



<b>TITLE:</b>	SKILLED NURSING SERVICES POLICY
<b>POLICY #:</b>	MM-PNP-045
<b>VERSION #:</b>	01
<b>DEPARTMENT:</b>	MEDICAL MANAGEMENT
<b>ORIGINAL EFFECTIVE DATE:</b>	3/15/2024
<b>CURRENT REVISION DATE:</b>	N/A

## 1. PURPOSE

This policy addresses the medical necessity review of Skilled Nursing Services.

## 2. SCOPE

Medical UM Department

## 3. DEFINITIONS

- 3.1. **Custodial care** - Services and supplies furnished to a person mainly to help him or her with activities of daily life
- 3.2. **Home health skilled nursing care** - A consecutive 4-hour period of time (i.e., an 8-hour shift equals 2 visits)
- 3.3. **Intermittent or part time skilled home care nursing** - A visit of up to 4 hours in duration

## 4. RESPONSIBILITIES

N/A

## 5. POLICY

Provides guidelines regarding the medical necessity review and criteria for Skilled Nursing authorization requests.

### Medical Necessity

#### Requires Pre-Authorization for initial and all subsequent authorization extension requests

Skilled nursing care consists of those services that must be performed by a registered nurse or licensed practical (vocational) nurse, and meet *all* of the following criteria for skilled nursing services:

- Pursuant to physician orders, the service(s) is so inherently complex that it can be safely and effectively performed only by, or under the supervision of, a licensed nurse to achieve the medically desired result; **and**
- The skilled nursing care must be provided on an intermittent or hourly basis; **and**
- The skilled nursing service is not custodial in nature; **and**

- The skilled nursing service(s) must be reasonable and necessary for the treatment of the illness or injury, that is, the services must be consistent with the unique nature and severity of the member's illness or injury, his or her particular medical needs, and accepted standards of medical and nursing practice, without regard to whether the illness or injury is acute, chronic, terminal, or expected to last a long time.

Skilled home health nursing care is the provision of intermittent skilled services to a member in the home for the purpose of restoring and maintaining his or her maximal level of function and health. These services are rendered in lieu of hospitalization, confinement in an extended care facility, or going outside of the home for the service.

Subject to applicable benefit plan terms and limitations, Curative considers skilled home health nursing services medically necessary when **all** of the following criteria are met:

- The member is homebound because of illness or injury (i.e., the member leaves home only with considerable and taxing effort and absences from home are infrequent, or of short duration, or to receive medical care); **and**
- The nursing services provided are **not** primarily for the comfort or convenience of the member or custodial in nature; **and**
- The services are ordered by a physician, physician assistant, or nurse practitioner and are directly related to an active treatment plan of care established by the provider; **and**
- The services are provided in lieu of a continued hospitalization, confinement in a skilled nursing facility (SNF), or receiving outpatient services outside of the home; **and**
- The skilled nursing care is appropriate for the active treatment of a condition, illness, disease, or injury to avoid placing the member at risk for serious medical complications; **and**
- The skilled nursing care is intermittent or hourly in nature; **and**
- The treatment provided is appropriate for the member's condition including the amount of time spent providing the service as well as the frequency and duration of the services.
  - o Intermittent or part time skilled home care nursing is defined as a visit of up to 4 hours in duration.
  - o Home health skilled nursing care is defined as a consecutive 4-hour period of time (i.e., an 8-hour shift equals 2 visits).

Custodial care is defined as services and supplies furnished to a person mainly to help him or her with activities of daily life. Custodial care includes services and supplies:

- Furnished mainly to train or assist the insured family member in personal hygiene and other activities of daily living rather than to provide therapeutic treatment;
- That can be safely and adequately provided by persons without the technical skills of a healthcare provider (e.g., nurse).
- Custodial care can be prescribed by a physician or given by trained medical personnel. It may involve artificial methods such as feeding tubes, ventilators or catheters. Examples of custodial care include:
  - o Routine patient care such as changing dressings, periodic turning and positioning in bed, administering oral medications;
  - o Care of a stable tracheostomy (including intermittent suctioning);
  - o Care of a stable colostomy/ileostomy;

- o Care of stable gastrostomy/jejunostomy/nasogastric tube (intermittent or continuous) feedings;
- o Care of a stable indwelling bladder catheter (including emptying/changing containers and clamping tubing);
- o Watching or protecting a member (examples include but not limited to pulse oximetry monitoring, monitoring of respiratory status, and seizure monitoring and observation in a person who is stable without cardiorespiratory compromise);
- o Respite care, adult (or child) day care, or convalescent care;
- o Institutional care, including room and board for rest cures, adult day care and convalescent care;
- o Help with the daily living activities, such as walking, grooming, bathing, dressing, getting in or out of bed, toileting, eating or preparing foods;
- o Any services that a person without medical or paramedical training could be trained to perform; and
- o Any service that can be performed by a person without any medical or paramedical training.

## **6. PROCEDURE**

**N/A**

### **7. TRAINING REQUIREMENT**

**7.1.** All Curative Medical UM associates are responsible for reading and comprehending this procedure. Employees are also responsible for contacting management or Privacy and Compliance with any questions or concerns regarding the information contained within this procedure.

### **8. ENFORCEMENT**

Violations of this controlled document will cause the imposition of sanctions in accordance with the Curative sanctions controlled document. This may include verbal/written warning, suspension, up to termination of employment or volunteer, intern, contractor status with Curative. Additional civil, criminal and equitable remedies may apply.

### **9. DOCUMENTATION**

Skilled nursing care is health care given when a person needs skilled nursing staff (registered nurse (RN) or licensed practical nurse (LPN)) to manage, observe, and evaluate care. Skilled nursing care requires the involvement of skilled nursing staff in order to be given safely and effectively. Care that can be given by non-professional staff is not considered skilled nursing care. The goal of skilled nursing care is to help improve the patient's condition or to maintain the patient's condition and prevent it from getting worse.

Custodial care is care that helps persons with usual daily activities like walking, eating, or bathing. It may also include care that most people do themselves, like using eye drops, oxygen, and taking care of colostomy or bladder catheters.

Coverage of skilled home health care nursing services are limited to persons who are homebound.

### **10. REFERENCE DOCUMENTS AND MATERIALS**

N/A

**11. COLLABORATING DEPARTMENTS**

N/A

**12. DOCUMENT CONTROL**

<b>APPROVED BY:</b>			<small>DocuSigned by:</small>
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<b>REVISION HISTORY</b>			
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**APPENDICES**

N/A