Behavioral Health
Best Practice Documentation

Click on the desired Diagnoses link or press Enter to view all information.

Diagnoses:
- DSM-5 and ICD-10 Codes
- Major Depressive Disorder
- Bipolar Disorder
- Eating Disorders
- Attention-Deficit Hyperactivity Disorder
- Posttraumatic Stress Disorder
- Substance Use, Abuse, Dependence
- Drug and Alcohol Withdrawal
- Dementia

Contact the following for any documentation questions or concerns:
CDI: Shannon Menei 302-733-5973
HIMS Coding: Kim Seery 302-733-1113
DSM-5 and ICD-10 Codes

- DSM-5 was released in May 2013 and took effect on 1/1/14
- DSM-5 is both ICD-9 and ICD-10 compatible. This means that you should already be using it to diagnose!
- Both DSM and ICD codes are used for diagnosis, and they are actually the same codes: the DSM is simply a guide to selecting the right ICD-10 code
Major Depressive Disorder

The diagnosis of Depression without identifying the three (3) key elements below is equivalent to Major Depressive Order, Single Episode in ICD-10 CM

- **Type**
  - Single episode
  - Recurrent

- **Severity**
  - Mild
  - Moderate
  - Severe without psychotic features
  - Severe with psychotic features

- **If in Remission & include**
  - In partial remission
  - In full remission
Major Depressive Disorder Documentation Example

Insufficient Documentation
- Major depressive disorder

Best Practice Documentation
- Major depressive disorder, single episode, severe
- Major depressive disorder, recurrent, in full remission
Bipolar Disorder

- Specify Current Episode as:
  - Depressed
  - Hypomanic
  - Manic
  - Mixed
  - Severe depression
  - Organic
  - Single manic episode
  - Bipolar II
  - In remission (including most recent episode type from above)
    - Partial
    - Full

- Specify Severity:
  - Mild
  - Moderate
  - Severe
  - Severe
Bipolar Disorder Documentation Example

**Insufficient Documentation**
- Manic-depressive psychosis
- Bipolar disorder

**Best Practice Documentation**
- Manic-depressive psychosis, currently depressed, moderate
- Bipolar disorder, currently in partial remission, most recent episode, manic
Eating Disorders

- Anorexia = Loss of Appetite (not an eating disorder)
- Anorexia Nervosa = specific eating disorder characterized further by type
- Anorexia Nervosa, specify type:
  - Atypical
  - Binge eating type
  - Binge eating with purging type
  - Restricting
- Bulimia = vague term that is equivalent to an unspecified eating disorder
- Bulimia Nervosa = specific eating disorder characterized further by type
- Using the word Nervosa with the diagnosis of Anorexia or Bulimia will provide clarity in reporting these diagnoses to the highest degree of specificity
Attention-Deficit Hyperactivity Disorder (ADHD)

- Specify type:
  - Predominantly inattentive
  - Predominantly hyperactive
  - Combined
  - Other
Posttraumatic Stress Disorder

- Specify Acuity:
  - Acute
  - Chronic
Substance Use, Abuse, Dependence

- Specify pattern of consumption and be consistent in your documentation:
  - Use
  - Abuse
  - Dependence

- When documenting the pattern of consumption be mindful that:
  - If the patient uses and abuses the same substance this will be captured as abuse.
  - If the patient abuses and is dependent on the same substance this will be captured as dependence.
  - If the patient uses, abuses, and is dependent on the same substance, this will be captured as dependence.
  - If the patient uses and is dependent on the same substance this will be captured as dependence.

- Document the association of the psychoactive substance with the patient's mental or behavioral disorder (e.g. Cocaine dependence with mood disorder, Sleep disorder due to amphetamine abuse).
Drug and Alcohol Withdrawal

- By definition a patient who is going through withdrawal is dependent on the substance they are abusing.

- Conflicting documentation by the provider of Use, Abuse, and Dependence interchangeably in the setting of withdrawal will require additional clarification to determine the severity of illness related to your patient.

- When documenting Withdrawal it must always be linked with Dependence.
  - Alcohol Dependence being treated for withdrawal.
Dementia

- Identify the type of dementia
  - Vascular dementia
    - Includes:
      - Arteriosclerotic
      - Multi-infarct
  - Dementia due to a specific disease, such as:
    - Alzheimer’s Disease
      - Early Onset
      - Late Onset
    - Parkinson’s Disease
    - Alcohol Dependence
    - AIDS
- Document any associated Behavioral disturbance
  - Aggressive
  - Combative
  - Violent
Key Documentation Concepts

- Link diagnoses to the underlying physiologic or other underlying condition
- Specify use, abuse, or dependence when appropriate
- Document any associated manifestations or conditions
  - i.e., delirium, delusions, hallucinations, anxiety, mood disorders, etc.
- Document severity – mild, moderate, severe, severe with psychotic features when appropriate
- Document status – current, in remission