

Long-Term Acute Care Hospital (LTACH)

Disclaimer

Clinical guidelines are developed and adopted to establish evidence-based clinical criteria for utilization management decisions. Oscar may delegate utilization management decisions of certain services to third-party delegates, who may develop and adopt their own clinical criteria.

Clinical guidelines are applicable to certain plans. Clinical guidelines are applicable to members enrolled in Medicare Advantage plans only if there are no criteria established for the specified service in a Centers for Medicare & Medicaid Services (CMS) national coverage determination (NCD) or local coverage determination (LCD) on the date of a prior authorization request. Services are subject to the terms, conditions, limitations of a member's policy and applicable state and federal law. Please reference the member's policy documents (e.g., Certificate/Evidence of Coverage, Schedule of Benefits) or contact Oscar at 855-672-2755 to confirm coverage and benefit conditions.

Summary

Oscar members who are ready for discharge from the hospital will be assessed for the most appropriate setting for post-acute care. There are many factors that will be considered such as the level of medical care needed, potential for rehabilitation, and social needs of the member. Members who are appropriate for long-term acute care hospitals (LTACH) have complex and multiple illnesses with chest tubes, multiple organ failure, ventilation, and wounds. Members who are admitted for LTACHs are expected to recover under close observation and the typical average length of stay is ≥ 25 days.

Definitions

"Inpatient Rehabilitation Facilities" provide an intensive rehabilitation program and can be freestanding rehabilitation hospitals or rehabilitation units in acute care hospitals, i.e., acute rehabilitation units. Members who are admitted have complex nursing, medical, and rehabilitation needs. They must be able to tolerate 3 hours of intense rehabilitation services per day or 15 hours per week. There are measurable goals for improvement and managed by an interdisciplinary team.

"Long-Term Acute Care Hospitals" are defined by the Center for Medicare and Medicaid Services (CMS) as hospitals that have an average Medicare inpatient length of stay greater than 25 days. These hospitals typically provide extended medical and rehabilitative care for members who have multiple acute or chronic conditions with complex management. Services typically include comprehensive rehabilitation,

respiratory therapy for ventilator management, chest tube, wound care, cancer treatment, head trauma treatment and pain management.

“Skilled Nursing Facilities” are defined by the CMS as skilled services that “require the skills of qualified technical or professional health personnel such as registered nurses, licensed practical (vocational) nurses, physical therapists, occupational therapists, and speech-language pathologists or audiologists”, and “must be provided directly by or under the general supervision of these skilled nursing or skilled rehabilitation personnel to assure the safety of the patient and to achieve the medically desired result.” Skilled nursing care can be delivered in the inpatient (SNF) or outpatient setting, depending on the individual needs of the patient.

“Subacute Care Facilities” are a level of rehabilitative care typically provided following an inpatient hospital admission. Subacute care facilities provide services similar to skilled nursing facilities; services include but are not limited to skilled nursing care, respiratory care, and rehab therapies.

Covered Services and Clinical Indications

General Indications

Oscar covers LTACH admissions when ALL of the following criteria are met:

1. Member is stable for transfer to LTACH defined by:
 - a. Cardiovascular status stable as indicated by MCG (GRG-050); *and*
 - b. Hypotension absent as indicated by MCG (GRG-050); *and*
 - c. Stable (respiratory) chest findings as indicated by MCG (GRG-050); *and*
 - d. Intake acceptable as indicated by MCG (GRG-050); *and*
 - e. Renal function acceptable as indicated by MCG (GRG-050), unless admitted for End-Stage Renal Disease and dialysis; *and*
 - f. Pain adequately managed as indicated by MCG (GRG-050); *and*
 - g. Member has no new, acute or unstable neurological/neuro-surgical abnormalities of one of the following. Or if the member has one of the following conditions, that the condition has been stabilized:
 - i. Confusional state (e.g., disorientation, bewilderment, and difficulty following commands that persists for several hours despite treatment); *or*
 - ii. Lethargy (e.g., drowsiness, aroused by moderate stimuli, reduced self-awareness and environment for several hours despite treatment); *or*
 - iii. Obtundation (e.g., slowed responses and aroused with strong stimuli, sleep more than normal and drowsiness in between sleep states); *or*
 - iv. Stupor (e.g., vigorous and repeated stimuli to arouse, immediate lapse to unresponsive state); *or*
 - v. Coma (e.g., unarousable unresponsiveness); *or*

- vi. Acute psychotic condition (sudden and severe onset of hallucinations, delusions, or grossly disorganized thinking and/or behaviors that are not part of the member's baseline mental state); *and*
 - h. No new, acute or unstable hepatic dysfunction, unmanaged bleeding or clotting disorders; *and*
 - i. No need for respiratory isolation or other types of isolation, unless manageable at the LTACH; *and*
 - j. If needed, long-term feeding or peripheral access already established or to be placed at LTACH;*and*
2. Member is expected to recover supported by:
 - a. Documentation that patient will benefit and improve during LTACH care; *and*
 3. Member is managed by a multidisciplinary team as defined by 2+ physician specialists and 3+ skilled services (e.g., PT/OT, respiratory therapy, wound care):
 - a. Clinical management more frequently needed than provided at alternative levels of care

