ICD-10 Reference Guide: Mental Health

ICD-10 General Overview

ICD-10-CM

- Acute, Subacute, and Chronic
  - ICD-10-CM can accommodate more specificity when describing acute, subacute, and chronic conditions
  - Some conditions may meet both acute and chronic criteria and should be documented as such

Anatomic Site/Location

- More detail in terms of location of injury/condition
- Document precisely where injury/condition occurs
- Read through ICD-10-CM descriptions to understand the type of clinical detail that is required

Laterality

- Left
- Right
- Bilateral
- Multiple Locations (if applicable)

Signs/Symptoms

- Documentation of signs/symptoms continue to be acceptable when there is no definitive diagnosis identified by physician
- Document to highest degree of specificity (e.g. severity, acute vs chronic)

Type of Encounter (Episode of Care)

- Initial encounter
  - Actively receiving treatment
- Subsequent encounter
  - Active phase of treatment/receiving routine care during period of healing/recovery
    - Healing – routine vs delayed
    - Complications – nonunion or malunion
- Sequela
  - Complications or conditions that arise as direct result of an injury

ICD-10-PCS

Access

- How did you gain access to the procedure site?
  - Incision
  - Open
  - Needle
  - Natural Orifice/Artificial Opening (Mouth, Vagina, Ostomy, Urethra, etc.)
  - Scope

Anatomic Site/Location

- Specify exact site of procedure to ensure accurate coding
- Some procedure codes cannot be identified (by coding staff) without the exact site/location being documented

Intent

- Be clear in documentation as to what procedure(s) are performed

Other Helpful Hints

- Insufficiencies vs Failure
  - Insufficiency adds no severity of illness
  - State Failure when appropriate
- Post-Operative Complications
  - Reserve “Post-Op” verbiage to reflect a true complication of the procedure
- Links:
  - Symptoms to etiology
  - Home Meds to Applicable Diagnosis
  - Manifestations to etiology
  - History & Physical (Current, updated, signed copy)
  - Present on Admission
  - Documentation should reflect the onset
  - Abnormal Lab Values
  - Document disease process

Clinical Scenario

A 44 year old man presents to the clinic with complaints of a depressed mood which he states is identical to depressions he has experienced previously. He was diagnosed with major depression for the first time 20 years ago. At that time, he was treated with imipramine with good results. During a second episode, which occurred 12 years ago, he was treated with imipramine, and one again his symptoms remitted after 4-6 weeks. He denies illicit drug use. He did have a traumatic event while driving a motor vehicle with subsequent accident 3 months ago with laceration of his left arm near the wrist that required sutures and was slow to heal now with contracture of the left wrist. He has had poor energy for the past 4 weeks, sleep patterns irregular with 3am early morning awakening/sleeps only 3-4 hours in a 24 hour period, and has poor appetite with a 10 pound weight loss in the past month (5% of total weight). The man states that although he is sure he is experiencing another major depressive episode that is moderate in nature, he would like to avoid imipramine this time as it causes intolerable side effects for him including dry mouth, dry eyes, and severe constipation. Consult Plastics for sequela of wrist laceration.

CODING – DX

F33.1 Major depressive disorder, recurrent, moderate
M24.532 Contracture, left wrist
S61.512S Laceration without foreign body of left wrist, sequela
V89.2XXS Person injured unspecified motor-vehicle accident, traffic, sequela
# ICD-10 Reference Guide: Mental Health

## ICD-10-CM: MENTAL HEALTH

The following items should be documented (as appropriate) to allow complete coding under ICD-10-CM

### Alcohol

- Specify Type of Usage (use, abuse, dependence)
- Specify Complication(s)
  - Intoxication
  - Withdrawal
  - Alcohol- or Drug-induced disorders

### Anxiety

- Type
  - Depression
  - Hysteria
  - Separation
  - Other
  - Episodic Paroxysmal
  - Neurosis/Reaction
  - Generalized
  - Panic Type

### Drug Dependence

- Name Drug
- Identify Remission or Withdrawal (where applicable)
- Identify Induced Disorder
  - Intoxication, Intoxication Delirium, Mood Disorder
  - Psychotic Disorder with
    - Delusions
    - Hallucinations
  - Anxiety, Sexual Dysfunction, etc.
- Nicotine
  - Identify Type of Nicotine Utilized

