

Reimbursement and Research

Objectives

- Define commonly used terminology in reimbursement.
- Describe reimbursement for Medicare, Medicaid, private insurance companies, and health maintenance organizations.
- Compare and contrast the value of the different types of research to provide evidence for clinical physical therapy practice.
- Describe the value of validity and reliability in research.
- Discuss the main elements of a research study.
- Describe how to write a research report.

Reimbursement Terminology



- Managed care
- Health maintenance organization
- Copayment
- Deductible
- Denial
- Prior authorization

Reimbursement Organizations: Medicare

Part A: Hospital insurance

Part B: Medical insurance

Part C: Medicare Advantage

Part D: Medicare
Prescription Drug Coverage

Coverage for patients
over age 65



Medicaid

- Low income working families
- Elderly
- Disabled
- Immigrant (5 yrs)



Additional Re-imbursement Organizations

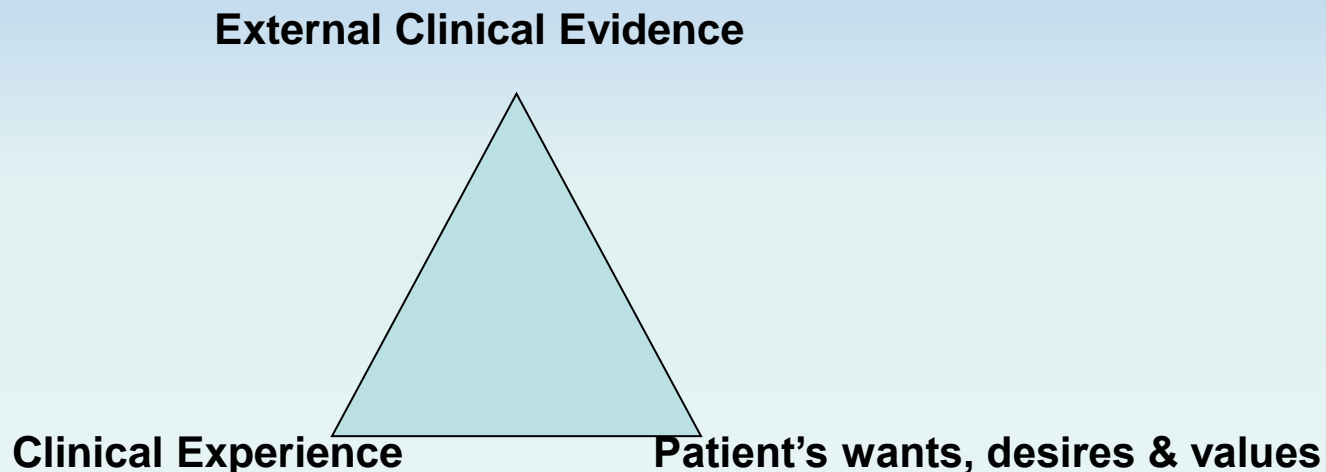
- Private insurance
- HMO
- Tricare- Veterans Administration
- Workers' Compensation
- PPACA- Patient Protection and Affordable Care Act (ACA)



Research: Evidence Based Practice

- What is Evidence Based Practice?
- Why do we need it?

Combining: 1. clinical experience
2. patient goals
3. most current clinical practice



3 Leg Stool of EBP



Types of Research

- **Experimental:**

At least one independent variable is controlled, manipulated by the researcher

- **Nonexperimental:**

Does not manipulate the independent variable



Five Step Model for EBP

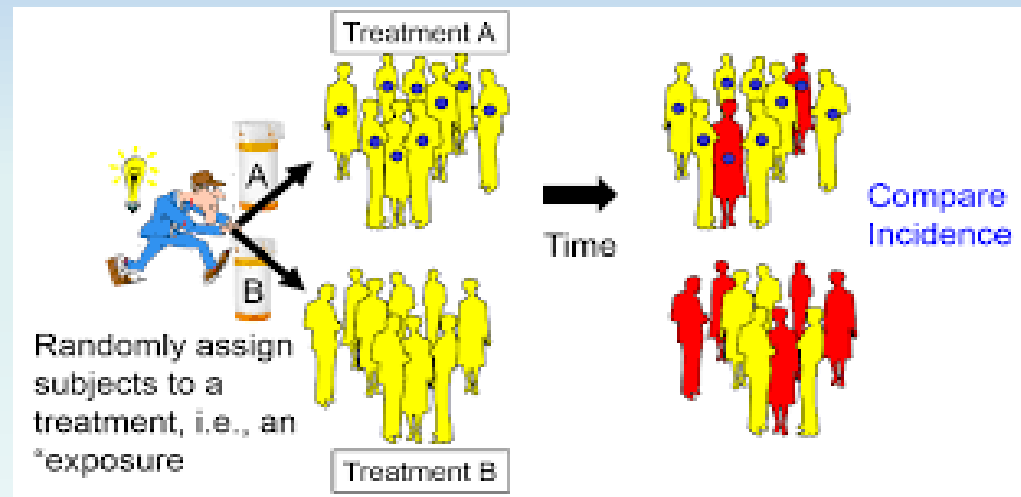
- **Asking** answerable clinical question
- **Searching** for the evidence
- **Critically appraising** the evidence
 - **Validity**
 - **Relevance**

