COGNITIVE REHABILITATION
THE803.019

COVERAGE:

Due to Texas House Bill 1676, coverage may not be excluded for cognitive rehabilitation therapy or cognitive communication therapy for anyone with an acquired brain injury or a condition acquired as a result of a brain injury. This applies to a health benefit plan delivered, issued for delivery or renewed on or after January 1, 2002. The House Bill also specifies that a health plan is not to confuse medical benefits with mental health benefits as a brain injury is considered a physical illness rather than a mental illness.

Cognitive rehabilitation is considered experimental/investigative for all conditions other than those specified above.

NOTE:

1) This policy is not intended to deny multidisciplinary services, such as physical therapy or speech therapy after traumatic brain injury and stroke.

2) This policy addresses the treatment of cognitive deficit as a consequence of neurological impairment and does not address cognitive behavioral therapy (insight psychotherapy) when used as a part of psychotherapy.

DESCRIPTION:

**Cognitive Rehabilitation** (CR) is a therapeutic approach designed to improve cognitive functioning after central nervous system insult.

*Cognitive Rehabilitation* includes therapy methods that:

- retrain or alleviate problems caused by deficits in attention,
- visual processing,
- language,
- memory,
- reasoning,
- problem solving, and
- executive functions.

CR consists of tasks designed to reinforce or re-establish previously learned patterns of behavior or to establish new compensatory mechanisms for impaired neurological systems.

Cognitive rehabilitation may be performed by a

- physician,
- psychologist,
- physical therapist,
• occupational therapist, or
• speech therapist.

RATIONALE:

This policy is based on a 1997 TEC assessment, which concluded that there was inadequate data in the published peer reviewed literature to validate the effectiveness of cognitive rehabilitation as either an isolated component or one component of a multimodal rehabilitation program and legislation.

DISCLAIMER:

State and federal law, as well as contract language, including definitions and specific inclusions/exclusions, takes precedence over Medical Policy and must be considered first in determining coverage. The member’s contract benefits in effect on the date that services are rendered must be used. Any benefits are subject to the payment of premiums for the date on which services are rendered. Medical technology is constantly evolving, and we reserve the right to review and update Medical Policy periodically. HMO Blue Texas physicians who are contracted/affiliated with a capitated IPA/medical group must contact the IPA/medical group for information regarding HMO claims/reimbursement information and other general polices and procedures.

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