



Pulmonary Rehabilitation

What is pulmonary rehabilitation?

Pulmonary rehabilitation is a new program available at Las Colinas Medical Center that combines exercise training, education sessions, and behavioral programs designed to help patients with COPD control symptoms and improve day-to-day activities.

The main goals of pulmonary rehabilitation are to help patients improve their day-to-day lives and restore their ability to function independently. Pulmonary rehabilitation can help your patients:

- Reduce and control breathing difficulties and other symptoms.
- Learn more about their disease, treatment options, and coping strategies.
- Learn to manage their disease and reduce their dependence on health professionals and costly medical resources.
- Maintain healthy behaviors such as smoking cessation, good nutrition, and exercise.

In addition, pulmonary rehabilitation can help reduce the number and length of hospital stays and increase their chances of living longer.

Where is it located?

Pulmonary Rehabilitation (Department/Facility) is located in the Physical Medicine Gym. The Physical Medicine Gym is located at the Main Entrance of Las Colinas Medical Center which is across from the ER and next to the Gift Shop. This is the same facility used by Physical Therapy and Cardiac Rehabilitation.

What consists of the Pulmonary Rehabilitation program staff and guidelines?

Staffing is based on the AACVPR patient/staff requirements of 4:1. The staff primarily consists of Respiratory Therapists and an Exercise Physiologist. Additional staff available includes RNs from the Cath Lab and Physical Therapists from the PT department. When state registration opens in January 2009, the Pulmonary Rehab program will be registered with the TACVPR. As of today, all guidelines are in place including program design and emergency protocols. Rehab sessions are Mondays, Wednesdays, and Fridays set at a designated time by the patient and staff between the times of 7a-4p.

How do I refer a patient to the program?

- On the next page you will see the covered diagnoses approved by Medicare and any additional requirements needed.
- The final page is a copy of the Physician's Order. Fill out the order and have the physician sign at the bottom.

Criteria for Pulmonary Rehabilitation

- Medical diagnosis of a chronic, but stable respiratory condition that is under optimal medical management. (See "ICD-9-CM Codes That Support Medical Necessity" section below).
- **Within 3 months** prior to initiation of PR, **Pulmonary Function Tests (PFTs)** revealing Forced Volume Capacity (**FVC**) or Forced Expiratory Volume in one second (**FEV1**) must be **less than 60%** of predicted or Carbon Monoxide Diffusing Capacity (**Dco**) **less than 60%** of predicted.
- Exhibits disabling symptoms that impede the patient's level of function in performing activities of daily living (ADLs).

ICD-9 Codes that Support Medical Necessity

The following are acceptable medical diagnoses for patients receiving PR services:

135	Sarcoidosis (Note: Bill code 517.8, Lung involvement in other diseases classified elsewhere, as secondary)
277.00	Cystic fibrosis without mention of meconium ileus
491.0	Simple chronic bronchitis
491.1	Mucopurulent chronic bronchitis
491.20	Obstructive chronic bronchitis without mention of acute exacerbation
491.8	Other chronic bronchitis
492.8	Other emphysema
493.20	Chronic obstructive asthma without mention of status asthmaticus
494	Bronchiectasis
494.1	Bronchiectasis with acute exacerbation
496	Chronic airway obstruction (COPD), not elsewhere classified
500	Coal workers' pneumoconiosis
501	Asbestosis
502	Pneumoconiosis due to other silica or silicates
503	Pneumoconiosis due to other inorganic dust
504	Pneumonopathy due to inhalation of other dust
505	Pneumoconiosis, unspecified
506.4	Chronic respiratory conditions due to fumes and vapors
506.9	Unspecified respiratory conditions due to fumes and vapors
508.1	Chronic and other pulmonary manifestations due to radiation
515	Postinflammatory pulmonary fibrosis
516.0	Pulmonary alveolar proteinosis
516.2	Pulmonary alveolar microlithiasis
516.3	Idiopathic fibrosing alveolitis
516.8	Other specified alveolar and parietoalveolar pneumonopathies
518.1	Interstitial emphysema
518.89	Other disease of lung, not elsewhere classified

Patients with other severe or chronic pulmonary disorders (e.g., lung cancer, neuromuscular diseases, lung transplant, scoliosis, kyphoscoliosis, etc.) may benefit from PR. Some patients may not meet the criteria in this policy, yet are still appropriate for PR because of other severe or chronic disorders. All such cases will be reviewed on an individual basis.

If you have any questions or want to schedule a meeting for further discussion, please call me. Thank you for your time and I'm looking forward to getting to work with you and your patients.

If needed, **PFTs** are performed at Las Colinas Medical Center.

Thanks,
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Cardiopulmonary Rehab Coordinator

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