

# BILLING for Group/Class Sessions

The Nova Scotia College of Physiotherapists issues Advisory Statements to provide guidance to members on practice issues. This Advisory will address billing of group or class treatment sessions.

## **What is a Group/Class?**

Any time you have a ratio of two or more patients per physiotherapist it is considered a group or class.

## **Is it Physiotherapy?** *(Questions to help you determine if the treatment is physiotherapy)*

- ◇ Is this class being used to treat a specific neuromuscular, musculoskeletal or cardio respiratory condition or disorder associated with physical dysfunction, injury or pain? To achieve or maintain a level of physical function required for specific goals?
- ◇ Has there been an assessment? Will there be regular reviews and re-assessments?
- ◇ Is it part of the physiotherapy treatment plan with specific goals to be achieved?
- ◇ Is there regular documentation as required by the NSCP Practice Standards?
- ◇ Is the physiotherapist conducting the class or do they have oversight of the class and instructor?

## **Indications for Billing Group/Class Sessions as Physiotherapy**

- ✓ Each physiotherapy patient must have an initial assessment during which the determination is made that, as part of their treatment program, they would benefit from specific exercises.
- ✓ The classes chosen must be dependant upon the results of the assessment, the treatment goals set by the physiotherapist and the patient, and the specific exercises needed.
- ✓ Documentation and records are in accordance with the NSCP requirements. There must be documentation of regular reassessment and of individual progress, or lack thereof.
- ✓ The class must be conducted by a physiotherapist or by a trained support worker to whom the physiotherapist assigns the specific care / exercises needed.
- ✓ The physiotherapist retains oversight of the class and the patient, and regularly reassesses the patient and progresses the exercises in accordance to the goals set.

## **Considerations for Billing Group/Class Services as Physiotherapy**

Physiotherapists must not charge a set fee for packaged or bundled services (i.e. a block fee) unless:

- The patient is told what services are covered, the cost of each service and the total cost
- The patient has the option to buy one service at a time
- The patient has the option to receive a refund for unused services
- The fee for each service appears accurately on the billing or account.

## **Professional Responsibilities**

Physiotherapists must consider ethical and professional obligations in maintaining professional integrity. The physiotherapist must not continue services to a client when the services are no

longer required by the client. The physiotherapist only provides professional services in situations where there is a demonstrated need for the services. A physiotherapist shall not render service in any situation that will compromise his/her professional integrity, standard of practice, or place him/her in a conflict of interest. A conflict of interest arises when a physiotherapist's actions or decisions may reasonably be perceived to be, or are in fact, motivated or influenced by financial gain or the potential for financial gain.

#### References and Resources:

[http://nsphysio.com/resources/Physio\\_Code\\_of\\_Ethics.pdf](http://nsphysio.com/resources/Physio_Code_of_Ethics.pdf) (Link will be revised to reflect the new National Code of Ethics)

<http://nsphysio.com/resources/2015+05+27+Standard+Professional+Practice+Standards+for+Physiotherapists+Competency+Based.pdf> (link will be revised to the National Code of Ethics)

<http://nsphysio.com/resources/Advisory+Statement+Chart+Legibility+Feb+2014.pdf>

<http://nsphysio.com/resources/Referrals+and+Financial+Benefits+Practice+Standard+final+revision2.pdf>

<http://nsphysio.com/resources/Supervision+and+Task+Assignment+Standard+2011.pdf>