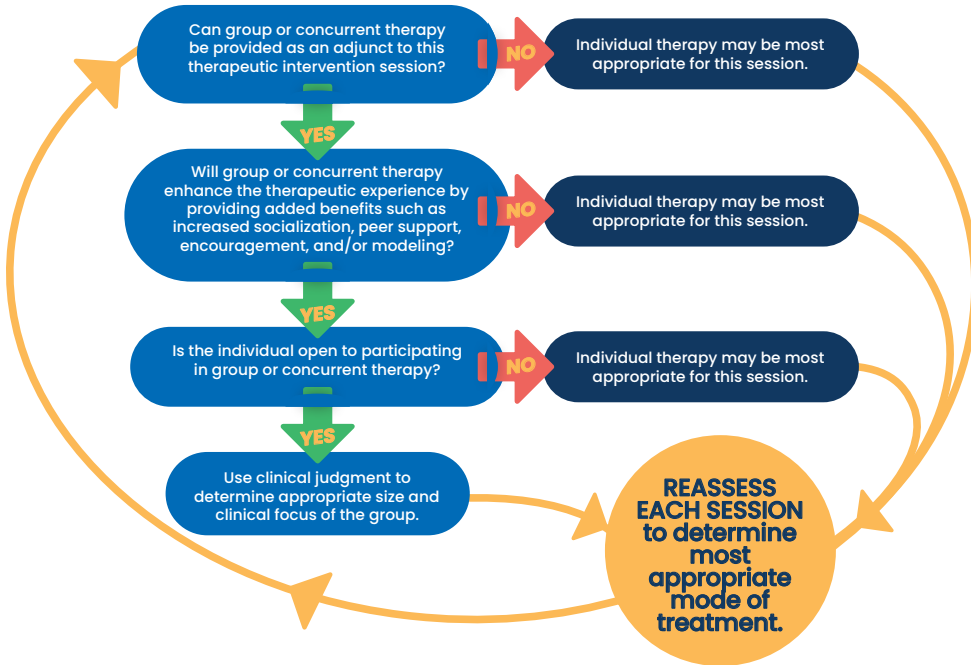


Modes of Treatment Clinical Decision Making

Medical necessity and clinical appropriateness guide decision making for mode and delivery of therapy services. Implementation of group and concurrent modes of delivery should provide distinct value and therapeutic benefits for the patient.

Modes of Treatment Clinical Decision Tree:



What is the right size for your group?

- Safety is maintained for all members.
- All members are actively engaged.
- All members are appropriately challenged.
- Consider patient preference for group size.
- More complex patients may benefit from smaller groups.
- Insurance guidelines

Benefits of Group Therapy Featuring *Same or Similar* Tasks

Is supported by evidence to promote increased patient engagement and sustainable outcomes.
Allows patient to recognize one's own deficits are not unique, and others may have similar deficits.
Encourages trials of higher-level challenges.
Allows patient to apply strategies and techniques.
Introduces new environmental factors.
Provides peer support and encouragement.
Improves psychosocial well-being.
Interventions can be performed in a more complex or distractable environment.
Allows for modeling (learning by imitating the actions of others).
Mirrors day-to-day life tasks that patients typically do with others.
Provides healthy competitive environment that may enhance engagement.
Reduces social isolation and enhances coping mechanisms.
Increases access to care by allowing for more patients to be seen during a given time.

Benefits of Group Therapy with *Separate and Distinct* Tasks

May naturally happen throughout the day in the gym.
May be best for patients who prefer to not work in a large group setting.
More opportunities for grouping due to patients participating in different activities.
Appropriate for patients with different functional levels, diagnoses
Facilitates opportunities for peer support and encouragement.
Improves psychosocial wellbeing.
Reduces social isolation and enhances coping mechanisms.
Increases access to care by allowing for more patients to be seen during a given time.

For payer specific billing and coding guidance for group: Reliant's Billing and Coding Quick Reference Guide