

PHYSICAL AND OCCUPATIONAL THERAPY FOR PEDIATRIC DEVELOPMENTAL DELAY AND DEVELOPMENTAL COORDINATION DISORDER

Policy

Physical and occupation therapy is considered appropriate for children with significant developmental delays in order to improve function and motor skills needed for activities of daily living.

VCHCP provides an evaluation by a contracted physical or occupational therapist familiar with the treatment of pediatric developmental delay for members who meet the following criteria:

- Referrals for an evaluation must include documentation by the referring provider of specific concerns of a significant delay from the normal for age.
- An evaluation by a professional physical or occupational therapist familiar with pediatric developmental delay and upon the recommendation of the therapist. The evaluation and recommendation must include:
 1. Standardized testing that evaluates the member for age equivalency
 2. The member must be in the 15th percentile for age or below
 3. There must be a medically recognized diagnosis
 4. There must be a care plan provided that is signed by the ordering provider, and it must contain:
 - a. Statements of short term and long-term goals
 - b. Quantitative objectives
 - c. A reasonable estimate of when the goals will be reached
 - d. The frequency and duration of treatment
 - e. The specific treatment techniques to be used
 - f. Recommendations for treatments to be done in the home between scheduled therapy visits.

The plan of care should be ongoing (i.e. updated as the member's condition changes) and should demonstrate reasonable expectation of improvement (as defined below):

1. There is a reasonable expectation that the therapy will achieve measurable improvement in the member's condition.
2. The member is re-evaluated regularly, and there is documentation of progress being made in a reasonable and predictable time period toward the stated goals of the therapy.

Effective: 5/7/12

Reviewed/No Updates: 1/28/13; 2/13/14, 2/12/15, 2/11/16,
2/9/17, 2/8/18, 2/14/19, 2/13/20, 2/11/21, 2/17/22, 2/2/23,
2/8/24, 2/20/25

3. The treatment goals and subsequent documentation of treatment results specifically demonstrate that physical or occupational therapy services are contributing to such improvement.

A. Attachments: None

B. References

1. American Psychiatric Association. (2000). Diagnostic and statistical manual of mental disorders (4th ed., text rev.). Washington, DC: Author.
2. Marion, DW. Developmental Coordination Disorder. In: UpToDate, Basow, DS (Ed), UpToDate, Waltham, MA, 2012.

C. History

Author/Reviewer: Albert Reeves, MD; Date: 5/4/12

Committee Reviews: UM: May 10, 2012; QAC: May 22, 2012

Reviewed/No Updates: Albert Reeves, MD; Date: 1/28/13

Committee Review: UM: February 14, 2013; QAC: February 26, 2013

Reviewed/No Updates: Catherine Sanders, MD

Committee Review: UM: February 13, 2014; QAC: February 25, 2014

Reviewed/No Updates: Catherine Sanders, MD

Committee Review: UM: February 12, 2015; QAC: February 24, 2015

Reviewed/No Updates: Faustine Dela Cruz, RN & Catherine Sanders, MD

Committee Review: UM: February 11, 2016; QAC: February 23, 2016

Reviewed/No Updates: Catherine Sanders, MD & Robert Sterling, MD

Committee Review: UM: February 9, 2017; QAC: February 28, 2017

Reviewed/No Updates: Catherine Sanders, MD & Robert Sterling, MD

Committee Review: UM: February 8, 2018; QAC: February 27, 2018

Reviewed/No Updates: Catherine Sanders, MD & Robert Sterling, MD

Committee Review: UM: February 14, 2019; QAC: February 26, 2019

Reviewed/No Updates: Howard Taekman, MD & Robert Sterling, MD

Committee Review: UM: February 13, 2020; QAC: February 25, 2020

Reviewed/No Updates: Howard Taekman, MD & Robert Sterling, MD

Committee Review: UM: February 11, 2021; QAC: February 23, 2021

Reviewed/No Updates: Howard Taekman, MD & Robert Sterling, MD

Committee Review: UM: February 17, 2022; QAC: February 22, 2022

Reviewed/No Updates: Howard Taekman, MD & Robert Sterling, MD

Committee Review: UM: February 2, 2023; QAC: February 7, 2023

Reviewed/No Updates: Howard Taekman, MD & Robert Sterling, MD

Committee Review: UM: February 8, 2024; QAC: February 27, 2024

Reviewed/Updated by: Howard Taekman, MD & Robert Sterling, MD

Committee Review: UM: February 20, 2025; QAC: February 25, 2025

**Medical Policy: PT & OT for Pediatric Developmental Delay
and Developmental Coordination Disorder**

Effective: 5/7/12

Reviewed/No Updates: 1/28/13; 2/13/14, 2/12/15, 2/11/16,
2/9/17, 2/8/18, 2/14/19, 2/13/20, 2/11/21, 2/17/22, 2/2/23,
2/8/24, 2/20/25

Revision Date	Content Revised (Yes/No)	Contributors	Review/Revision Notes
2/9/17	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review
2/8/18	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review
2/14/19	No	Catherine Sanders, MD; Robert Sterling, MD	Annual Review
2/13/20	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/11/21	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/17/22	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/2/23	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/8/24	No	Howard Taekman, MD; Robert Sterling, MD	Annual Review
2/20/25	Yes	Howard Taekman, MD; Robert Sterling, MD	Formatting changes. Removed line “Physical and occupational therapy services are considered medically necessary only if there”