



ADMINISTRATIVE POLICY AND PROCEDURE

Policy #:	1401.DC	
Subject:	Cardiac Rehabilitation Program	
Section:	Medical Non-Pharmacy Protocols	
Initial Effective Date:	10/01/2020	
Revision Effective Date(s):		
Review Effective Date(s):		
Responsible Parties:	Inna Kats, MD	
Responsible Department(s):	Clinical Operations	
Regulatory References:	NCQA 2020: UM 2C	
Approved:	Sharon Henry, RN Director, Clinical Operations	Patryce A. Toye, MD Chief Medical Officer

Purpose: To define the conditions under which MedStar Family Choice (MFC) utilization staff may authorize medically supervised cardiac rehabilitation programs.

Scope: MedStar Family Choice, District of Columbia

Policy: It is the policy of MFC to authorize medically supervised cardiac rehabilitation programs by nurse utilization management staff as outlined in the criteria below. Requests that do not specifically meet the criteria may be submitted with supporting medical records, articles from the literature, etc. and will be reviewed by a Medical Director for a Medical Exception.

Procedure:

1. Nurse utilization management staff may authorize medically supervised cardiac rehabilitation programs if all the following criteria are met:
 - a. The request is for services with an in-network provider
 - b. The request is signed by a Cardiologist who has evaluated the enrollee within the past 90 days. Request may also be signed by a PCP if there is evidence that a Cardiologist has evaluated the enrollee within the prior 90 days and made the recommendation for cardiac rehabilitation.

- c. Clinical is provided and documents the presence of one (1) of the following conditions within the past 12 (twelve) months:
 - i. Acute myocardial infarction
 - ii. Coronary artery bypass surgery
 - iii. Percutaneous coronary vessel intervention such as angioplasty, atherectomy and/or stenting
 - iv. Valve replacement or repair
 - v. Heart transplantation or heart-lung transplant
 - vi. Diagnosis of inoperable or difficult to manage coronary artery disease with symptoms of stable angina pectoris, which prevents the enrollee from functioning adequately to meet domestic or occupational needs (particularly with modifiable coronary risk factors or poor exercise tolerance)
 - vii. Placement of ventricular assist device
 - viii. Heart Failure (chronic, stable) defined as patients with left ventricular ejection fraction of 35% or less and New York Heart Association (NYHA) class II to IV symptoms despite being on optimal heart failure therapy for at least six weeks. Stable patients are defined as patients who have not had recent (≤ 6 weeks) or planned (≤ 6 months) major cardiovascular hospitalizations or procedures.

References:

National Coverage Determination (NCD) for Cardiac Rehabilitation Programs (20.10)

<https://www.cms.gov/medicare-coverage-database/details/nca-details.aspx?NCDId=36&ncdver=3&NCAId=241&SearchType=Advanced&CoverageSelection=Both&NCSelection=NCA%7cCAL%7cNCD%7cMEDCAC%7cTA%7cMCD&ArticleType=SAD%7cEd&PolicyType=Both&s=25&Keyword=cardiac+rehab&KeywordLookUp=Doc&KeywordSearchType=And&kq=true&IsPopup=y&bc=AAAAAAACAAA&>

Accessed 09/14/2020

Code of Federal Regulations section 42 CFR410.49

https://gov.ecfr.io/cgi-bin/text-idx?SID=e6ad0b73a71e76dccf2e3dcf31358610&mc=true&node=se42.2.410_149&rgn=div8

Assessed 09/14/2020

National Coverage Determination (NCD) for Cardiac Rehabilitation Programs for Chronic Heart Failure (20.10.1)

<https://www.cms.gov/medicare-coverage-database/details/ncd-details.aspx?NCDId=359&ncdver=1&SearchType=Advanced&CoverageSelection=Both&NCSelection=NCA%7cCAL%7cNCD%7cMEDCAC%7cTA%7cMCD&ArticleType=SAD%7cEd&PolicyType=Both&s=25&Keyword=cardiac+rehabilitation&KeywordLookUp=Doc&KeywordSearchType=Exact&kq=true&bc=IAAAACAAAA&> Accessed 09/14/2020

Decision Memo for Cardiac Rehabilitation (CR) Programs – Chronic Heart Failure (CAG-00437N)

<https://www.cms.gov/medicare-coverage-database/details/nca-decision-memo.aspx?NCAId=270>. Accessed 09/14/2020

Summary of Changes:	10/20: <ul style="list-style-type: none">• New policy.
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