Coverage is not recommended for circumstances not listed in the Recommended Authorization Criteria. Criteria will be updated as new published data are available.

### REFERENCES

1. Zilretta® intraarticular injection [prescribing information]. Burlington, MA: Flexion; July 2021.
2. Betamethasone sodium phosphate/betamethasone acetate injection [prescribing information]. Shirley, NY: American Regent; August 2019.
3. Dexamethasone sodium phosphate injection [prescribing information]. Lehi, UT: Civica; November 2019.
4. Methylprednisolone acetate injection [prescribing information]. Bridgewater, NJ: Amneal; November 2020.
5. Immediate-release triamcinolone acetonide injection [prescribing information]. Bridgewater, NJ: Amneal; December 2020.
6. Kolasinski SH, Neogi T, Hochberg MC, et al. 2019 American College of Rheumatology/Arthritis Foundation Guideline for the management of osteoarthritis of the hand, hip, and knee. *Arthritis Care Res.* 2019;72(2):149-162.
7. Brophy RH, Fillingham YA. AAOS Clinical Practice Guideline Summary: Management of Osteoarthritis of the Knee (Nonarthroplasty), Third Edition. *J Am Acad Orthop Surg.* 2022 May 1;30(9):e721-e729.