### Mental and Behavioral Disorders

- Source of dementia or delirium
- Alcohol or drug use, abuse or dependence
- Type of schizophrenia or schizoaffective disorder
- Type of anxiety disorder
- Depressive, manic or bipolar disorder
- Intellectual Disabilities
- Type of speech/language disorder
- Type of attention-deficit hyperactivity disorder

### Nervous System

- Primary vs Secondary Disease & Etiology
- Presence of Intractable Disease
- Level and Type of Paralysis
- Drug name or type on drug-induced disorders
- Specific type of epilepsy
- Type of migraine and with or without aura
- Type of hydrocephalus

### Status of Disease

- Acute, Chronic, Intermittent, Recurrent, Transient
- Primary versus Secondary

## Specialty Links

**General ICD-10**
World Health Organization - ICD-10 Interactive Self Learning Tool

**Mental Health**
Psychiatry DSM 5
Psychiatry - Practice (DSM/Understanding) ICD-10
## ICD-10 Reference Guide: Mental Health

### Common Co-Morbid Conditions

#### Anemia
- **Etiology/Type**
  - Vitamin/Iron Deficiency, Due to Chronic Disease, Pernicious, Sickle Cell
- **Symptoms Related To …**
- **Due to Chronic Disease (name disease)**
  - Autoimmune, Cancer, CKD, Liver Cirrhosis, HIV/AIDS, Hepatitis
- **Acquired vs hereditary hemolytic anemia**
- **Cause of aplastic anemia**

#### Angina
- Avoid using term “Acute Coronary Syndrome/ACS”
- **Stable vs Unstable or New Onset**
- **Supply Causes, state “due to …”**
  - CAD, aortic stenosis, hypertrophic, cardiomyopathy, pulmonary artery hypertension
- **Demand Causes, state “due to …”**
  - Anemia, tachyarrhythmia (name it), thyrotoxicosis, shock (name it)
- **Document spasm, when present**

#### Benign Prostatic Hypertrophy (BPH)
- **Link Symptoms to Syndrome (Weak Urine Stream, Difficulty Starting Urination, Unable to Empty Bladder)**

#### Chronic Kidney Disease (CKD)
- **Stage 1-5**
- **ESRD**
- **Etiology (Hypertension, Diabetes)**

#### Cerebral Vascular Accident (CVA)
- **Current vs Old**
- **Artery Impacted**
  - Laterality (where applicable)
- **Occlusion vs Stenosis**
- **Post-procedural**
- **Specify Additional Symptoms “Due To” Drugs**
  - Tremors, Tics, etc.
- **Traumatic Injury**
  - Episode of Care (Initial, Subsequent, Sequela)

#### Chronic Obstructive Pulmonary Disease (COPD)
- **Identify Underlying Condition**
  - Asthma, Chronic Bronchitis, Emphysema
- **Exacerbation/Decompensation**
- **Identify Acute Infections**

#### Congestive Heart Failure (CHF)
- **Specify:**
  - Acute vs Chronic vs Both
  - Systolic and/or Diastolic Dysfunction
- **For Acute, state “due to …”**
  - Non-compliance, Afib with RVR, Ischemia (USA, AMI), Hypertensive Crisis, Other (name it)
- **For Chronic, state “due to …”**
  - CAD (ischemic cardiomyopathy), HTN (hypertensive heart disease), Specify other cause of cardiomyopathy
  - A document EF is not a diagnosis of heart failure, need verbiage in medical record to support

#### Diabetes Mellitus (DM)
- **Type**
  - Type 1, Type 2, Secondary (specify drug or chemical induced), Due to other condition (specify underlying disease)
- **Link Manifestations/Complications with “due to …”**
  - Neuropathy, Ophthalmic, Pregnancy, CKD
  - Long Term Use of Insulin
  - Presence of Insulin Pump

#### Decubitus Ulcers
- **Location – Stage (1–4, Unstageable, Unspecified)**
- **Laterality**

#### Nutritional
- **Deficiencies (Specify substance)**
- **Overweight vs Obesity vs Morbid Obesity (BMI value)**
  - Malnutrition
    - With or without complications
    - Mild, moderate or severe

#### Pneumonia
- **Type (Aspiration, Bacterial, Virus)**
- **Identify causative organism**

#### Seizure
- **Seizure disorder = Epilepsy**
- **Seizure = single even to yet-to-be diagnosed**

#### Urinary Tract Infections (UTI)
- **Location**
  - Bladder, Kidney, Urethra
- **Identify Infectious Agent**
- **Complicating Pregnancy**
  - Specify Trimester Where Condition Began