

## Original Questions:

Do you have a PT or an Athletic Trainer involved in seeing your CF patients on a routine basis when they are seen in a Cystic Fibrosis clinic / periodic appointment?

- Do you use a PT or athletic trainer for routine visits to the CF clinic?

If yes, which one ... and

- Are they conducting an evaluation or screening?
- How often do they see the patients?
- Are you billing for their time? If so, what are you billing?
- Are you grant funded? Or have any revenue stream other than billing a 3<sup>rd</sup> party payer?
- Duration of visit with PT or Athletic Trainer?
- Do you do more than just exercise recommendations?

## Responses:

ORG A: [The ATC's report through the orthopedics service line here.](#)

Do you have a PT or an Athletic Trainer involved in seeing your CF patients on a routine basis when they are seen in a Cystic Fibrosis clinic / periodic appointment? **Yes**

- Do you use a PT or athletic trainer for routine visits to the CF clinic? **Yes, ATC**

If yes, which one ... and

- Are they conducting an evaluation or screening? **Yes**
- How often do they see the patients? **Every 3 months at return visits for a check-in, with another evaluation occurring every 6-9 months**
- Are you billing for their time? If so, what are you billing? **No**
- Are you grant funded? **Yes** Or have any revenue stream other than billing a 3<sup>rd</sup> party payer? **No**
- Duration of visit with PT or Athletic Trainer? **45 min scheduled ☺**
- Do you do more than just exercise recommendations? **Conduct CFQR and QVC**

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ORG B:

I am the physical therapist in our CF clinic at ORG B. I perform evaluations annually in CF clinic. I will write goals/treatment plans to see patients more often if there is/are deficits to address that don't need more than quarterly assessments. For cases that need more often, I discuss OP PT with the pulmonologist.

We bill patients insurance. ORG B doesn't have any other funding.

A PT assessment is anywhere from 20-50 mins just based on the patient and their needs.

I spend a lot of time educating the patient on huff cough, purse lip breathing, coughing putting a lot of pressure on the pelvic floor and different positions to decrease the pressure on the pelvic floor, people with chronic coughs being at risk for stress urinary incontinence, assess and educate on rib cage mobility, provide stretches and education on any tight muscles, etc.

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ORG C :

I am the primary PT that participates in CF clinic at ORG C. I attend CF clinic every week. Our goal is to see each patient once a year but I am also available throughout the year as needed. We do an

evaluation including but not limited to functional assessment, general strength/ROM, and 6MWT. I am typically billing for an evaluation and sometimes a treatment as well depending on how much education is needed/provided. A typical evaluation lasts between 30-45 mins again depending on need for education. We typically encourage exercise including strengthening and stretching, and encourage increased attention to endurance. My position is not grant funded.

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ORG D:

Do you have a PT or an Athletic Trainer involved in seeing your CF patients on a routine basis when they are seen in a Cystic Fibrosis clinic / periodic appointment?

PT is seeing patients with CF at least 1x/year for an evaluation on exercise tolerance, pain, posture, breathing mechanics, participation, and strength. PT will then schedule follow-up care if 1 on 1 therapy services are indicated. We cover multidisciplinary clinic 4 days a week to follow patients with CF. Our center has 400 patients registered with the program, and we have 2 PTs to cover the population (outpatient and inpatient)

- Do you use a PT or athletic trainer for routine visits to the CF clinic?- PT

If yes, which one ... and

- Are they conducting an evaluation or screening?- YES, annual evaluation is target for the patients half birthday clinic visit starting at age 8. We screen babies between 4-6 months and between 12-15 months (to assess gross motor milestones, because they tie into feeding skills so closely). We've also started screen for stress urinary incontinence and refer as needed.
- How often do they see the patients? At least 1x/year, and more as needed.
- Are you billing for their time? If so, what are you billing? Yes, we bill therapeutic procedures, therapeutic activities, self-care, reevaluation, or evaluation codes depending on what services are provided in clinic.
- Are you grant funded? Or have any revenue stream other than billing a 3<sup>rd</sup> party payer? We do have grant funding through the CF Foundation for 3 years to cover program development and non-billable time
- Duration of visit with PT or Athletic Trainer?- within clinic we see a patient for 15 minutes- 1 hour. If follow-up PT is indicated, then we see the patient for an episode of care (45-60 minutes appointments for 4-12 weeks).
- Do you do more than just exercise recommendations?- Yes, we address posture, pain, breathing mechanics, participation as it relates to shortness of breath, additional airway clearance techniques (huff coughs, and active cycle breathing), strength, joint restrictions, gross motor development (use AIMS to screen skills), family and patient education, and provide families with recreational resources (CF Lifestyle grant, or local programs).

