

## Appropriate Use of Growth Hormone Therapy in Adults: A Collaborative Approach

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This supplement to *The American Journal of Managed Care* provides the highlights of a roundtable, *Appropriate Use of Growth Hormone Therapy in Adults: A Collaborative Approach to Deliver Effective Patient Care*, held in Phoenix, Arizona, February 5-7, 2004. The roundtable faculty was composed of experts in adult and transitional endocrinology and key representatives of the managed care payer community. These experts provided a unique and valuable perspective on the evolving role of recombinant human growth hormone (hGH) in patients transitioning from pediatric therapy and adults initiating treatment. Also, the practical managed care issues—formulary management, diagnosis and treatment, and reimbursement policies—that influence prescribing practices for these patient groups were discussed in detail. Growth hormone deficiency (GHD) in adults and transitional patients represents a distinct disease entity from pediatric GHD that is associated with a myriad of metabolic disturbances that can increase the risks for cardiovascular disease and premature mortality.

These proceedings are a follow-up to a March 2000 roundtable, *Implementing Optimal Guidelines for Growth Hormone Use in a Managed Care Population*, which focused primarily on the use of hGH in pediatric

patients. The roundtable presented in 2000, which included a panel of experts in endocrinology and managed care, concluded that traditional pediatric indications for hGH were well accepted and covered by most healthcare plans. Further, the 2000 roundtable panel identified the transitional patient as an area of concern requiring additional discussion. Although not all pediatric patients requiring hGH therapy will need to continue therapy into adulthood, a clinically meaningful proportion will.

The 2004 roundtable focused on the current provider and payer issues that continue to surround the use of hGH in adults and transitional patients. The roundtable examined and discussed:

- Balancing ethical and economic issues in the management of GHD in adults
- Reimbursement issues and future trends in prescription benefit design and their impact on hGH delivery
- Diagnostic and treatment issues in the management of GHD in adults

This roundtable program comprised formal presentations by medical, pharmacy, managed care, and benefit design experts, case history discussions, and group discussions to capture both provider and payer perspectives.