

## CAHABA GUIDELINE CHECKLIST

In order to treat a patient within the Medicare areas administered by Cahaba Government Benefit Administrators, the patient must have a three month trial of conservative therapy which includes:

- 1. Exercise
- 2. Periodic leg elevation
- 3. Weight loss
- 4. Compressive therapy
- 5. Avoidance of prolonged immobility

The conservative therapy failure will need to be documented. We recommend bringing the patient back at day 45 to review compliance and then again at day 90 to assess the conservative therapy.

The patient must be symptomatic and have one or more of the following:

- 1. Pain, aching, cramping, burning and/or swelling during activity or prolonged standing severe enough to impact mobility
- 2. Recurrent episodes of superficial phlebitis
- 3. Non-healing skin ulceration
- 4. Bleeding from a varicosity
- 5. Stasis dermatitis
- 6. Refractory dependent edema

If conservative therapy measures have failed, AND they have one of the criteria immediately above, an ERFA or laser ablation may be performed if All of the following are met:

- 1. Absence of aneurysm in the target segment
- 2. Maximum vein diameter of 20mm for ERFA and 30 mm for laser ablation
- 3. Absence of thrombosis or vein tortuosity impairing catheter advancement
- 4. Absence of significant peripheral arterial disease



## CAHABA GUIDELINE CHECKLIST (cont.)

The History and Physical in addition to your normal documentation should contain:

- \_\_\_ 1. The order for the Diagnostic Ultrasound
- \_\_\_ 2. Absence of PAD
- \_\_\_ 3. A patient statement or two on HOW their mobility is impacted by their venous disease
- \_\_\_ 4. The order for conservative therapy

The Diagnostic Ultrasound in addition to your normal documentation should contain:

- \_\_\_ 1. Absence of DVT
- \_\_\_ 2. Presence and patency of deep vein system
- \_\_\_ 3. Documented vein size and reflux

*Cahaba Government Benefit Administrators currently has no specific guidelines pertaining to Phlebology practices and defaults to the WPS guidelines noted above.*

