INSTRUCTIONS FOR USE

This guideline is used to make coverage determinations as well as to inform discussions about evidence-based practices and discharge planning for behavioral health benefit plans managed by Optum®. When deciding coverage, the member’s specific benefits must be referenced.

All reviewers must first identify member eligibility, the member-specific benefit plan coverage, and any federal or state regulatory requirements that supersede the member’s benefits prior to using this guideline. Other clinical criteria may apply. Optum reserves the right, in its sole discretion, to modify its clinical criteria as necessary using the process described in Clinical Criteria.

This guideline is provided for informational purposes. It does not constitute medical advice. Optum may also use tools developed by third parties that are intended to be used in connection with the independent professional medical judgment of a qualified health care provider and do not constitute the practice of medicine or medical advice. Optum may develop clinical criteria or adopt externally-developed clinical criteria that supersede this guideline when required to do so by contract or regulation.

HOME HEALTH PSYCHIATRIC CARE

The evaluation, psychotherapy and teaching activities needed by patients suffering from a diagnosed psychiatric disorder requiring active treatment by a psychiatrically trained nurse may be covered as skilled nursing services. Patients may also require medical social services, occupational therapy, home health aide visits or other home health services related to the treatment of their psychiatric diagnosis.
APPLICABLE STATES

(CMS L34561)
- Alabama
- Arkansas
- Florida
- Georgia
- Illinois
- Indiana
- Kentucky
- Louisiana
- Mississippi
- New Mexico
- North Carolina
- Ohio
- Oklahoma
- South Carolina
- Tennessee
- Texas

If services are delivered in another state, please apply the Optum Level of Care Guidelines.

COVERAGE INDICATIONS, LIMITATIONS, AND/OR MEDICAL NECESSITY

The skilled nursing service must be reasonable and necessary to the diagnosis and treatment of the patient’s illness or injury within the context of the patient’s unique medical condition. To be considered reasonable and necessary for the diagnosis or treatment of the patient's illness or injury, the services must be consistent with the nature and severity of the illness or injury, the patient's particular medical needs, and accepted standards of medical and nursing practice. The determination of whether the services are reasonable and necessary should be made in consideration that a physician has determined that the services ordered are reasonable and necessary. The services must, therefore, be viewed from the perspective of the condition of the patient when the services were ordered and what was, at that time, reasonably expected to be appropriate treatment for the illness or injury throughout the certification period.

Indications (CMS L34561)

If all other eligibility and coverage requirements under the home health benefit are met, skilled nursing services are covered when an individualized assessment of the patient’s clinical condition demonstrates that the specialized judgment, knowledge, and skills of a registered nurse are necessary.

Home health clinical notes must document as appropriate the following:

1. The patient must be confined to the home.
   The condition of these patients should be such that there exists a normal inability to leave home and, consequently, leaving the home would require a considerable and taxing effort.

   A patient with a psychiatric disorder is considered to be homebound “…if his/her illness is manifested in part by a refusal to leave the home, or is of such a nature that it would not be considered safe for him/her to leave home unattended even if he/she has no physical limitations”. The following conditions support the homebound determination:
   a. Agoraphobia, paranoia or panic disorder
   b. Disorders of thought processes wherein the severity of delusions, hallucinations, agitation and/or impairment of thoughts/cognition grossly affect the patient’s judgment and decision making, and therefore the patient’s safety
   c. Acute depression with severe vegetative symptom
   d. Psychiatric problems associated with medical problems that render the patient homebound
If a patient does in fact leave the home, the patient may nevertheless be considered homebound if the absences from the home are infrequent or for relatively short duration, or are attributable to the need to receive medical treatment.

2. Services must be provided under a Home Health Plan of Care approved and signed by the treating physician.

3. Nursing services provided must meet the part-time or intermittent requirements for home health services. "In most instances, this definition will be met if a patient requires a skilled nursing service at least every 60 days."

4. Services must be reasonable and necessary for treating the patient's psychiatric diagnosis and/or symptoms.

5. The services of a skilled psychiatric nurse must be required to provide the necessary care, i.e., observation/assessment, teaching/training activities, management and evaluation of a patient care plan, or direct patient care of a diagnosed psychiatric condition which may include behavioral/cognitive interventions.

6. The home health record at each visit should document the need for psychiatric skilled nursing services and treatment. The home health record must also reflect the patient/caregiver response to any intervention provided.

Note: Psychiatric nursing must be furnished by an agency that does not primarily provide care and treatment of mental disorders. These agencies are precluded from participating as Medicare home health agencies.

Diagnostic Criteria

1. A Patient must have a diagnosis a defined in the Diagnostic and Statistical Manual of Mental Health Disorders, 5th Edition, DSM-5™. This diagnosis must match the diagnosis that the ordering physician is treating and/or for which the patient was hospitalized. This diagnosis must be fully documented and available in the medical record.

