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Developed By: Medical Criteria Committee	

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**Description:**

Coumadin (warfarin) is an anticoagulant that alters the blood's clotting process. It is often prescribed for individuals with mechanical heart valves, atrial fibrillation or any other condition where prevention of clots is needed. Over anti-coagulating the blood can place a patient at risk for complications associated with excessive bleeding. Therefore, patients need to be monitored frequently to measure the rate at which their blood clots. This is done through periodic prothrombin time measurements, as measured by the International Normalized Ratio (INR).

Devices are available to enable patients who take Coumadin to measure their INR levels at home. Monitoring INR levels from home is generally associated with some form of self-management of Coumadin therapy. Patients can adjust their Coumadin doses as needed after phone consultations with their doctors (self-monitoring) or according to predetermined algorithms (self-management). Maintaining INR levels in a physician directed therapeutic range is important for maintaining a healthy lifestyle and reducing complications.

**Criteria:**

ODS will cover PT/INR monitoring in the home for patients who are taking oral anticoagulation medication and **all** of the following criteria are met:

1. Patient has one of the following conditions:
  - a. Mechanical heart valve; **or**
  - b. Chronic or recurrent atrial fibrillation; **or**
  - c. Deep vein thrombosis; **or**
  - d. Children with congenital heart disease; **or**
  - e. Other condition that requires anticoagulation to a targeted INR level of greater than 3;

**and**
2. Patient has undergone anticoagulation management for at least 3 months; **and**
3. Patient will be receiving oral anticoagulation therapy long-term (i.e. six months or longer); **and**
4. Patient or caregiver is capable of performing the test accurately

**Information to be Submitted with Pre-Authorization Request:**

Documentation from the ordering physician including the following:

- patient's diagnosis
- length of time patient has been on oral anticoagulation therapy
- target INR range
- planned frequency of home INR testing

**Applicable CPT/HCPC:**

**Note: list may not be all inclusive**

<b>G0248</b>	Demonstration, prior to initial use, of home INR monitor for patient with either mechanical heart valve(s), chronic atrial fibrillation, or venous thromboembolism who meets Medicare coverage criteria, under the direction of a physician; includes: face-to-face demonstration of use and care of the INR monitor, obtaining at least one blood sample, provision of instructions for reporting home INR test results, and documentation of patient ability to perform testing prior to its use.
<b>G0249</b>	Provision of test materials and equipment for home INR monitoring of patient with either mechanical heart valve(s), chronic atrial fibrillation, or venous thromboembolism who meets Medicare coverage criteria; includes provision of materials for use in the home and reporting of

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test results to physician; not occurring more frequently than once a week.
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**References:**

- Hambleton J. Home monitoring of anticoagulation. *J Thromb Thrombolysis*. 2003 Aug-Oct;16(1-2):39-42.
- Nutescu EA. Point of care monitors for oral anticoagulant therapy. *Semin Thromb Hemost*. 2004 Dec;30(6):697-702.
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- Ansell JE, Patel N, Ostrovsky D, et al. Long-term patient self-management of oral anticoagulation. *Arch Intern Med*. 1995 Nov 13;155(20):2185-9.
- Bradbury MJ, Taylor G, Short P, et al. A comparative study of anticoagulant control in patients on long-term warfarin using home and hospital monitoring of the international normalized ratio. *Arch Dis Child*. 2008 Apr;93(4):303-6. Epub 2007 Aug 3.
- Connock M, Stevens C, Fry-Smith A, et al. Clinical effectiveness and cost-effectiveness of different models of managing long-term oral anticoagulation therapy: a systematic review and economic modeling. *Health Technol Assess*. 2007 Oct;11(28):iii-iv, ix-66.
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