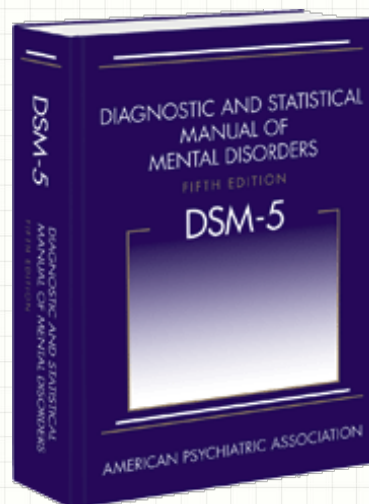
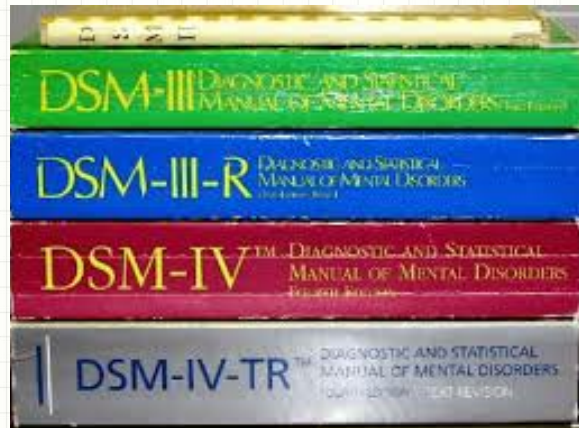




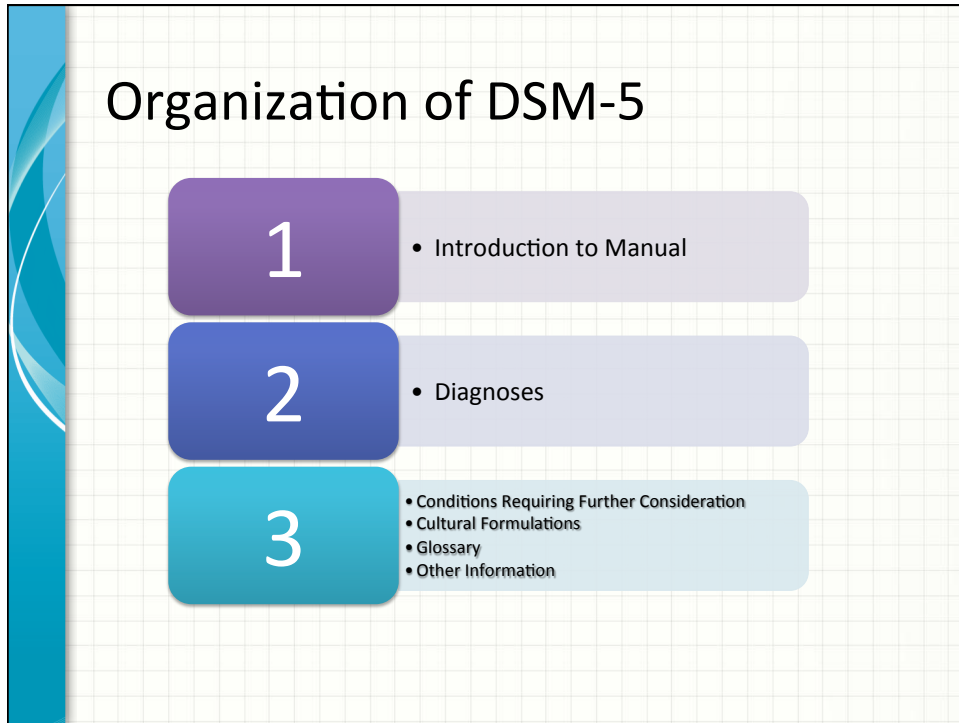
Class Objectives

- Summarize organizational changes to DSM-5
- Describe changes made to multi-axial system
- Identify new and revised diagnoses
- Describe the ICD-10 coding structure and which codes apply to Behavioral Health
- Describe how DSM-5 relates to ICD-10

DSM History



Released May 2013



- ## Organization of DSM-5
- Organized by developmental lifespan
 - Chapters restructured based on relatedness to each other
 - Uses dimensional approach
 - Replaces NOS designation

Organization of DSM-5

- Sex Differences
- Gender Differences
- No more axes
- 15 new diagnoses
- Diagnostic criteria clarified
- Diagnoses reclassified

Dimensional Assessment Severity Rating



Assists in capturing full range of symptoms as well as severity of diagnosis

Changes to Multi-Axial System

DSM-IV-TR

- Axis I: Clinical Disorders
- Axis II: Personality Disorders & Mental Retardation
- Axis III: Medical Conditions
- Axis IV: Psychosocial & Environmental Stressors
- Axis V: Global Assessment of Functioning