2. The patient must be under the care of a physician who is qualified to sign the physician's certification and recertify the plan of care at least every 60 days (two months). The physician's evaluation and subsequent recertifications must become part of the patient's medical record.

3. If the skills of a psychiatric RN are required, the service must be reasonable and necessary and intermittent.

4. Reasonable goals must be established and there must be a reasonable expectation that the goals will be achieved. Decreasing and/or shortening in-patient and emergency room care may be a goal for the psychiatric patient's plan of care.

Qualifications (CMS L34561)

Psychiatrically Trained Nurses Providing Psychiatric Evaluation And Therapy In The Home:

Psychiatrically trained nurses are nurses who have special training and/or experience beyond the standard curriculum required for a registered nurse. The services of the psychiatric nurse are to be provided under a plan of care established and reviewed by a physician.

1. Special training and/or experience requirements to be met, if the registered nurse (RN) meets one of the following criteria:
   a. A RN with a Master’s degree with a specialty in psychiatric or mental health nursing and licensed in the state where practicing would qualify. The RN must have nursing experience (recommended within the last three years) in an acute treatment unit in a psychiatric hospital, psychiatric home care, psychiatric partial hospitalization program or other outpatient psychiatric services
   b. A RN with a Bachelor’s degree in nursing and licensed in the state where practicing would qualify. The RN must have one year of recent nursing experience (recommended within the last three years) in an acute treatment unit in a psychiatric hospital, psychiatric home care, psychiatric partial hospitalization program or other outpatient psychiatric services
   c. A RN with a Diploma or Associate degree in nursing and licensed in the state where practicing would qualify. The RN must have two years of recent nursing experience (recommended within the last three years) in an acute treatment unit in a psychiatric hospital, psychiatric home care, psychiatric partial hospitalization program or other outpatient psychiatric services.

2. It is highly recommended that psychiatric RNs also have medical/surgical nursing experience because many psychiatric patients meet homebound criteria due to a physical illness.
3. Nurses with these qualifications would meet the requirements necessary to provide psychiatric evaluation and therapy to Medicare home health patients. The services of a psychiatric nurse are to be provided under a plan of care established and reviewed by the treating physician.

Physician:
1. Certifies/Recertifies the patient's homebound status
2. Approves Home Health Plan of Care which must be signed and dated prior to the home health agency billing for services.
3. Prescribes medications as necessary
4. Provides supplemental orders when medically necessary

Registered Psychiatric Nurse:
1. Makes initial assessment visit utilizing observation/assessment skills
2. Manages medical illness per Plan of Care; performs psycho-biological interventions
3. Evaluates, teaches and reviews medications and compliance; administers IM or IV medication
4. Manages situational or other crises; performs assessments of potential self-harm or harm to others, and refers to the treating physicians as necessary
5. Teaching and training activities that require skilled nursing personnel to teach a patient, the patient's family, or caregivers how to manage the treatment regimen would constitute skilled nursing services.
6. Teaches self-care, mental and physical well-being, promotes independence and patient's rights

In determining the reasonable and necessary number of teaching and training visits, consideration must be given to whether the teaching and training provided constitutes reinforcement of teaching provided previously in an institutional setting or in the home or whether it represents initial instruction. Where the teaching represents initial instruction, the complexity of the activity to be taught and the unique abilities of the patient are to be considered. Where the teaching constitutes reinforcement, an analysis of the patient's retained knowledge and anticipated learning progress is necessary to determine the appropriate number of visits. Skills taught in a controlled institutional setting often need to be reinforced when the patient returns home. Where the patient needs reinforcement of the institutional teaching, additional teaching visits in the home are covered.

Re-teaching or retraining for an appropriate period may be considered reasonable and necessary where there is a change in the procedure or the patient's condition that requires re-teaching, or where the patient, family, or caregiver is not properly carrying out the task. The medical record should document the reason that the re-teaching or retraining is required and the patient/caregiver response to the education.
7. Promotes and encourages patient/caregiver to maintain a therapeutic environment
8. Provides supportive counseling psychotherapy and psycho-therapeutic interventions according to education and licensure. Provides psycho-education such as teaching/training with disease process, symptom and safety management, coping skills and problem solving
9. Provides evaluation and management of the patient's care plan
10. Counseling services may be rendered by either a trained psychiatric nurse or a social worker. These services should not be duplicative. Concurrent counseling or psychotherapy services by multiple providers are not medically necessary

11. Although intervention with family members may be appropriate on occasion, services by a trained psychiatric nurse to family members are not covered as a home health benefit, even if the patient will benefit.

