

Use of Spirometry Testing in the Assessment & Diagnosis of COPD



Spirometry is a medical screening test used to diagnose asthma, chronic obstructive pulmonary disease (COPD) and certain other conditions that affect breathing. Spirometry is essential for confirming a diagnosis of COPD or asthma, assessing COPD or asthma severity and determining the appropriate treatment regimen.

Spirometry is also recommended for all persons with COPD or asthma in the beginning of care, again as treatments are started and at least every year for continuing care.

Who should have a Spirometry test?

- Members with a new diagnosis of COPD or newly active COPD
- Members with a new diagnosis of asthma or newly active asthma
- Members with a suspected diagnosis of COPD/asthma
- All patients who have symptoms of lung impairment and risk factors for COPD including:
 - > A history of smoking
 - > Environmental exposure to smoke or occupational pollutants
 - > A family history of asthma or COPD

A bronchodilator should be ordered as part of spirometry. Spirometry is done before and after the bronchodilator to show any response to the medicine and to assess both the presence of airflow obstruction and severity.

How is Spirometry testing reported?

Codes to bill for Spirometry testing*:

CPT	94010, 94014-94016, 94060, 94070, 94375, 94620
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Please contact Meridian at 800-203-8206 to confirm coverage of codes and for any billing questions.

Codes to identify or confirm diagnosis of asthma or COPD:

	ICD-10-CM Procedure
Chronic bronchitis	J41.0, J41.1, J41.8, J42
Emphysema	J43.0, J43.1, J43.2, J43.8, J43.9, J98.2, J98.3
COPD	J41.0, J41.1, J41.8, J42, J43.0, J43.1, J43.2, J43.8, J43.9, J44.0, J44.1, J44.9, J47.0, J47.1, J47.9

What else can I do?

Smoking cessation is the most important intervention to slowing the rate of lung function decline. Meridian covers a variety of smoking cessation aids including patches, gum, lozenges and medication. In addition, all Meridian members have access to Meridian’s in-house smoking cessation program called “New Beginnings”. With New Beginnings, members will receive educational materials, a personal smoking cessation coordinator, individual coaching calls to help them quit and much more.

You can refer a member to New Beginnings through the Provider Portal. Select “Notify Health Plan - Behavioral Health - General Alert” and write that you would like to refer the member to the smoking cessation program. You can also call New Beginnings directly at 844-854-5576.



If you have any questions, please call Meridian’s Quality Improvement department at: **313.324.1910**



Spirometry test results may be faxed to: **313.309.8589**

Pharmacotherapy Management of COPD Exacerbation

Pharmacotherapy is essential for managing COPD. Proper pharmacotherapy for COPD includes a combination of systemic corticosteroids and bronchodilators and is vital in preventing and reducing the number of exacerbations for COPD patients. Patients that are adherent to their prescribed medication regimen experience the following health benefits:

- Reduction in symptoms
- Decreased hospital stay duration
- Longer disease-free intervals
- Overall improved quality of life

Managing COPD Exacerbations

Meridian supports adherence to clinical practice guidelines by tracking outcomes related to COPD members age 40 and older who experience an acute inpatient discharge or Emergency Department encounter with a principal diagnosis of COPD based on the following criteria:

- Was a **systemic corticosteroid** dispensed within **14 days of the event**?
- Was a **bronchodilator** dispensed within **30 days of the event**?

Systemic Corticosteroids*			
Glucocorticoids	Betamethasone Dexamethasone Hydrocortisone	Methylprednisolone Prednisolone	Triamcinolone Prednisone
Bronchodilators*			
Anticholinergic agents	Acidinium bromide Albuterol-ipratropium	Ipratropium Tiotropium	Umeclidinium
Beta 2-agonists	Albuterol Arformoterol Budesonide-formoterol Fluticasone-salmeterol Fluticasone-vilanterol Formoterol	Glycopyrrolate-indacaterol Indacaterol Levalbuterol Metaproterenol Mometasone-formoterol Olodaterol	Olodaterol-tiotropium Pirbuterol Salmeterol Umeclidinium-vilanterol
Methylxanthines	Aminophylline Dyphylline	Dyphylline-guaifenesin Guaifenesin-theophylline	Theophylline

*Not all drugs may be covered. For questions regarding the Meridian Medicaid or Medicare Drug Formulary, call MeridianRx at 877-440-0175. The Meridian Drug Formularies are available at www.mhplan.com and www.medicaremeridian.com.



If you have further questions, please call the Meridian's Quality Improvement department at **313.324.1910**.