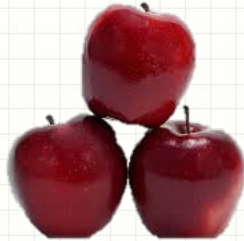
DSM-5

- Combines Axis I, II, III into one list
- Axis IV eliminated - Psychosocial and environmental factors as well as disability are noted separately by using ICD-10Z codes (ICD-9V codes)
- Axis V GAF eliminated – WHODAS recommended

DSM-5 Chapters

- | | |
|---|---|
| 1. Neurodevelopmental Disorders | 11. Elimination Disorders |
| 2. Schizophrenia Spectrum and other Psychotic Disorders | 12. Sleep-Wake Disorders |
| 3. Bipolar and Related Disorders | 13. Sexual Dysfunctions |
| 4. Depressive Disorders | 14. Gender Dysphoria |
| 5. Anxiety Disorders | 15. Disruptive, Impulse Control and Conduct Disorders |
| 6. Obsessive-Compulsive Disorders | 16. Substance-Use and Addictive Disorders |
| 7. Trauma- and Stressor-Related Disorders | 17. Neurocognitive Disorders |
| 8. Dissociative Disorders | 18. Personality Disorders |
| 9. Somatic Symptom Disorders | 19. Paraphilic Disorders |
| 10. Feeding and Eating Disorders | 20. Other Disorders |

What's the Same?



- Pedophilic Disorder
- Personality Disorders
- ADHD
- Major Depressive Disorder
- Specific Phobia
- Social Anxiety Disorder
- Trichotillomania
- Anorexia Nervosa
- Bulimia Nervosa
- Elimination Disorders
- Conduct Disorder

What's Different?



- New Diagnoses & Categories
 - Disruptive Mood Dysregulation
 - Hoarding Disorder
 - Excoriation Disorder
 - Psychological Factors
 - Genito-Pelvic Pain
 - Gender Dysphoria

What's Different?



- Revised Diagnoses
 - Anxiety Disorders
 - Bipolar and Related Disorders
 - Disruptive, Impulse Control
 - Dissociative Disorders
 - Feed and Eating Disorders
 - Neurocognitive
 - Neurodevelopmental
 - Obsessive Compulsive

What's Different?



- Revised Diagnoses
 - Paraphilic Disorders
 - Schizophrenia Spectrum
 - Sexual Dysfunctions
 - Sleep Wake Disorders
 - Somatic Symptom Disorders
 - Specific Learning Disorder
 - Substance Use Disorders
 - Suicidal Behavior Disorder
 - Trauma and Stressor Related Disorders

Intellectual Disability

- Replaces the term “mental retardation”
- Requires IQ assessment for diagnosis
- IQ ~ 70

Autism Spectrum Disorder

- New name – eliminates autistic disorder, Asperger’s disorder, childhood disintegrative disorder, pervasive developmental disorder NOS
- Single disorder with levels of severity

Substance-Related and Addictive Disorders

- Big Change!
- No more Abuse or Dependence disorders – viewed as one continuous variable
- Classified by substance and Use Disorder, Intoxication, Withdrawal
- Gambling Disorder – replaces Pathological Gambling from Impulse Disorder section



ICD-10 Transition



ICD-10 Transition

ICD-9

- 13,000 codes
- 3 to 5 digits
- First digit may be alpha or numeric; digits 2-5 are numeric
- Contains code numbers used in DSM-IV-TR

ICD-10

- 68,000 codes
- 3 to 7 digits
- First digit is alpha; digits 2 and 3 are numeric; digits 4-7 are alpha or numeric
- Contains code numbers used in DSM-5

DSM-5

- Only mental health diagnoses/codes
- Contains ICD-10 code for each DSM diagnosis (codes are the same)

Modern History of the Medical Dictionary—ICD-10

- The World Health Organization's (WHO) International Classification of Diseases has served the healthcare community for over a century
- Most industrialized countries moved to ICD-10 several years ago, the United States is just now transitioning
- It's time our Medical Dictionary reflected modern medicine.

