

## Day Rehabilitation Program

MPM 18.1

---

### Disclaimer

**Refer to the member's specific benefit plan and *Schedule of Benefits* to determine coverage. This may not be a benefit on all plans or the plan may have broader or more limited benefits than those listed in this Medical Policy.**

### Description

The Day Program is designed for those covered individuals who have reached a point in their rehabilitation program where they may require up to a full day of intensive rehabilitation treatment, transportation, and/or case management, but do not require 24 hour nursing or medical service and may safely return to their residence at night.

The Day Program provides two or more therapy services with other complimentary services (i.e. respiratory, dietary, nursing) for a full day (up to six hours).

### Coverage Determination

**Benefit Certification is required. Log on to Pres Online to submit a request: <https://ds.phs.org/preslogin/index.jsp>**

#### Procedure:

Presbyterian Health Plan Health Services will:

- Review weekly, or more often if needed, to determine medical necessity
- Authorize, as medically necessary and appropriate, one week at a time
- Provide short-term case management for members in Day Rehabilitation as needed

#### Criteria:

The ordering physician must certify that the member:

- Has a rehabilitation diagnosis
- Is medically stable
- Has an adult primary caregiver at home, including evenings and weekends
- Needs, and can tolerate a minimum total of two hours per day of two or more of the following disciplines:
  - Physical therapy (including wound therapy)
  - Occupational therapy
  - Speech therapy
  - Nursing care (for administration of oral medications)
- Has decreased endurance that prohibits him/her from participating in outpatient therapy without rest periods between sessions
- Requires cognitive/motivational/socialization stimulation
- Is expected to functionally improve with rehabilitation

---

Not every Presbyterian health plan contains the same benefits. Please refer to the member's specific benefit plan and *Schedule of Benefits* to determine coverage.

[MPMPPC020907]

---

**Day Rehabilitation Program**MPM 18.1

---

**References:** HealthSouth Rehabilitation Freestanding Inpatient Ancillary Contract PNI 122002 DAS, Day Program, 2005, 2006, 2007

**Reviewed by:**

1. Pamela Black, MD, Physical Medicine and Rehabilitation, May 2005
2. Patrick Schmitt, DO, Physical Medicine and Rehabilitation, September 2006
3. Donna Springstead, OTR/L, Director of Clinical Services, HealthSouth, September 2006
4. Mary Schmitt, OT, Outpatient Manager, HealthSouth, December, 2007

**Approval Signatures:** **Clinical Quality Committee:** Albert Rizzoli, MD

**Medical Director:** Norman White, MD

**Date:** March 25, 2009

**Publication History:** Originally published as PHP Internal Criteria  
Effective Date: April 2001  
Review Date: January 2002, August 2002, February 2003, May 2005, September 2006, December 2007  
Revision Date: December 2002, February 2004, September 2006, January 2008  
03-25-09: Transitioned to Medical Policy, Annual Review

---

This Medical Policy is intended to represent clinical guidelines describing medical appropriateness and is developed to assist Presbyterian Health Plan and Presbyterian Insurance Company, Inc. (Presbyterian) Health Services staff and Presbyterian medical directors in determination of coverage. The Medical Policy is not a treatment guide and should not be used as such.

For those instances where a member does not meet the criteria described in these guidelines, additional information supporting medical necessity is welcome and may be utilized by the medical director in reviewing the case. Please note that all Presbyterian Medical Policies are available online at our website at:

<http://www.phs.org/phs/healthplans/providers/healthservices/Medical/index.htm>

---

Not every Presbyterian health plan contains the same benefits. Please refer to the member's specific benefit plan and *Schedule of Benefits* to determine coverage.

[MPMPPC020907]

---