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Eligibility and Payments Policy Branch

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THE FOLLOWING RMA SOPS TAKE EFFECT ON 25 MARCH, 2019

New SOPs	Chronic insomnia disorder Trigger finger De Quervain tendinopathy
Revocations & Replacements	Methaemoglobinaemia Dental malocclusion Acute articular cartilage tear Sinus barotrauma Acute meniscal tear of the knee Pilonidal sinus Blepharitis Chronic pruritis ani Alzheimer disease Neurocognitive disorder with Lewy bodies*
Amendments	Subdural haematoma

* New standalone SOP, previously covered by Alzheimer-type dementia SOP

NOTEWORTHY FEATURES

Chronic insomnia disorder

New – 37 & 38 of 2019

- This new SOP covers insomnia of at least 3 months duration, that occurs in the setting of both adequate opportunity for sleep and suitable circumstances (including physical environment) for sleep, and that causes significant distress or impairment.
- The SOP does not cover lack of sleep due to: insufficient or irregular hours available for sleep; an uncondusive sleep environment, such as from noise or discomfort; or pre-sleep activities known to interfere with sleep, such as overstimulation. Lack of sleep in such circumstances would not warrant designation as a disease.
- Factors in the SOPs include mental illness, psychological stressors, physical illnesses or injuries as specified and drugs as specified.

Trigger finger

New – 39 & 40 of 2019

- This new SOP for trigger finger (a.k.a. stenosing flexor tenosynovitis) covers a condition in which there is an inability to smoothly flex or extend a finger, due to the flexor tendon for that finger catching in its tendon sheath. In more severe cases, the finger may require passive manipulation to be moved or may become locked in flexion or extension. Multiple fingers (and the thumb) may be affected.
- There are factors in the SOPs for repetitive or forceful activities, local trauma, diabetes, local (space occupying) pathology, a specified class of drugs and carpal tunnel release (RH only).

de Quervain tendinopathy

New – 41 & 42 of 2019

- This new SOP covers a condition that is similar to trigger finger, but involves the tendons of muscles that move the thumb laterally, away from the palm. It is a common cause of pain on the thumb side of the wrist. It is a non-progressive and usually self-limiting condition (i.e. it goes away in time).
- There are factors in the SOPs for repetitive or forceful activities, local trauma, and use of specified drugs.

Methaemoglobinaemia**Revocation – 17 & 18 of 2019**

Replaces 47 & 48 of 2010

- There are no significant changes. Notes have been added to give examples of drugs and chemicals that cause oxidation of haemoglobin.

Dental malocclusion**Revocation – 19 & 20 of 2019**

Replaces 17 & 18 of 2011

- The definition has been reformatted and now also specifically includes dental hyperocclusion.
- The previous trauma factor has been split into separate injury and surgery factors.
- There are new factors (RH and BOP, onset and worsening) for: an ill-fitting dental restoration or orthodontic device; advanced periodontitis; and macroglossia.

Acute articular cartilage tear**Revocation – 21 & 22 of 2019**

Replaces 53 & 54 of 2010

- There is a new factor for intra-articular surgery.

Sinus barotrauma**Revocation – 23 & 24 of 2019**

Replaces 49 & 50 of 2010

- The definition has been reformatted but SOP coverage is unchanged.
- There are new factors (RH and BOP, onset and worsening) for: being exposed to an explosive blast; impaired drainage of the sinus; and having allergic rhinitis or sinusitis.

Acute meniscal tear of the knee**Revocation – 25 & 26 of 2019**

Replaces 55 & 56 of 2010

- The usual formatting updates have been made. There are no material changes.

