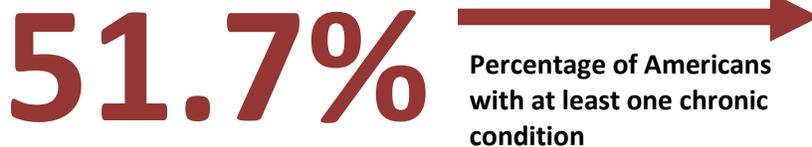


Accurately Documenting Chronic Conditions in ICD-10

As life expectancy in America continues to improve, and advancements in the understanding and treatment of acute illness continue, policy in public health is shifting focus to tackle the alarming rise of chronic illnesses. In 2010, over half (51.7%) of all Americans had at least one chronic condition and almost one third (31.7%) of all Americans had 2 or more chronic conditions. They cross all demographics and have complex health needs requiring more health care services that are costly to deliver. The most prevalent chronic conditions in adults are markedly different than those found among children and consist of hypertension, Alzheimer's disease, arthritis, and coronary artery disease. Common chronic conditions found in both adults and children vary within allergies, asthma, and diabetes.



The Centers for Disease Control and Prevention offers the following information and facts:

- Chronic diseases cause 7 in 10 deaths each year in the United States
- About 133 million Americans – nearly 1 in 2 adults – live with at least one chronic illness
- More than 75% of healthcare costs are due to chronic conditions
- Approximately one-fourth of people living with a chronic illness experience significant limitations in daily activities
- ICD-10 provides detail, specificity, and enhancements to clinical data

The mechanism for tracking chronic conditions in 2010 was the International Classification of Disease, 9th Edition (ICD-9), and, as of 1 October 2015, has shifted to ICD-10. Coding for chronic or any condition is dependent on the physician capturing the relevant documentation within the patient record.

**ICD-10
Implementation
Occurred on
10/1/2015**

Upcoming Events

Seven Strategies to Engage Physicians in ICD-10-CM/PCS

January 7

Online

<http://www.ahima.org/events/2016webjan-SevenStrategiestoEngage>

MS-DRG Grouping with ICD-10-CM/PCS

January 21

Online

<http://www.ahima.org/events/2016webjan-MS-DRG-Grouping>

Documentation Tips for ICD-10 Success

February 2

Online

<http://www.ahima.org/events/2016webFeb-DocumentationTips-ICD-10>

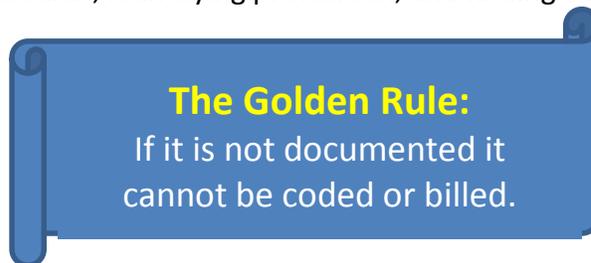
Note that the links above are provided as informational resources only and do not constitute an endorsement of any non-Government site or entity.

One common chronic condition effecting 22 million Americans is diabetes. It is the seventh leading cause of death and takes the lives of more than 200,000 each year. This chronic condition can strike at any age, but middle age is when the highest incidence of diagnosis occurs. Among adults diagnosed with diabetes, 85.6% report taking either insulin or an oral medication to control the disease. With the change to ICD-10, the dosing and compliance to prescribed medications are details that should be documented so all clinicians know whether the patient uses insulin or an oral medication.

Now that ICD-10 is the law, documentation requires a much higher degree of specificity. Diabetes codes in ICD-10-CM can have up to six characters. The first three characters represent the category, just as they did in ICD-9. The fourth character identifies the presence of manifestations or complications. The fifth and sixth characters identify specific types of manifestation.

When documenting diabetes, physicians must indicate whether diabetes is primary or secondary to a condition. ICD-10-CM diabetes codes are combination codes that include the type of diabetes mellitus, body system affected, and the complications affecting that body system. Diabetes codes in ICD-10 separate Type 1 and Type 2 along with the system that is impacted. If multiple systems are impacted, each must be separately coded. ICD-10 eliminates any reference to controlled or uncontrolled diabetes.

Another common chronic condition effecting an estimated 5.2 million Americans is Alzheimer's disease. ICD-10 coding of Alzheimer's disease has been expanded to include onset. Coding of early or late onset would be based on physician documentation. Additional codes may be captured through documentation of delirium and dementia, with or without behavioral disturbances. Proper documentation of these components of the disease can help with improving patient care and research, identifying prevention, and finding cures.



Providers can benefit from Clinical Documentation Improvement (CDI) tools that provide specificity to support their clinical decision making. Proper documentation of the chronic conditions is a requirement for coding and billing. The documentation of chronic conditions, such as diabetes, must be specific enough for coders to accurately code it to ICD-10. Each provider plays a pivotal role in helping to improve and better understand the prevalence, management, and treatment of chronic conditions.

For more information, please contact: HIPAATCSmail@dha.mil

Or visit <http://health.mil/hipaatcsi>

For coding information, please contact the DHA Medical Coding Program Office: dha.ncr.business-spt.mbx.mcpointo@mail.mil

Or visit <http://health.mil/About-MHS/Defense-Health-Agency/Business-Support/Medical-Coding-Program-Office>

Bryant, Gloryanne. "Chronic Diseases and an ICD-10 Value-Add for Better Care." *ICD10 Monitor*. N.p., 21 July 2014. Web. <<http://www.icd10monitor.com/enews/item/1240-chronic-diseases-and-an-icd-10-value-add-for-better-care>>

Fountain, Herman M., "Accurately Documenting Chronic Conditions in ICD-10: Spotlight on Diabetes." *ICD10 Logic*.