

HEALTH PLAN POLICY	
Policy Title: Pulmonary Rehabilitation	Policy Number: MUM61 Revision: B
Department: Medical Management	Sub-Department: Utilization Management
Applies to Product Lines: <input type="checkbox"/> Medicaid <input checked="" type="checkbox"/> USFHP <input type="checkbox"/> Children’s Health Insurance Plan <input checked="" type="checkbox"/> Commercial Insured <input checked="" type="checkbox"/> Health Insurance Exchange <input type="checkbox"/> Non Insured Business <input checked="" type="checkbox"/> Medicare	
Origination/Effective Date: 10/09/2019	
Reviewed Date(s):	Revision Date(s): 10/05/2020, 10/11/2021

SCOPE:

This document addresses pulmonary rehabilitation in the post-acute setting for people with both obstructive and restrictive lung diseases.

DEFINITIONS AND ACRONYMS:

- **American Thoracic Society (ATS)**
- **Obstructive Lung Disease** – COPD, Asthma, Bronchiectasis, Cystic Fibrosis
- **Pulmonary Rehabilitation (PR)**
- **Restrictive Lung Disease** – Interstitial Lung Disease, Chest Wall disease. Post Polio Syndrome

POLICY:

PR is medically necessary in obstructive and restrictive lung disease as long as relative contraindications such as advanced arthritis, disruptive behavior and learning disabilities are not present. Also, any type of cardiac disability is a contraindication. Therefore, PR for 3 to 6 weeks in patients without significant comorbidities is useful.

Finally, the use of PR in pre and post lung transplant and/or major surgeries involving the thorax as well as abdomen is appropriate.

REFERENCES:

- American College of Chest Physicians 2016- Guidelines for Pulmonary Rehabilitation
- American Thoracic Society 2015 – Use of Pulmonary Rehabilitation for Lung Diseases Other than COPD
- Cochrane Database Review 2016 – Puhan – PR for COPD

HEALTH PLAN POLICY

Policy Title: Pulmonary Rehabilitation

Policy Number: MUM61

Revision: B

RELATED DOCUMENTS:

None

REVISION HISTORY:

Revision	Date	Description of Change	Committee
New	10/09/2019	Initial release.	Executive Leadership
A	10/05/2020	Yearly review. No change to policy content.	Executive Leadership
B	10/11/2021	Yearly review. Made minor grammar change.	Executive Leadership