Pilonidal sinus**Revocation – 27 & 28 of 2019**

Replaces 71 & 72 of 2010

- The definition has been reformatted, with no change to coverage.
- ‘Barber’ has been added to the hairdresser factor and the time frame in the factor has been extended.
- The exposure to animal hair factor has been extended to now also cover pilonidal sinus of the foot.
- The previous factor covering driving or being a passenger in a vehicle is now restricted to being for sacrococcygeal pilonidal sinus only. The previous coverage in this factor for bicycle riding has been removed.
- The existing factor for obesity has similarly been restricted to being for sacrococcygeal pilonidal sinus only.
- A new factor (RH and BOP, onset and worsening) has been added, for sacrococcygeal or umbilical pilonidal sinus only, for inability to shower or bathe frequently, as specified.

Blepharitis**Revocation – 29 & 30 of 2019**

Replaces 63 & 64 of 2010

- The definition has been reformatted and now includes more detail on included and excluded conditions.
- Three previous infestation factors have been consolidated into one factor.
- Previous factors for xerophthalmia, specified drugs (hydroxyurea, indinavir and epidermal growth factor receptor inhibitor, and vitamin A and B deficiencies, have been reorganised and subsumed into factors for dry eye disease and immunocompromised state.
- There are new factors (RH and BOP) for psoriasis, discoid lupus erythematosus and oral retinoids (onset only for the latter).

- A previous BOP factor for diabetes has been removed, as has coverage for rickettsial infections.

Chronic pruritus ani

Revocation – 31 & 32 of 2019

Replaces 75 & 76 of 2010

- The duration of symptoms required by the definition has been shortened from 6 months to 6 weeks.
- There are new factors (RH and BOP, onset and worsening) for excessive cleaning (overzealous hygiene of the area) and faecal incontinence.
- In existing factors there have been additions made to lists for: rectal and anal conditions; infections; infestations; local dermatological diseases; and systemic diseases.
- Factors covering treatment with water-soluble corticosteroid phosphates, nicosamide, clioquinol and mineral oil have been removed.

Alzheimer disease

Revocation – 33 & 34 of 2019

Replaces 22 & 23 of 2010

- The SOP name has changed (from Alzheimer-type dementia).
- The definition used to include dementia with Lewy bodies. There is now a separate SOP for neurocognitive disorder with Lewy bodies.
- The definition (and name change) now covers earlier, milder forms of the condition (mild neurocognitive disorder due to Alzheimer disease).
- There have been minor timing or dose changes to existing factors for trauma (RH only), smoking, magnetic fields (RH only), diabetes and depression (RH only).
- The dyslipidaemia and obesity factors, previously RH only, have been added to the BOP SOP.
- A previous RH only factor for thyroid disorders has been removed. A previous RH only factor for a dose of ionising radiation has been removed, but the RH factor for therapeutic (ionising) radiation has been retained.
- A new factor (RH and BOP) has been added for physical inactivity.
- A new RH only, worsening only factor has been added for treatment with anticholinergic drugs.

Neurocognitive disorder with Lewy bodies**“New” – 35 & 36 of 2019**

- This condition (a.k.a. dementia with Lewy bodies) was previously covered by the SOP for Alzheimer-type dementia, but is now a stand-alone SOP.
- Dementia with Lewy bodies is now recognised to be the third most common type of dementia, after Alzheimer disease and vascular dementia.
- The condition can be difficult to diagnose clinically and to distinguish from Alzheimer disease and from Parkinson disease with dementia. Clinical features (in addition to dementia) include fluctuations in cognition and levels of alertness, visual hallucinations, parkinsonism and sleep (movement) disorders.
- Evidence for environmental risk factors is limited. The RH SOP has two onset factors (depression and PTSD), with none in the BOP SOP.

Subdural haematoma**Amendment – 43 & 44 of 2019**

Amends 33 & 34 of 2011

- The amendments replace the previous (specific antithrombotic) drugs factor with a new factor and definition for antithrombotic therapy. The definition covers the newer types of antithrombotics. Aspirin, although covered by the antithrombotic therapy factor, also now has a separate factor, with a minimum dose, for when it is being taken for another purpose.

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