



# Chronic obstructive pulmonary disease

The following recommendations are derived from the most current clinical practice guidance for chronic obstructive pulmonary disease (COPD).



## MCG for outpatient pulmonary rehabilitation authorization

Pulmonary rehabilitation may be indicated when all the following are present<sup>1</sup>:

- Moderate to severe respiratory dysfunction, with 1 or more hospitalizations
- SpO<sub>2</sub> less than 90% (room air or supplemental oxygen)
- Acute exacerbation of COPD
- Decreased ability to perform activities of daily living
- Increased dyspnea impeding patient's level of function

**Referrals should include clinicals and signed plan of care.**



## Guidelines for pulmonary rehabilitation

Pulmonary rehabilitation reduces hospitalization among patients who have had a recent exacerbation. Goals of rehabilitation include:

- Improving health for patients with COPD
- Decreasing utilization and readmissions
- Reducing pulmonary hypertension
- Providing instruction to improve patient's well-being

Patients with documented COPD hospitalizations for a COPD event should be referred to pulmonary rehab no later than 14 days after discharge if patient has not received rehab in 3 years. Rehab should last up to 6 weeks post-discharge.



## Recommended management

Pulmonary rehab referrals must be made within 14 days of discharge, and rehab can last up to 6 weeks post-discharge. Here are some other recommendations:

- Spirometry testing to confirm diagnosis of COPD
- Durable medical equipment (DME) referral for oxygen support
- Pulmonologist referral
- Medication management
  - ◇ Ensuring medication reconciliation is completed

## Humana Healthy Horizons® in Florida

- ◇ Reviewing medications to follow Guidelines for Exacerbation and Maintenance Management (from Global Initiative for Chronic Obstructive Lung Disease)

You can also refer patients to Humana Florida Medicaid Case Management by emailing **FL\_MMA\_CM\_Referrals@humana.com** or calling **800-229-9880**, Monday – Friday, 8:30 a.m. – 5 p.m., Eastern time.

#### Reference

1. “[2026 Report](#),” Global Initiative for Chronic Obstructive Lung Disease, last accessed January 14, 2026.