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ORG D: We don't have either a PT or AT in the CF clinic on a routine basis. I'm interested to hear what others are doing.

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ORG E: At ORG E, ours is funded through grants and a PT staffs the clinic.

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ORG F:

Do you have a PT or an Athletic Trainer involved in seeing your CF patients on a routine basis when they are seen in a Cystic Fibrosis clinic / periodic appointment?

Yes. A P.T. is part of the clinic team and treats patients in all 3 weekly CF clinics

- Do you use a PT or athletic trainer for routine visits to the CF clinic?

If yes, which one ... and-

Physical therapist. I feel PT is better suited for this position because of the pulmonary implications and multi-system involvement with CF. I think the educational background of PT or an exercise physiologist lends itself to treating this patient population better than an athletic trainer, but an AT is better than nothing.

- Are they conducting an evaluation or screening?

CF foundation requires as standard of care for all patients living with CF to be seen by PT or RT annually. PT makes an effort to see all patients at least annually which involves an evaluation charge. The visit involves a MS screening (including pain, posture, SUI, weakness), very general developmental screen for the infants/toddlers and preschoolers, airway clearance review, and exercise assessment and recommendations as applicable

- How often do they see the patients? Everyone is seen at least annually. The majority are doing well, and may just require the annual visit. If there are reasons to follow up or monitor exercise or other recommendations, we will see more regularly in clinic. If there are issues that require more intensive periods of follow up, we will refer to outpatient or see them separate in our outpatient clinic outside of clinic. We are a big urban hospital and our CF population is scattered all over the region, so it is difficult for many of our patients to be followed up as OP here. They would be referred out. We do miss a few patients because of insurance issues.

- Are you billing for their time? If so, what are you billing?

Yes. we bill for the evaluation when this is performed, and for treatments, we bill an appropriate billing code which is mostly Therapeutic exercise or neuro re-education. We won't bill if the treatment is too short to meet billing requirements < 8 minutes.

- Are you grant funded? Or have any revenue stream other than billing a 3<sup>rd</sup> party payer?

We do not have a grant funding, but we do model a unique set up at ORG E. Basically we have tried many different forms of compensation for the lost time to the PT department for providing coverage to clinic. We bill patients seen in clinic but often do not make the efficiency that would typically be expected if we were treating outpatients in the PT clinic. Pulmonary/The CF team did not want to lose our services, so they pay the PT department an amount equal to any efficiency deficits lost from our clinic coverage. It sounds complicated, but it has worked well.

- Duration of visit with PT or Athletic Trainer? Extremely variable- 5 minutes (non-billable) to 60 minutes depending on the patient and situation. We also cover airway clearance teaching and education, so this accounts for a lot of our time. Otherwise a basic MS screen should be accomplished within 20-30 minutes. If an exercise field test is also administered, you may expect for this time to be longer. Preschool to school age assessments are typically even shorter since you can't do a lot of reliable measures on them. We see infants and toddlers too. The MS portion is short unless you discover issues like torticollis/plagiocephaly etc.

- Do you do more than just exercise recommendations? Airway clearance education and training - even if not primary responsible for this at your center. this includes breathing exercises and activities beneficial to pulmonary health. PTs are experts at movements and should be teaching and assessing breathing patterns and mechanics that may be influencing MS function and vice

versa. Pain assessments and recommendations, assessment of SUI with exercise and behavior modification recommendations. Postural re ed which is exercise and activity based.

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ORG F

Do you have a PT or an Athletic Trainer involved in seeing your CF patients on a routine basis when they are seen in a Cystic Fibrosis clinic / periodic appointment?

- Do you use a PT or athletic trainer for routine visits to the CF clinic? **We utilize a PT in Clinic (We split our adult and pediatric clinic each having 0.5 FTE dedicated to the clinic**

If yes, which one ... and

- Are they conducting an evaluation or screening? **We cover evaluations as needed, vest trials, education and screenings.**
- How often do they see the patients? **Our goal is to see patients annually by PT. This is often times hard to capture with our adult population as they are often bustling through a multidisciplinary clinic and trying to get in and out quickly.**
- Are you billing for their time? **Yes if an evaluation is warranted.** If so, what are you billing? **PT Evaluation**
- Are you grant funded? **Yes partially funded.** Or have any revenue stream other than billing a 3<sup>rd</sup> party payer?
- Duration of visit with PT or Athletic Trainer? **On average 10-30 min... If a needed vest trial could be 45 minutes.**
- Do you do more than just exercise recommendations? **Education, Exercise / Activity recommendations, training on respiratory devices (flutter, acapella, etc), vest trials, for new patients – review of airway clearance.**

