

Rifton Support Station

A Sample Letter of Medical Necessity

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Components of a Letter of Medical Necessity

Briefly introduce who you are, what you want, and beneficiary's name:

As John Doe's therapist, I am requesting funding authorization for a Rifton Support Station.

Explain the beneficiary's condition, including diagnosis, or nature of the injury:

John Doe has (name the diagnosis) and is currently (describe client's ability to sit, stand, and walk including amount of assistance needed for activity pertinent to the piece of equipment.)

Discuss the impact of the above mentioned diagnosis on the beneficiary's and caregiver's life. Note the limitations without the requested equipment. Discuss the needs and safety factors for children/adults with significant support needs:

John Doe is dependent for all transfers, positioning, and activities of daily living such as feeding, bathing, dressing and hygiene care. Because John Doe is confined to a wheelchair, he does not have good muscle strength or tone to sit independently, stand, or walk. Without the requested equipment, he does not have the capacity to effectively participate in transfers and improve his transition skills. As he gets older and heavier, transfers will become more demanding for his caregivers placing them at risk of injury. John Doe's increasing dependence for transfer for hygiene care will relegate him to diaper changes on a horizontal surface. The decreased opportunity to void in a commode due to difficulty of transfer, results in incontinence and risk of skin breakdown, as well as the increased expense of pamper products.

Describe needs and safety factors for caregivers:

To prevent back injury, caregivers must have appropriate transfer aids available that improve ease of transfer. The incidence of injury of caregiver staff is significantly higher in the area of transfers, such as for toileting care. Finding a transfer aid device that meets the needs and safety issues of significantly involved children and their caregivers is essential.

Show how the requested equipment will result in an increase in function and other physical benefits:

The Rifton Support Station is an upright changing table. Using the kneeboard, the handholds, and elbow slots on the Support Station, John can assist in pulling himself to a supported, upright position for hygiene care. Increased opportunity and practice transferring from sitting to standing will strengthen his muscles and maintain his range of motion. These motor gains will occur naturally over time as John uses the Support Station for his daily toileting needs. In addition, people with disabilities who have been given the opportunity to void regularly have shown remarkable progress in becoming continent. Using the Support Station allows John to transfer out of his wheelchair and maintain a standing position for hygiene care or to complete a transfer to a commode or toilet. This change in position will decrease the risk of skin breakdown due to incontinence episodes and prolonged sitting. Additionally, the upright position enables better access for more thorough hygiene care and skin inspection by caregivers, assuring optimal health by reducing or eliminating episodes of urinary tract infection and skin decubitus. These adverse health incidents can be directly related to the difficulties of maintaining proper hygiene.

Describe the benefits to the beneficiary and caregiver that the equipment will provide:

Since the Support Station is an upright changing table, dead-lift transfers to a horizontal surface are not necessary. The Support Station allows John to assist in the transfer and bear some of his own weight, taking the load off the caregivers. This decreases chances of caregiver injury and ensuing workers compensation claims.



Discuss adjustments for growth and psychological benefits:

The Rifton Support Station is designed with height adjustment to grow with an individual from early elementary to adult sizing. The tilt of the trunk board is adjustable to accommodate John as he progresses in weight-bearing ability. As John grows into adulthood, psychological issues of self-esteem and dignity will become more important in defining his character. Dignity is important in hygiene care and receiving this care in an upright position is more tolerable than being diapered on a changing table like a baby.

Itemization of the Rifton Support Station:

Item	Description of Medical Necessity
K715 Frame 	Provide opportunities for independence in transfer, increased strength, range of motion, and endurance while allowing patient to meet toileting needs with dignity and convenience.
K716 Support strap 	Supports and safely maintains user's upright position during hygiene care.
K717 Kneeboard 	Blocks user's knees for effective and safe transfers.
K718 Pair of handholds 	Allows user to assist with transfer, decreasing caregiver's burden of care.

Make the person real:

Meeting the hygiene needs of a growing child is challenging. On a horizontal changing table surface, the experience is also undignified. As he nears adulthood, John needs opportunities to participate in his hygiene care and in this way maintain his self-respect. The Rifton Support Station is an upright changing table, allowing John to assist in transferring sit-to-stand and then to maintain this upright position as his hygiene needs are attended to. Using the Support Station John can transfer to a toilet or commode to improve continence and establish a regular voiding pattern. Over time, as John practices these skills, he will become more independent in his toileting routine.

Summarize and reiterate cost benefits:

Toileting and bathing often are the most difficult tasks for families and caregivers of persons with significant support needs. Using the Rifton Support Station can alleviate or overcome the many difficulties presented in hygiene care or in the bathroom environment.

Without this device John will not experience toileting regularity, putting him at an increased risk for medical complications including constipation, incontinence, urinary tract infection and skin breakdown. All of these will drive up overall medical costs for pharmaceutical and other medical interventions.

He will also remain dependent in his transfers. Having his diapers changed like a baby in a horizontal position is humiliating and has a psychological cost. Additionally, as John is a growing teenager, transferring him and positioning him for hygiene care can be strenuous, time-consuming and risky: as he continues to grow larger he will become a further liability for caregiver injury. This could result in potential additional costs of future injury claims.

The Support Station allows for a user to participate in the transfers and eliminates the dead-lift transfers that so often result in caregiver injury. The benefits are also seen in a reduced pampers cost as the user attains a more routine toileting schedule.

Don't forget to include pictures of the Rifton Support Station.

