

# Medicare reimbursement

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# Medicare coverage and reimbursement opportunity in skilled nursing facilities (SNF)

## Teaching and training

### Purpose

Teaching and training is one of the five criteria Medicare uses to make coverage decisions for Medicare beneficiaries. This criterion can be used in conjunction with other criteria (*such as therapy*) or on its own. This guidance document is being provided as an opportunity for providers to assess and afford the resident the Medicare benefits that are available if appropriate.

### Teaching and training

From Chapter 8 of the *Medicare Benefits Manual*:

“Teaching and training activities, which require skilled nursing or skilled rehabilitation personnel to teach a patient how to manage their treatment regimen, would constitute skilled services. Some examples are:

- Teaching self-administration of injectable medications or a complex range of medications;
  - Teaching a newly diagnosed diabetic to administer insulin injections, to prepare and follow a diabetic diet, and to observe foot-care precautions;”<sup>1</sup>
1. To cover a beneficiary under teaching and training, the provider must ascertain through assessment that the recipient requires training by a professional in a systematic manner to improve the beneficiary’s health status.
    - a. Determine the resident’s Brief Interview for Mental Status (BIMS)<sup>2</sup> score to ensure that teaching is appropriate.
  2. Only the resident can be taught to meet this criterion. (*Family can listen and take part, but the coverage is dependent on the resident as the person being taught, not the family*).
  3. Topics that are recommended for someone with newly diagnosed insulin usage or newly diagnosed with diabetes are:
    - a. How to draw up insulin
    - b. How to use a pen
    - c. Diabetic nutrition
    - d. Diabetic foot care
  4. Once the need has been determined, a teaching plan needs to be developed by an RN with an overall goal.

5. The plan is developed as a daily interaction, in a step-by-step approach and is part of the care plan.
  - a. Descriptive outline of what the nurse will teach
  - b. Identifies what the resident do
  - c. States the expected outcome

### Documentation

The *Medicare Benefits Manual* Chapter 8 states the following regarding documentation of a skilled service:

Claims for skilled care coverage need to include sufficient documentation to enable a reviewer to determine whether—

- Skilled involvement is required for the services in question to be furnished safely and effectively;<sup>1</sup> and
- The services themselves are, in fact, reasonable and necessary for the treatment of a patient’s illness or injury, i.e., are consistent with the nature and severity of the individual’s illness or injury, the individual’s medical needs, and accepted standards of medical practice. The documentation must also show that the services are appropriate in terms of duration and quantity, and that the services promote the documented therapeutic goals.<sup>1</sup>

The skilled services provided;<sup>1</sup>

- The patient’s response to the skilled services provided during the current visit;
- The plan for future care based on the rationale of prior results.
- A detailed rationale that explains the need for the skilled service considering the patient’s overall medical condition and experiences;
- The complexity of the service to be performed;
- Any other pertinent characteristics of the beneficiary.

<sup>1</sup> Centers for Medicare and Medicaid Services. *Medicare Benefit Policy Manual, Chapter 1: Coverage of Extended Care (SNF) Services Under Hospital Insurance, Revision 242*. Available at <https://www.cms.gov/Regulations-and-Guidance/Guidance/Manuals/downloads/bp102c08.pdf>. Updated March 16, 2017. Accessed August 28, 2018.

<sup>2</sup> *Brief Interview for Mental Status (BIMS)*. Available at <http://www.foundationsgroup.net/files/126558935.pdf>. Revised October 2011. Accessed September 4, 2018.

**To meet these requirements the following recommendations are suggested:**

1. Daily, a detailed progress note will be written by the teaching nurse
  - a. As to what was taught
  - b. How the resident responded to the teaching and
  - c. If the expected outcome for the day was achieved
2. Every 3 days an RN will write a summary of
  - a. The teaching progress
  - b. How the resident is responding and
  - c. The progress made toward the overall goal

**Tips on how to use these resources:**

1. Sample plans for teaching have been provided for your use. Please personalize them for each of your residents to meet their individual needs.
  - a. Drawing up 1 or 2 types of insulin into a syringe
  - b. Self-injecting insulin using a syringe and vial
  - c. Administering insulin using an insulin pen
2. When admitting someone with diabetes or another diagnosis who might need education regarding their disease process, review what teaching is needed and start providing it as soon as possible.
3. When a resident's skilled service is coming to an end, make sure all of their teaching needs have been met. If this is the first time they have received training, they may be eligible for a teaching institute with continued coverage.
4. Teaching and training should not be used to extend the skilled stay as a reimbursement opportunity. It should only be used to provide the resident with all the care that they require and deserve under their Medicare benefits.