Condition-Specific Indications

Member meets General Indications listed above and criteria for the following conditions:

1. Member meets the criteria for ONE of the following conditions:
 - a. Complex Wound Management (see criteria below); *or*
 - b. Complex Medical Management (see criteria below); *or*
2. Member meets the criteria for TWO of the following conditions:
 - a. Cardiovascular conditions; *and/or*
 - b. End-Stage Renal Disease and Kidney Dialysis (see criteria below); *and/or*
 - c. Severe Infectious Disease Condition (see criteria below); *and/or*
 - d. Ventilator Management (see criteria below)

Cardiovascular Conditions

Oscar covers LTACH admission for cardiovascular conditions when ALL of the following criteria are met:

1. Heart failure with pulmonary hypertension requiring long-term IV vasodilator therapy; *or*
2. Heart failure with need for intravenous vasoactive drugs (e.g., dobutamine); *and*
3. Continued support needed with high-concentration oxygen (greater than 40%); *and*
4. Daily adjustment and monitoring of diuretic therapy, fluids, and electrolytes needed.

Complex Medical Management

Oscar covers LTACH admission for complex medical management when ALL of the following criteria are met (e.g., chest tube management for persistent air leaks, traumatic brain injury with polytrauma):

1. Requires daily 6 hours of skilled services; *and*
2. Daily physician monitoring; *and*

3. Requires at least 1 intravenous antibiotic for wound treatment (except burn wound complications); *and*
4. Requires invasive interventions (e.g., serial bedside debridements); *and*
5. Does not require escalation of surgical services to a higher level of care (e.g., plastic surgery, surgical intervention at acute inpatient level of care); *and/or*
6. Dependent on supplemental oxygen that is not able to be managed at a lower level of care.

Complex Wound Management

Oscar covers LTACH admission for complex wound management when ALL of the following criteria are met:

1. Member has complex wound lesions as defined ONE of the following:
 - a. Stage IV, large necrotic, non-healing wounds, or post-operative wound complications being assessed for possible bedside surgical intervention; *or*
 - b. Large wound with high output fistula, delayed closures, tunneling, draining; *or*
 - c. Non-healing amputations; *or*
 - d. Necrotizing fasciitis; *or*
 - e. Severe burns (admitted to burn centers) who still require ONE of the following:
 - i. Late burn wound complications (e.g., graft loss, late contractures); *or*
 - ii. Frequent evaluation and surgical management of burn wound contractures that have not been responsive to rehabilitation; *or*
 - iii. Need continual nutritional support with extended hypermetabolic response; *and*
2. Requires daily 6.5 hours of extensive wound management by skilled services that cannot be provided at lower levels of care; *and*
3. Daily healthcare practitioner monitoring; *and*
4. Requires invasive interventions (e.g., serial bedside debridements); *and*
5. Does not require escalation of surgical services to a higher level of care (e.g., plastic surgery, surgical intervention at acute inpatient level of care)

End-Stage Renal Disease (ESRD) and Kidney Dialysis

Oscar covers LTACH admission for kidney dialysis for ESRD (eGFR <15 mL/min/1.73 m²) stage 5 members when the following criteria are met:

1. Acute medical conditions related to ESRD such as uremic bleeding, uremic pericarditis, uremic neuropathy, uncontrolled hypertension, metabolic disturbances, pulmonary edema.

Severe Infectious Disease Conditions

Oscar covers LTACH admission for severe infectious disease when ONE of the following criteria are met in the setting of ventilator management:

1. Infective endocarditis, native valve endocarditis, prosthetic valve endocarditis, or peritonitis requiring long-term intravenous antibiotics; *or*
2. Acute care and monitoring for recurring embolic phenomenon or other instabilities; *or*
3. Meningitis, encephalitis; *or*
4. Sepsis management, e.g., Candidemia (i.e., invasive *Candida* species in the blood), multidrug resistant bacteria entering the bloodstream.

Ventilator Management

Oscar covers LTACH admission for acute/chronic respiratory failure on ventilator management when the following criteria pathway questions lead to approval:

1. Have they been on respiratory ventilation for 21+ days or tracheostomy placement for at least seven days?
 - a. If no, deny
 - b. If yes, go to next question
2. Has a tracheostomy been inserted?
 - a. If no, deny
 - b. If yes, go to next question
3. Have they been securely and safely trached with ALL of the following:
 - a. Positive end-expiratory pressure requirement 10 cm H₂O (981 Pa) or less; *and*
 - b. Adequate oxygenation (oxygen saturation 90% or greater) on FIO₂ 60% or less; *and*
 - c. Oxygen levels stable during suctioning and repositioning
 - i. If no, deny
 - ii. If yes, go to next question
4. Have they had at least 2 reasonable weaning trials?
 - a. If no, deny
 - b. If yes, go to next question
5. Confirmed detailed note from pulmonology stating this member has good weaning potential and will eventually come off the ventilator?
 - a. How long in a 24hour period are they on the vent? E.g., Tidal volume, respiratory rate, FIO₂.
 - i. If no, deny
 - ii. If yes, Approve.

References

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