

# Commitment to Communication

*From your Provider Relations Team*



**nh healthy families™**

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## Physical Medicine Summary of Changes - Revision Effective September 1, 2020

### REVISION:

This document has been updated with the correct effective date of September 1, 2020 in the body of the message.

June 26, 2020

Please find below a summary of revisions made to the Physical Medicine guidelines as part of NIA's annual review process. These revisions are made in accordance with an extensive evaluation of the current peer-reviewed literature by subject matter experts supported by epidemiologists and medical editors. The guidelines have been approved by both the NIA Clinical Guideline Standing Committee and the Magellan National Medical Policy Committee.

NIA Clinical Guidelines have undergone an extensive redesign to optimize readability and ease of use. This new design was created to optimize the experience for both providers and reviewers. A history of all revisions made from this year that will be used for NH Healthy Families' providers effective September 1, 2020 follows.

### Measurable Progressive Improvement

- Under the subhead, Acceptable Thresholds of Measurable Improvement Activity-Specific Balance Confidence Scale was added:
  - Activities of Daily Living Scale of the Knee Outcome Survey
    - Activity Specific Balance Confidence Scale (ABC)
  - Disability of Arm, Shoulder, and Hand (DASH, qDASH)
    - DASH MCID = 11-15 points
    - QuickDASH MCID = 11-15 points
  - Falls Self Efficacy Scale
    - MDC = 8.2 points
  - Foot and Ankle Ability Measures (FAAM)
    - ADL subscale MCID = 8 points
    - Sport subscale MCID = 9 points
  - Fear Avoidance Belief Questionnaire (FAB-Q)

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- Global Rating of Change (GRoOC)
  - MDC .45 points on 11 point scale
  - MCIC 2 points on 11 point scale
- Knee Injury and Osteoarthritis Outcome Score (KOOS)
  - Extension of the WOMAC assessment
  - Pain subscale MDC = 22 points
  - Stiffness subscale MDC = 29 point
  - Physical Functional subscale MDC = 13 points
  - Other subscale MDC: 14 points
- Knee Outcome Survey
  - MDC = 9 points
  - MCID = 7 points
- Lysholm Knee Rating System
- Oswestry Disability Index: The Minimal Important Change is 10 points or a 20% improvement (Previously 30% improvement)

**The following guidelines contain no content changes to indications. Only minor editing and references were added.**

- Active Procedures in Physical Medicine
- Chiropractic Infant Care Policy
- Outpatient Habilitative PT and OT Therapy
- Experimental Unproven Investigational Services
- Passive Treatment
- Plain Film X-Rays
- Plan of Care
- Record Keeping and Documentation Standards
- Durable Medical Equipment

Please contact NIA/Magellan with any questions at 1-410-953-1078.

Sincerely,

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