Making a decision

- **Integrating evidence with expertise and patient's values**
- **Evaluating** your performance

Type of Questions in PT

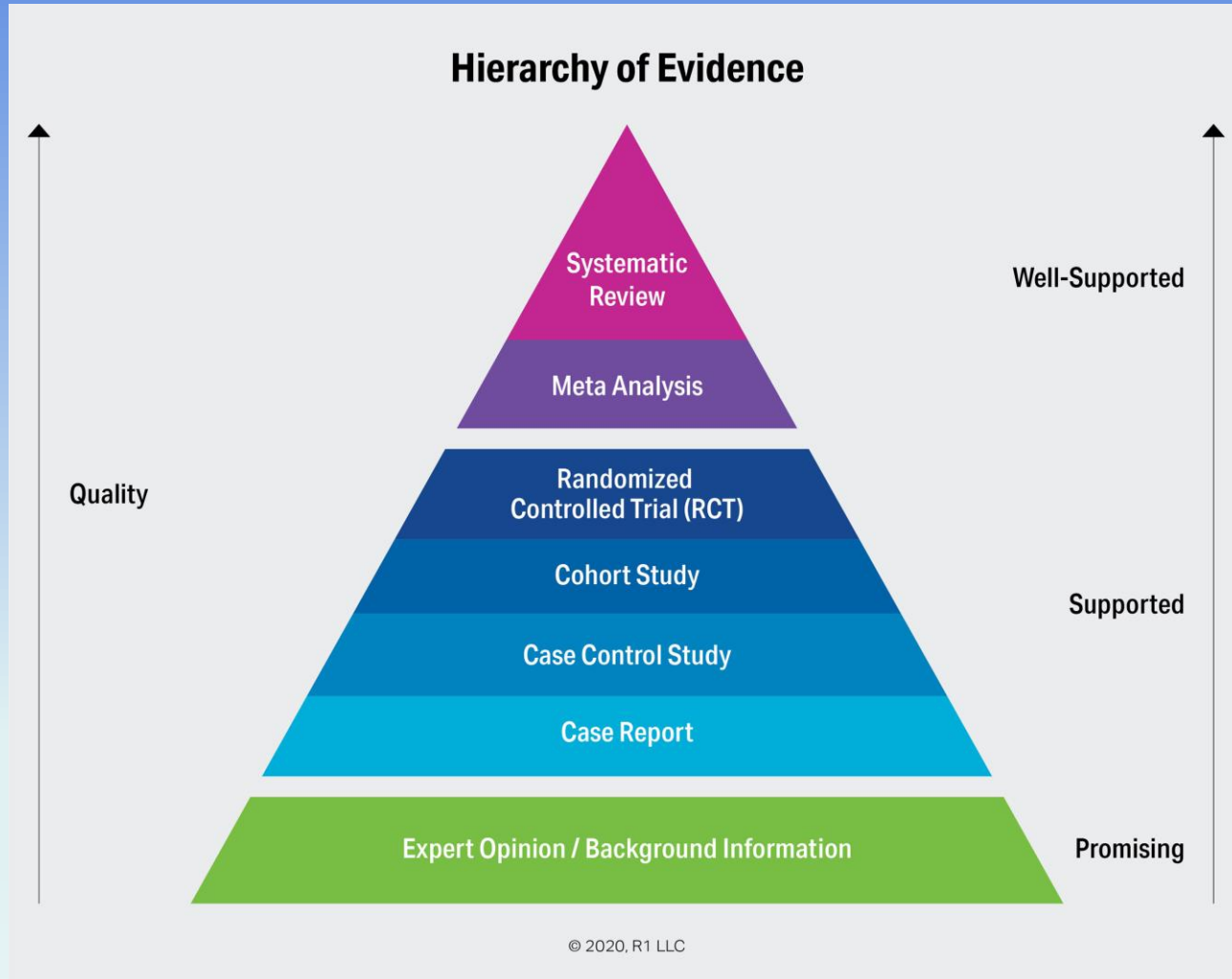
- **Interventions:** treatment-oriented based on efficacy, cost and patient's values; Quality of Life
- **Prognosis:** probable course overtime and prediction of likely outcomes
- **Examination Tests & Measures:** is the test reliable, valid, sensitive and specific to render a diagnosis?
- Plus those related to management, education, administration



