



Government of India
Ministry of Health and Family Welfare
Department of Health & Family Welfare
Nirman Bhawan, New Delhi 110 108

No: S.11011/24/2011-CGHS (P)

Dated, the 1st June, 2011

O F F I C E M E M O R A N D U M

Subject:

Guidelines for domiciliary rehabilitation medicine intervention for reimbursement to CGHS beneficiaries.

The undersigned is directed to as per extant instructions, domestic rehabilitation of CGHS beneficiaries is not permitted and the patients have to go to hospitals for physiotherapy, etc. CGHS received representations with the request that domiciliary physiotherapy rehabilitation may be permitted since in many cases it is not possible for the patients to be transported / shifted to hospitals for physiotherapy, etc. The request was examined by a committee of experts / specialists in Government hospitals, and it has been decided to issue the following guidelines for domiciliary rehabilitation medical intervention for reimbursement to CGHS beneficiaries:

Guidelines

Domiciliary (home based) care is medically justified in the practice of rehabilitation medicine which involves the care of the patient with chronic diseases or temporary or permanent disability or functional limitation due to lack of health or disease. It is justified as such persons find ambulation practically impossible or are significantly dependent on care giver or the cost of visiting the hospitals become higher than the cost of treatment given. In view of this, it would be necessary to consider providing holistic domiciliary rehabilitation medicine service instead of piecemeal home based physiotherapy only, to CGHS beneficiaries as part of their routine health coverage.

Scope of the service

The following allied health services need to be considered for domiciliary case as stated above:

- (i) Physiotherapy;
- (ii) Occupational therapy; and
- (iii) Speech therapy (for patients of stroke / head injury)

The decision to provide domiciliary care should be based on thorough evaluation and specific prescription including the exact intervention and frequency by a PMR specialist. In a situation of non-availability of PMT specialist, the treating Government specialist having allopathic Post-Graduate qualifications in Ortho / Neurology / Neurosurgery / ENT may allow such benefits following the specific prescription criteria for conditions listed below:-

Conditions requiring domiciliary rehabilitation intervention and recommended duration if domiciliary therapy:

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- (1) **Orthopaedic disorders:** Post joint replacement surgery in acute phase: Physiotherapy upto two weeks, post – discharge.
- (2) **Neurological disorders (for upto six weeks):**
 - (i) Post stroke: Occupational Therapy (OT), Physiotherapy (PT), and Speech Therapy (ST);
 - (ii) Traumatic brain injury: OT, PT and ST;
 - (iii) Gullian-Barre syndrome: OT and PT;
 - (iv) Spinal cord injury with significant disability / deformity: OT and PT; and
 - (v) Motor neuron disease: OT, PT and ST.
- (3) **Locomotor disabilities,** with a disability of over 80% or those who are totally dependent on care-giver based on the opinion of two Government specialists, by certified care-giver. [Care-giver means Rehabilitation Council of India certified personnel + Physiotherapist and Occupational therapist (duly qualified diploma / degree holder)].

Prescription information:

The prescription for home based rehabilitation programme should include the following descriptive specifics:

- (1) The therapy to be used:
 - (a) Electrotherapy;
 - (b) Active Exercise Therapy;
 - (c) ADL Training;
 - (d) Speech Therapy;
 - (e) Gait Training; and
 - (f) Passive Exercises.
- (2) The technical person required to institute the therapy;
- (3) The frequency of the therapy required by the patient; and
- (4) Duration of the therapy programme.

Admissible rates for reimbursement:

The following rates may be reimbursed:

- (1) **Physiotherapist:** Maximum of Rs.300/- (Rupees Three hundred only);
- (2) **Occupational Therapist:** Maximum of Rs.300/- (Rupees Three hundred only);
- (3) **Speech Therapist:** Maximum of Rs.300/- (Rupees Three hundred only);
- (4) **Certified Care Giver:** Maximum of Rs. 150/- (Rupees One hundred and fifty only) or Rs. 3,000/- (Rupees Three thousand only) per month for long-term requirements, whichever is less; and

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- (5) No reimbursement to be allowed for the purchase / hiring of therapy equipment / devices.
2. The guidelines will take effect from the date of issue of the Office Memorandum.
3. This issues with the concurrence of IFD, vide Dy. No: 790 / SS & FA dated the 23rd May, 2011.
4. Hindi version of the guidelines will follow.

[R Ravi]
Director

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