ICD-10 Transition

- Affects all health care providers and payers in the United States, everyone covered by HIPAA
- ICD-10 does not affect CPT coding for outpatient procedures
- Effective date is October 1, 2015

ICD-10-CM Code Structure



The Behavioral Health chapter, Mental, Behavioral and Neurodevelopmental disorders, has approximately 724 codes and are in the F01-F99 code range

Behavioral Health Chapter Blocks

- F01-F09-Mental disorders due to known physiological conditions
- F10-F19-Mental and behavioral disorders due to psychoactive substance use
- F20-F29-Schizophrenia, schizotypal, delusional, and other non-mood psychotic disorders
- F30-F39-Mood [affective] disorders
- F40-F48-Anxiety, dissociative, stress-related, somatoform and other nonpsychotic mental disorders
- F50-F59-Behavioral syndromes associated with physiological disturbances and physical factors
- F60-F69-Disorders of adult personality and behavior
- F70-F79-Intellectual disabilities
- F80-F89 Pervasive and specific developmental disorders
- F90-F98-Behavioral and emotional disorders with onset usually occurring in childhood and adolescence
- F99-Unspecified mental disorder

From the American Psychiatric Association

Part of the reason the United States is upgrading to a newer version of ICD is because it allows providers to be more specific in their diagnoses. For example, there is only one ICD-9 code you can use to diagnose anorexia nervosa. The code is 307.1. ICD-10 provides a unique code for the two types of anorexia nervosa—the binge-eating/purging type and a separate code for the restricting type. With ICD-10, you can now be more specific by assigning a different code for each type.

307.1 () Anorexia Nervosa* (338)
Specify whether:

(F50.01) Restricting type
(F50.02) Binge-eating/purging type

This is the ICD-9-CM Code for Anorexia Nervosa

These are the ICD-10-CM Codes for Anorexia Nervosa. Note that "blank" code is listed next to the ICD-9-CM code. This is because you should choose one of these two codes, which specify the type of Anorexia Nervosa

Examples of BH Chapter Sections

(Not a complete set)

- F10 Alcohol related disorders Use additional code for blood alcohol level, if applicable (Y90.-)
- F10.1 Alcohol abuse
 - Excludes1: alcohol dependence (F10.2-) alcohol use, unspecified (F10.9-)
- F10.10 Alcohol abuse, uncomplicated
- F10.12 Alcohol abuse with intoxication
 - F10.120 Alcohol abuse with intoxication, uncomplicated
 - F10.121 Alcohol abuse with intoxication delirium
 - F10.129 Alcohol abuse with intoxication, unspecified
- F10.14 Alcohol abuse with alcohol-induced mood disorder

More Alcohol abuse codes

- F10.15 Alcohol abuse with alcohol-induced psychotic disorder
 - F10.150 Alcohol abuse with alcohol-induced psychotic disorder with delusions F10.151 Alcohol abuse with alcohol-induced psychotic disorder with hallucinations
- F10.159 Alcohol abuse with alcohol-induced psychotic disorder, unspecified
 - F10.18 Alcohol abuse with other alcohol-induced disorders
 - F10.180 Alcohol abuse with alcohol-induced anxiety disorder
 - F10.181 Alcohol abuse with alcohol-induced sexual dysfunction
 - F10.182 Alcohol abuse with alcohol-induced sleep disorder
 - F10.188 Alcohol abuse with other alcohol-induced disorder
- F10.19 Alcohol abuse with unspecified alcohol-induced disorder

Several MH Examples

- F20 Schizophrenia
 - Excludes1:
 - brief psychotic disorder (F23)
 - cyclic schizophrenia (F25.0)
 - mood [affective] disorders with psychotic symptoms (F30.2, F31.2, F31.5, F31.64, F32.3, F33.3)
 - schizoaffective disorder (F25.-) schizophrenic reaction NOS (F23)
 - Excludes2:
 - schizophrenic reaction in: alcoholism (F10.15-, F10.25-, F10.95-)
 - brain disease (F06.2)
 - epilepsy (F06.2)
 - psychoactive drug use (F11-F19 with .15, .25, .95)
 - schizotypal disorder (F21)
- F20.0 Paranoid schizophrenia
Paraphrenic schizophrenia
 - Excludes1:
 - involuntal paranoid state (F22)
 - paranoia (F22)

More MH Examples

- F20.1 Disorganized schizophrenia
Hebephrenic schizophrenia
Hebephrenia
- F20.2 Catatonic schizophrenia
Schizophrenic catalepsy
Schizophrenic catatonia
Schizophrenic flexibilitas cerea
 - Excludes1: catatonic stupor (R40.1)
- F20.3 Undifferentiated schizophrenia Atypical schizophrenia
 - Excludes1: acute schizophrenia-like psychotic disorder (F23)
 - Excludes2: post-schizophrenic depression (F32.8)

Bipolar Examples

- F31 Bipolar disorder Includes:
manic-depressive illness manic-depressive psychosis manic-depressive reaction
 - Excludes1:
 - bipolar disorder, single manic episode (F30.-)
 - major depressive disorder, single episode(F32.-)
 - major depressive disorder, recurrent (F33.-)
 - Excludes2:
 - cyclothymia (F34.0)
- F31.0 Bipolar disorder, current episode hypomanic
- F31.1 Bipolar disorder, current episode manic without psychotic features
 - F31.10 Bipolar disorder, current episode manic without psychotic features, unspecified
 - F31.11 Bipolar disorder, current episode manic without psychotic features, mild
 - F31.12 Bipolar disorder, current episode manic without psychotic features, moderate
 - F31.13 Bipolar disorder, current episode manic without psychotic features, severe