Medical Social Services:
Medical social services provided by a qualified medical social worker (MSW) or a social work assistant under the supervision of a qualified MSW, may be covered as home health services when all of following apply:
1. The patient meets the qualifying criteria for coverage of Home Health services.
2. The services of these professionals are necessary to resolve social or emotional problems which are, or are expected to be, an impediment to the effective treatment of the patient's psychiatric condition or his/her rate of recovery.
3. The plan of care clearly indicates that the skills of a qualified MSW (or a social worker assistant under the supervision of a qualified MSW) are required to safely and effectively provide the needed care.
When the above requirements are met, coverage for social worker visits may include, but are not limited to the following:

1. Assessment of the social and emotional factors related to the patient’s illness, the need for care, response to treatment and adjustment to care

2. Assessment of the relationship of the patient’s medical and nursing requirements to the patient's home situation, financial resources and availability of community resources

3. Counseling services that are required by the patient for the treatment of their psychiatric condition (Psychotherapy services, constituting active treatment of the psychiatric condition, may be provided by licensed clinical social workers.

4. Brief counseling (two or three visits) of the patient’s family or care-giver(s) when they are reasonable and necessary to resolve problems that are a clear and direct impediment to the treatment of patient’s illness or injury or rate of recovery.

5. Appropriate action to obtain available community resources to assist in resolving the patient's problem.

Note: Medicare does not cover the services of an MSW to assist in filing the application for Medicaid or follow up on the application. Federal regulation requires the state to provide assistance in completing the application to anyone who chooses to apply for Medicaid.

Note: A patient may require separate and distinct services provided by a skilled psychiatric nurse and a medical social worker. However, care must be used to avoid duplication of services that could be provided by both of these disciplines, e.g., counseling of the patient.

Home Health Aide (HHA)

Home Health Aides may perform personal care or other covered home health aide services.

Occupational Therapist (OT)

1. The skills of an occupational therapist may be required to decrease or eliminate limitations in functional activity imposed by psychiatric illness or disability. Occupational therapists may address factors which interfere with the performance of specific functional activities due to cognitive, sensory, psychosocial or perceptual deficits. The services must be considered, under accepted standards of medical practice, to be specific, safe, and effective treatment for the patient’s condition, meeting the standards noted below. The home health record must specify the purpose of the skilled service provided.

2. The skills of an occupational therapist to assess and reassess a patient’s rehabilitation needs and potential or to develop and/or implement an occupational therapy plan are covered when they are reasonable and necessary because of the patient’s condition.

3. The planning, implementing and supervision of therapeutic programs (including, but not limited to those listed below) are skilled occupational therapy services. As such these services are covered if they are reasonable and necessary for the treatment of the patient’s illness or injury.
   a. Selecting and teaching task oriented therapeutic activities designed to restore and increase cognitive abilities and functional participation in ADLs and advanced ADLs
   b. Planning, implementing and supervising therapeutic tasks and activities designed to restore sensory-integrative function
   c. Planning, implementing and supervising of individualized therapeutic activity programs (as well as adapting the environment) as part of an overall “active treatment” program for a patient with a diagnosed psychiatric illness
   d. Assessing and planning for improved home safety

**Maintenance Program (CMS L34561)**

The skills of a qualified therapist (not an assistant) are needed to perform maintenance therapy:
Coverage of therapy services to perform a maintenance program is not determined solely on the presence or absence of a beneficiary’s potential for improvement from the therapy, but rather on the beneficiary’s need for skilled care. Assuming all other eligibility and coverage requirements are met, skilled therapy services are covered when an individualized assessment of the patient’s clinical condition demonstrates that the specialized judgment, knowledge, and skills of a qualified therapist (“skilled care”) are necessary for the performance of a safe and effective maintenance program. Such a maintenance program to maintain the patient’s current condition or to prevent or slow further deterioration is covered so long as the beneficiary requires skilled care for the safe and effective performance of the program. When, however, the individualized assessment does not demonstrate such a necessity for skilled care, including when the performance of a maintenance program does not require the skills of a therapist because it could safely and effectively be accomplished by the patient or with the assistance of non-therapists, including unskilled caregivers, such maintenance services will not be covered.

Billing When Separate Visits Were Made for Medical and Psychiatric Nursing Care (CMS L34561)

Psychiatric nursing care is not separately billable from non-psychiatric nursing care. Both of these services constitute skilled nursing care and may be furnished by the psychiatric nurse, in the course of a single visit. Therefore, visits will not be covered for one nurse to provide psychiatric nursing care and another to provide non-psychiatric nursing care, unless the non-psychiatric nursing care is of such a highly specialized and technical nature, that the service could not be safely rendered by the psychiatric nurse (e.g. infusion therapy).

