



UM-CDG-078 Home Health Skilled Nursing Services

Approved By:  
Director, Health Services

Effective Date:  
10/20/2025

***This Policy applies to all SECUR affiliates, associates, and subsidiaries.***

Approved by Courtney Gonzales, Director of Health Services on behalf of the Utilization Management Committee.

## PURPOSE

This coverage determination guideline serves to address home health skilled nursing services. Home health skilled nursing services may include services such as wound care for pressure sores or surgical wounds, member and caregiver education, intravenous or nutrition therapy, and monitoring members with unstable conditions. Home health skilled nursing services can be an outpatient alternative to inpatient care in some circumstances and may be safer for the member.

For SECUR Health Plan members, National Coverage Determinations (NCD) and Local Coverage Determinations (LCD) will be applied to requests when applicable. SECUR Health Plan Coverage Determination Guidelines (CDG) will be utilized in the absence of an appropriate NCD and/or LCD.

## DEFINITIONS

None

## POLICY

For a member to qualify for home health services, the physician authorized to order home health services must have a face-to-face encounter with the member, certifying that the member needs home health services. The physician should develop a plan of care for the member to include home health skilled nursing services. The member must be under the care of a physician and the physician must certify that the member needs intermittent skilled nursing care, other than blood draws or simple wound care for small or superficial lesions. The physician must certify that the member is homebound, meaning that due to the member's illness or injury, it is a considerable and taxing effort for the member to leave the home.

Skilled nursing care consists of those services that must be performed by either a Registered Nurse or a Licensed Practical Nurse, and must meet all the following criteria:

1. Pursuant to physician orders, the service(s) is/are so inherently complex that it can be safely and effectively performed only by, or under the supervision of, a licensed nurse to achieve the medically desired result, and
2. The skilled nursing care must be provided on an intermittent or hourly basis, and
3. The skilled nursing service is not custodial in nature, and
4. The skilled nursing service(s) must be reasonable and necessary for the treatment of the illness or injury, meaning the services must be consistent with the unique nature and severity of the member's illness or injury, their particular medical needs, and accepted standards of medical and nursing practice, without

regard to whether the illness or injury is acute, chronic, terminal, or expected to last an extended period of time.

Skilled home health nursing care is the provision of intermittent skilled services to a member in the home for the purpose of restoring and maintaining the maximal level of function and health. Services are rendered in lieu of hospitalization, confinement to an extended care facility, or going outside the home for services needed.

SECUR Health Plan considers skilled home health nursing services as medically necessary when all the following are met:

1. The member is homebound because of illness or injury, and
2. The nursing services provided are not primarily for the comfort or convenience of the member or custodial in nature, and
3. The services are ordered by a physician, physician assistant, or nurse practitioner and are directly related to an active treatment plan of care established by the provider, and
4. The services are provided in lieu of continued hospitalization, confinement to a long term care institution, or receiving outpatient services outside of the home, and
5. The skilled nursing care is appropriate for the active treatment of a condition, illness, disease, or injury, to avoid placing the member at serious risk for medical complications, and
6. The skilled nursing care is intermittent or hourly in nature, and
7. The treatment provided is appropriate for the member's condition, including the amount of time spent providing the service(s), as well as the frequency and duration of the service(s).

Note: Intermittent or part time skilled nursing care is defined as a visit of up to four (4) hours in duration. Home health skilled nursing care is defined as a consecutive four (4) hour period.

Custodial care is defined as services and supplies furnished to a person mainly to help them with activities of daily living (ADLs). Custodial care is furnished mainly to train or assist the caregiver in personal hygiene or other ADLs, rather than providing therapeutic treatment and can be safely and adequately provided by persons without the technical skills of a health care provider, such as a licensed nurse.

Custodial care may be prescribed by a physician or given by trained medical personnel. It may involve artificial methods such as feeding tubes, ventilators, or catheters. Examples of custodial care include, but are not limited to:

1. Routine member care such as simple dressing changes, periodic turning and positioning in bed, administration of oral medications,
2. Care of a stable tracheostomy, including intermittent suctioning,
3. Care of a stable colostomy or ileostomy,
4. Care of a stable gastrostomy, jejunostomy, nasogastric tube (NG tube/NGT), intermitted or continuous feedings,
5. Care of a stable indwelling bladder catheter, including emptying or changing containers and clamping tubing,
6. Watching or protecting a member such as through pulse oximetry, monitoring of respirations, seizure monitoring, and observation of a member who is stable without cardiovascular compromise,
7. Respite care, adult day care, or convalescent care,
8. Institutional care, including room and board for rest cures, adult day care and convalescent care,
9. Help with ADLs such as walking, grooming, bathing, dressing, getting in or out of bed, toileting, eating, or

preparing meals,

10. Any services that a person without medical or paramedical training could be trained to perform, and
11. Any services that can be performed by a person without any medical or paramedical training.

*For home health skilled nursing wound care services, SECUR Health Plan will use the guidance provided in Local Coverage Determination Guideline (LCD) L-37166, Wound Care.*

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