

# AACVPR – National Conference Update

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# Many presentations/topics

- Time management – “Help for the Crazy Busy”
- Protecting the Ageing Brain
- Legislative/regulatory update
  - Reimbursement rates, 2019 OIG audit, PAD/SET
- Patient perspective – “Back Seat Leadership”
  - J. Greg Merritt
- Enhancing Enrollment and retention
  - Million Hearts initiative – CDC/AACVPR

- Service Procedure code APC Payment Co-pay

CR 93798 & 93977 - 118.79 copay - 23.76

ICR G0422 - 118.79 23.76

PR G0424 - 56.60 11.32

Resp Care G0237-39 - 32.89 6.58

SET PAD 93668 - 56.60 11.32

# **2017 CMS Audit of Cardiac Rehabilitation**

## **Primary deficiencies:**

- ITP signed after date of service
- Ex Rx not signed or complete
- Psychosocial assessment insufficient
- Billing errors
- Supporting documentation was lacking

- [www.aacvpr.org](http://www.aacvpr.org)
- [www.nccraonline.org](http://www.nccraonline.org)
- [www.Millionhearts.hhs.gov](http://www.Millionhearts.hhs.gov)
- <http://www.aacvpr.org/VB>  
[C-Value-Based-Care](#)

# CarolinaEast Medical Center

## Cardiac Rehabilitation

### Comparison Report – 1/1/2013 – 9/26/2018

Program patient count – 814 Comparing patient count –  
215,276

	<u>Program</u>	Age	<u>Comparison</u>	Age
Male	<u>69%</u>	<u>72</u>	<u>71%</u>	<u>69</u>
Female	<u>31%</u>	<u>72</u>	<u>29%</u>	<u>70</u>
Mean completed sessions	<u>33</u>		<u>28</u>	
SBP initial	admit – <u>124</u>	discharge – <u>116</u>	admit – <u>120</u>	D/C – <u>116</u>
DBP	admit – <u>71</u>	discharge – <u>68</u>	admit – <u>68</u>	D/C – <u>66</u>
BMI male	admit – <u>29.9</u>	discharge – <u>29.7</u>	admit – <u>30.1</u>	D/C – <u>29.9</u>
BMI female	admit – <u>30.7</u>	discharge – <u>30.4</u>	admit – <u>30.2</u>	D/C – <u>29.9</u>
METs during CR	admit – <u>2.7</u>	discharge – <u>4</u>	admit – <u>2.9</u>	D/C – <u>4.7</u>
Ex. Days per week	admit – <u>1</u>	discharge – <u>5</u>	admit – <u>2</u>	D/C – <u>4</u>
Rate Your Plate Diet Score	admit – <u>51</u>	discharge – <u>56</u>	admit – <u>53</u>	D/C – <u>57</u>
PHQ-9 depression survey	admit – <u>5.5</u>	discharge – <u>3.1</u>	admit – <u>4.5</u>	D/C – <u>2.6</u>
QLI index Global score	admit – <u>23.3</u>	discharge – <u>25.1</u>	admit – <u>23.3</u>	D/C – <u>25</u>

# Exercise Is Medicine!

- **↓ All-Cause Mortality** (less likely to die - 40% reduction)
- **↑ Max VO<sub>2</sub>** (ability to use oxygen improves)
- **↓ MVO<sub>2</sub> @ Workload** (do more with less effort)
- **↑ Cardiac Output** (pump more blood per beat)
- **↑ A-VO<sub>2</sub> difference** (more efficient at using oxygen)
- **↑ Recovery HR** (less tired)
- **↓ Submaximal HR @ WkLd** (less effort to do work)
- **↓ Resting Blood Pressure** (less work for heart/arteries - 40% reduction of risk)
- **↓ Blood Clotting** (blood flows better 27% reduction of stroke risk)
- **↑ Endothelial Function** (flexible arteries)
- **↑ Plasminogen Activator** (increased "Drano" – unclogs clots)
- **↓ Fibrinogen Levels** (blood less "sticky")
- **↓ C-Reactive Protein** (calmer arteries)
- **↓ LDL** (less "bad" cholesterol)
- **↓ Triglyceride** (less fat in blood)
- **↑ HDL-C** (more "good cholesterol")
- **↓ % Body Fat** (less "dead" weight)
- **↑ Insulin Sensitivity** (insulin works better)
- **↓ Type II Diabetes** (less sugar in the blood - 58% reduction in risk)
- **↓ Depression** (feel better)
- **↓ Osteoporosis** (stronger bones)
- **↓ Colon Cancer** (plumbing works better - 60% reduction of risk)
- **↓ Breast Cancer** (50% reduction of risk)
- **↓ Disability** (do more for yourself)
- **↓ Dementia** (mind works better - 40% reduction of risk)

# NCCRA leadership – hard at work!