Major Depressive Examples

- F32 Major depressive disorder, single episode
 - Includes:
 - single episode of agitated depression
 - single episode of depressive reaction
 - single episode of major depression
 - single episode of psychogenic depression
 - single episode of reactive depression
 - single episode of vital depression
 - Excludes1:
 - bipolar disorder (F31.-)
 - manic episode (F30.-)
 - recurrent depressive disorder (F33.-)
 - Excludes2:
 - adjustment disorder (F43.2)

More Major Depressive Disorders

- F32.0 Major depressive disorder, single episode, mild
- F32.1 Major depressive disorder, single episode, moderate
- F32.2 Major depressive disorder, single episode, severe without psychotic features

Here is an excerpt from a page of *DSM-5* to show what these more specific codes look like in the classification:

Coding note: The ICD-9-CM code for anorexia nervosa is 307.1, which is assigned regardless of the subtype. The ICD-10-CM code depends on the subtype (see below). Specify whether:

(F50.01) Restricting type: During the last 3 months, the individual has not engaged in recurrent episodes of binge eating or purging behavior (i.e., self-induced vomiting or the misuse of laxatives, diuretics, or enemas). This subtype describes presentations in which weight loss is accomplished primarily through dieting, fasting, and/or excessive exercise.
(F50.02) Binge-eating/purging type: During the last 3 months, the individual has engaged in recurrent episodes of binge eating or purging behavior (i.e., self-induced vomiting or the misuse of laxatives, diuretics, or enemas).

The ICD-10-CM Code shown here depends on the subtype

Providers should continue to use DSM-5 to determine the correct diagnosis of a mental disorder. ICD-10 does not contain information to help guide diagnosis; it is simply a listing of disease names and their corresponding codes.

ICD-10 Z Codes for Socioeconomic and Psychosocial Circumstances

Persons with potential health hazards related to socioeconomic and psychosocial circumstances Z55-Z65 >

- Z55 Problems related to education and literacy
- Z56 Problems related to employment and unemployment
- Z57 Occupational exposure to risk factors
- Z59 Problems related to housing and economic circumstances
- Z60 Problems related to social environment
- Z62 Problems related to upbringing
- Z63 Other problems related to primary support group, including family circumstances
- Z64 Problems related to certain psychosocial circumstances
- Z65 Problems related to other psychosocial circumstances

Z codes represent reasons for encounters. A corresponding procedure code must accompany a Z code if a procedure is performed.

Do these look similar to Axis IV?

Will your organization decide to add these ICD-10Z codes to replace Axis IV?

Documentation

- Your charting needs to reflect the more specific DSM-5/ICD-10 language
- For example, from our Anorexia Nervosa example, you would document the type of either restricting type or binge eating/purge type in your diagnosis documentation. What symptoms do you see that support your more specific diagnosis?

Let's Practice

- You have a client that presents with complaints of hearing voices, believing they are being followed by robots for the last six months. Their family and friends have either avoided them or are very concerned. What is your ICD-10 diagnosis?

Answer; How did you do?

- Schizophrenia is characterized by delusions, hallucinations disorganized speech and behavior and other symptoms that cause social or occupational dysfunction. Symptoms must have been present for six months and include at least one month of active symptoms.
- Your ICD-10 code is Schizophrenia, F20.9

What's Next?

- **Confirm you are ready for 10/1/2015**
 - Which applications use diagnosis codes?
 - Will your systems use date of service to determine which codes to use?
 - What forms use diagnosis codes?
 - Are the reports that use diagnosis codes updated?
 - Are the billing crosswalks ready?
 - Develop a short list (20+) of the DSM/ICD-9 codes commonly used today
 - Edit the diagnosis table to limit the number of ICD-10 codes
- **Train your staff to be ready for 10/1/2015**
 - Client care still the #1
 - Training Classes
 - System Overviews for each role
 - Clinical
 - Administration
 - Billing
 - Within your EHR
 - Practice and Validation
 - Testing
 - Provide support for staff while they are learning the new codes

Resources

- American Medical Association
 - www.ama-assn.org
- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Washington DC: Author
- Centers for Medicare & Medicaid Services (CMS)
 - <http://www.roadto10.org/icd-10-basics/>
- American Psychiatric Association
 - <http://psychiatry.org/>

DSM 5 – ICD-9 – ICD-10 Crosswalks

- <https://manual.jointcommission.org/releases/TJC2014A/AppendixPTJCrosswalks.html>
- <http://www.dr-bob.org/tips/dsm5a.html>