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ORG G:

I am one of the PTs here at ORG G that help staff our pulmonary clinic. We have a large CF Center with over 300 active patients and in our pulmonary clinic we staff about 1.25 FTEs to cover it. We follow all the kids with CF but we also see any other patient our docs feel can benefit from our expertise. We routinely see all the kids with PCD as well as those who are pre or post lung transplant and a mish mosh of kids with other diagnoses.

Do you have a PT or an Athletic Trainer involved in seeing your CF patients on a routine basis when they are seen in a Cystic Fibrosis clinic / periodic appointment? **We have 3 PTs who share covering the 1.25 FTEs on a rotating basis. We generally try to see most kids at each appointment. Our kids are seen monthly until they turn 1, then the visits are spaced to quarterly. I would say on average for the kids over 1 yr, we see them about 3x/yr.**

- Do you use a PT or athletic trainer for routine visits to the CF clinic?
- If yes, which one ... and
- Are they conducting an evaluation or screening? **We do evaluations at their first visit of each calendar year and subsequent visits are billed as either treatment or re-evaluations depending of what we do during the visit, if their previous visit was > 60 days ago and on what the insurance authorizes.**
  - How often do they see the patients? **Monthly for the first year and 3-4x/yr thereafter.**
  - Are you billing for their time? If so, what are you billing? **Yes we bill for the vast majority of the kids we see. Generally either evals, re-evals or treatment (usually therapeutic activity).**

- Are you grant funded? Or have any revenue stream other than billing a 3<sup>rd</sup> party payer? We are not grant funded, we bill the kids insurance for the services provided. We have a system in place to obtain authorization and benefit information. Our team can actually do this on the fly for any last minute additions to the schedule as well.
- Duration of visit with PT or Athletic Trainer? That can vary from a 10-15 min quick check in or 45+ minutes for a longer evaluation.
- Do you do more than just exercise recommendations? YES! Our contributions generally include but are not limited to:
  1. Airway clearance instruction, education and program modification, this is one of the primary things we do at virtually every visit. I know some centers have RT do this as opposed to PTs.
  2. Full musculoskeletal screen with an emphasis on posture and flexibility.
  3. Developmental assessment and education.
  4. Submaximal exercise testing.

I am a little bias, but I'd say PTs have the capacity to have a major impact of the life and health of your kids with CF. It's an awesome population to work with. If your therapist want to touch base with us, feel free to pass on my email.

Also the Cystic Fibrosis Foundation has a formal mentor/mentee program that they fund where PTs new to the population can have a great opportunity to visit a like center with an established program.

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ORG H:

Do you have a PT or an Athletic Trainer involved in seeing your CF patients on a routine basis when they are seen in a Cystic Fibrosis clinic / periodic appointment?

- Do you use a PT or athletic trainer for routine visits to the CF clinic? YES PT
- If yes, which one ... and
- Are they conducting an evaluation or screening? SCREENING IN CLINIC, FAMILY EDUCATION
  - How often do they see the patients? AT Q 3 MO CLINIC APPTS. WE ARE WORKING TOWARDS AN ANNUAL PT EVALUATION FOR ALL CF PATIENTS
  - Are you billing for their time? If so, what are you billing? NO BILLING FOR CLINIC TIME. IF SCREEN REVEALS NEED FOR FULL EVAL, PATIENT IS REFERRED FOR OUTPAT EVAL AND EPISODE OF CARE THAT IS THEN BILLED
  - Are you grant funded? FOR MENTORING OF ADDITIONAL PTS ONLY. Or have any revenue stream other than billing a 3<sup>rd</sup> party payer? THE REFERRALS GENERATED BY CLINIC PRESENCE HAVE JUSTIFIED OUR PARTICIPATION IN CLINIC
  - Duration of visit with PT or Athletic Trainer? During clinic the amount of time we spend depends on their visit and the patient's availability/ the patient's needs. It may be a 5 min visit or a 30 min visit. Our outpatient plan of care when indicated is 3-6mos and we see 2x a week
  - Do you do more than just exercise recommendations? education on airway clearance. Particularly huff cough technique, recommendations on different forms of PEP or vibratory PEP, active cycle of breathing, autogenic drainage. We perform posture assessments.