Concurrent Admission to Home Health and Partial Hospitalization Program (CMS L34561)

Because Partial Hospitalization services are intended to meet all of the patient’s psychiatric care needs, patients admitted to a Partial Hospitalization Program (PHP) are not generally considered appropriate for psychiatric home health services. Medical necessity must be substantiated on a case by case basis. If there are concurrent admissions, the home health claims will be reviewed to verify the medical necessity of the service(s) provided and that the homebound criterion is met.

Psychiatric Nursing in Group Setting (CMS L34561)

Group interventions for psychiatric home health patients are not covered under the home health benefit. The plan of care and treatment must be individualized.

Discharge Criteria (CMS L34561)

Patients should cease receiving psychiatric home health services when:

1. Physician orders discharge
2. Patient discontinues/refuses service with physician or nurse
3. Patient is not compliant with the treatment plan, despite appropriate provider interventions
4. Patient/family requests discharge
5. The treatment objectives and stated functional outcome goals have been attained or are no longer attainable
6. The patient is no longer homebound
7. Other appropriate discharge protocols, e.g., the patient moves or is transferring to another agency, etc.
8. Establish a maintenance program, if appropriate.

CLINICAL BEST PRACTICES

1. For patients with Alzheimer’s disease please refer to the Local Coverage Determination (LCD) Home Health Skilled Nursing Care-Teaching and Training: Alzheimer’s Disease and Behavioral Disturbances
2. The Plan of Care and/or OASIS should include whether the therapy is rehabilitative/restorative or maintenance.

A clinical note must be written for each home health visit. The home health clinical notes must document as appropriate:

- the history and physical exam pertinent to the day’s visit, (including the response or changes in behavior to previously administered skilled services) and the skilled services applied on the current visit, and
- the patient/caregiver’s response to the skilled services provided

If a family member/caregiver is involved in the patient’s care the documentation must also include this, and

- the plan for the next visit based on the rationale of prior results,
- a detailed rationale that explains the need for the skilled service in light of the patient’s overall medical condition and experiences,
• the complexity of the service to be performed, and
• any other pertinent characteristics of the beneficiary or home

Clinical notes should be written so that they adequately describe the reaction of a patient to his/her skilled care. Clinical notes should also provide a clear picture of the treatment, as well as "next steps" to be taken. Vague or subjective descriptions of the patient’s care should not be used. For example terminology such as the following would not adequately describe the need for skilled care:
• Patient tolerated treatment well
• Caregiver instructed in medication management
• Continue with POC

In order for Home Health patients to be eligible to receive services under the Medicare Home Health benefit the following must be documented for certification/recertification:

a) Patient is under a physician care
b) Homebound status-with documentation of confinement to home in medical records
c) Established Plan of Care-must be signed and dated by the certifying physician
d) Face-to-Face-no more than 90 days prior or 30 days after start of home health care
e) Skilled need-services must be medically necessary and documentation of the skilled need should be in the patients’ medical records

If the requirements for certification are not met then claims for subsequent episodes of care, which require a recertification, will not be covered- even if the requirements for recertifications are met. Recertifications are needed at least every 60 days when there is a need for continuing home care.

1. Documentation must be legible, relevant and sufficient to justify the services billed. In general, services must be covered therapy services provided according to Medicare requirements.
2. Legible documentation should be brief and factual. Use descriptive charting: be problem-specific.
3. Legible documentation should clearly support the medical necessity for services.
4. Each visit note should include legible documentation of any psychiatric or medical assessment, an evaluation of the patient’s mental status, level of function and progress toward goals. Document objectively when describing behaviors and/or findings.
5. Legibly document changes in the patient’s condition and the actions taken, e.g., notification of the physician.
7. Teaching has to be directed at improving function. Document identified teaching needs in response to psychiatric symptoms. Document all patient/family education, the reason for education, what was taught, and the patient’s response. If repetitive teaching is required, documentation must clearly show the medical necessity of that teaching. Where it becomes apparent after a reasonable period of time that the patient, family, or caregiver will not or is not able to be trained, then further teaching and training would cease to be reasonable and necessary. The reason why the training was unsuccessful should be documented in the record.
8. Document the patient’s understanding and compliance of the medication regimen and treatment plan, and how verified.
9. Document the administration of IM and/or IV medications, their effectiveness, and any side effects of the patient’s medication regime.
11. Documentation should show that periodic venipuncture for blood levels for psychiatric medications, such as Lithium, Tegretol, Clozaril and others, and other related laboratory work, are performed when necessary and pertinent reports of results are in the medical record. This ensures patient compliance and appropriate therapeutic levels. The frequency of testing should be consistent with acceptable standards of medical practice for continued monitoring of a diagnosis, medical problem, or treatment regimen. The home health record must document the rationale for the blood draw as well as the results of the test(s).
12. The person rendering the service must sign each visit note. If psychiatric services were rendered it must have been performed by a psychiatric RN.
REFERENCES

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