

<b>HEALTH PLAN POLICY</b>	
<b>Policy Title:</b> Pulmonary Rehabilitation	<b>Policy Number:</b> MUM61 <b>Revision:</b> New
<b>Department:</b> Medical Management	<b>Sub-Department:</b> Utilization Management
<b>Applies to Product Lines:</b> <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	
<b>Origination/Effective Date:</b> 10/09/2019	
<b>Reviewed Date(s):</b>	<b>Revision Date(s):</b>

**SCOPE:**

This document addresses pulmonary rehabilitation in the post-acute setting for people with both obstructive & 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

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**RELATED DOCUMENTS:**

None

  
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Nancy Horstmann  
Chief Executive Officer Health Plans

10/18/19  
Date

  
\_\_\_\_\_  
David Engleking, M.D.  
Medical Director

10/15/19  
Date

**REVISION HISTORY:**

Revision	Date	Description of Change	Committee
New	10/09/2019	Initial release.	Executive Leadership