

The Department of Vermont Health Access Medical Policy

Subject: Cardiac Rehabilitation
Last Review: October 14, 2013
Revision 3:
Revision 2:
Revision 1:
Original Effective: May 16, 2012

Description of Service or Procedure

According to the American Heart Association AACVPR/ACC/AHA, (American Association of Cardiovascular Pulmonary Rehabilitation/American College of Cardiology/American Heart Association) 2007 Performance Measures on Cardiac Rehabilitation for Referral to and Delivery of Cardiac Rehabilitation/Secondary Prevention Services.

Cardiac rehabilitation services are comprehensive, long-term programs involving medical evaluation, prescribed exercise, cardiac risk factor modification, education, and counseling. These programs are designed to limit the physiologic and psychological effects of cardiac illness, reduce the risk for sudden death or re-infarction, control cardiac symptoms, stabilize or reverse the atherosclerotic process, and enhance the psychosocial and vocational status of selected patients.

Disclaimer

Coverage is limited to that outlined in Medicaid Rule that pertains to the beneficiary's aid category. Prior Authorization (PA) is only valid if the beneficiary is eligible for the applicable item or service on the date of service.

Medicaid Rule

[7102.2](#) Prior Authorization Determination

[7103](#) Medical Necessity

Medicaid Rules can be found at <http://humanservices.vermont.gov/on-line-rules>



Coverage Position

Cardiac Rehabilitation may be covered for beneficiaries:

- When the Cardiac Rehabilitation is prescribed by a licensed medical provider enrolled in the Vermont Medicaid program who is knowledgeable in the use of Cardiac Rehabilitation and who provides medical care to the beneficiary AND
- Who meet the clinical guidelines below.

Coverage Guidelines

Cardiac Rehabilitation may be appropriate when:

- The beneficiary has experienced one or more of the following:
 - A heart or heart-lung transplant,
 - An acute myocardial infarction within the preceding 12 months,
 - Percutaneous transluminal coronary angioplasty (PTCA) or coronary stenting,
 - A coronary artery bypass surgery
 - Current stable angina pectoris
 - Heart valve repair or replacement

Components of Cardiac Rehabilitation program must include:

- A physician-supervised program consisting of:
 - Exercise - physical activity includes aerobic exercise combined with other types of exercise, such as strengthening and stretching.
 - Outcome assessment - from onset to conclusion of the program based on beneficiary specific goals, and clinical measurements of the effectiveness of the program.
 - Psychosocial assessment - evaluation of the mental and emotional functioning including:
 - A psychosocial evaluation of the beneficiary's response to the treatment plan, as well as the rate of the response.
 - An assessment of the beneficiary's home and family situation that may affect treatment.
 - Cardiac risk factor modification including the following:
 - Counseling,
 - Education, and
 - Behavioral intervention
- and
- Treatment plan, beneficiary specific, signed every 30 days by the physician including:
 - The beneficiary's diagnosis
 - Goals for the beneficiary,
 - A description of the items and services furnished by the program, and
 - Beneficiary participation and progress.

Cardiac Rehabilitation setting can include either:

- A physician's office or
- A hospital outpatient setting

Note: All settings must have a physician, and appropriate resuscitative equipment, immediately accessible for emergencies or urgent medical conditions.

Cardiac Rehabilitation physician requirements:

- Cardiopulmonary training in basic life support and advanced cardiac life support,
- Expertise in the management of individuals with cardiac pathophysiology, and
- Licensed in the State of Vermont.

Cardiac Rehabilitation sessions are limited to the following:

- A Maximum of two 1-hour sessions a day for maximum of 36 sessions over 36 weeks.

Clinical guidelines for repeat service or procedure

- Additional sessions may be approved with medical justification from provider if above criteria is met. No services beyond 72 sessions will be approved by DVHA.

Type of service or procedure covered

Cardiac rehabilitation

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