Hierarchy of Evidence

- **Originators of EBP** refer to a “hierarchy” of evidence
- **#1 RCT: Randomized Controlled Trial**
- well designed research studies suitable for the question
 - Not all studies are well designed
 - Different study designs suit different questions
- **(Least) Expert Opinion:** articles by experts giving their opinion, plus other research

Hierarchy of Evidence



Empirical Evidence

1. Obtained by **objective observation**
2. Experimental designs with **rigorous controls**
3. Considered the **strongest evidence**

3 types of Empirical Evidence

- **Systematic Reviews**
- **Randomized Control Trials**
- **Quasi-experimental Studies** (no control group)

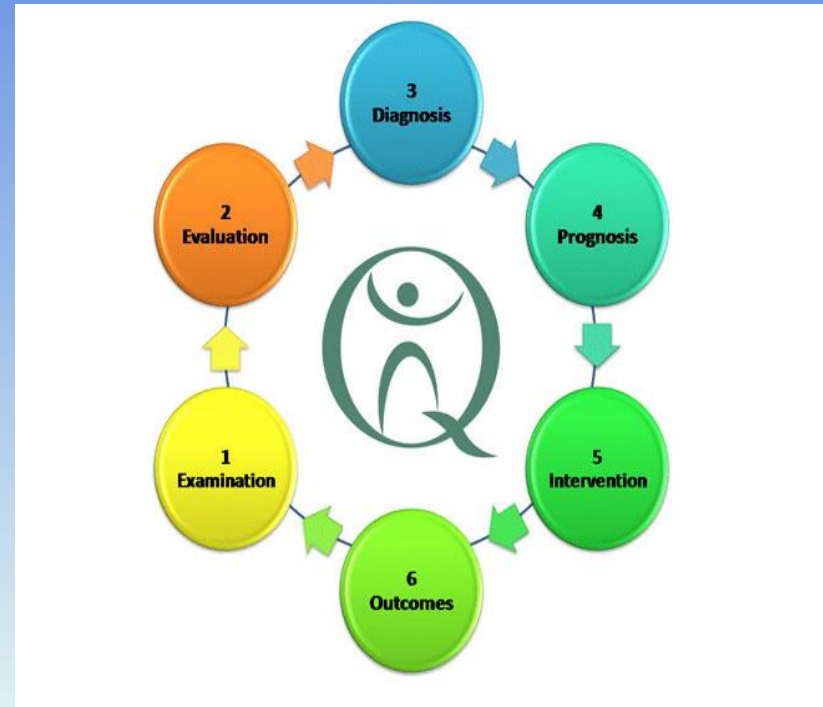


Anecdotal Evidence

- Describes **an experience** in an individual or situation
- Considered the weakest of the evidence because it is difficult to repeat or draw a conclusion regarding cause for outcome
- **Example: Case study** (Written summary of clinical experience with a patient)

Elements of Research

- Research question
- Hypothesis
- Reliability
- Validity
- Scales of measurement
- Subjects



TERMS

1. **Randomized:**
2. **Blind- Double Blind:**
3. **Reliability:**
4. **Variables: feature liable to cause change**
 1. **Independent variable:** variable is manipulated or controlled (treatment- E-stim)
 2. **Dependent variable:** factor changed by independent variable- (response variable- pain)
5. **Validity: degree of accuracy**
 1. Internal: differences are a direct result of manipulated variable
 2. External: differences may be generalizable to the general population
6. **Mode, Median, Mean**
7. **Nominal Ordinal, Interval, Ratio**

Evaluating a Research Article

- Introduction
- Methods
- Results
- Discussion and Conclusion
- Subjects

