

Bipolar Disorder

Bipolar disorder is a serious mental illness defined by extreme mood swings, oscillating between intense highs (mania/hypomania) and deep lows (depression). These episodic shifts significantly disrupt daily functioning, sleep, and concentration. Manic phases involve euphoria, high energy, and impulsivity, while depressive periods are marked by profound sadness, hopelessness, and potential suicidal ideation. Originating from genetic, neurological, and environmental factors, this condition often requires lifelong management. Treatment primarily combines medication, such as mood stabilizers, with psychotherapy to balance mood episodes. Consistent management, including lifestyle support and addressing co-occurring issues like substance abuse, is vital for stabilizing mood, preventing severe complications, and enhancing overall quality of life.

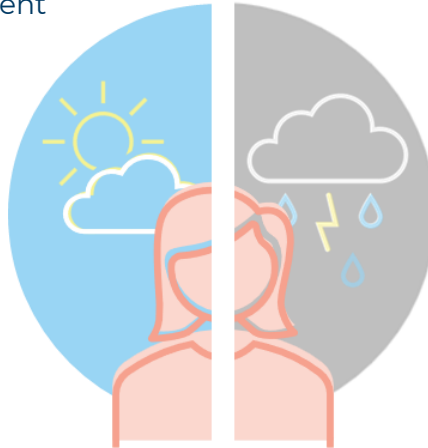
Best Documentation Practices

Specify the current or most recent episode (manic, hypomanic, depressive, or mixed).

Document the severity (mild, moderate, or severe) and any psychotic features, such as delusions or hallucinations.

Indicate if the patient is in partial or full remission.

Record a complete family history.



Detail the impact of symptoms on work, relationships, activities of daily living, and self-care.

Note any ideation of harming oneself or others, risky behaviors, or risk of hospitalization.

Link treatments and interventions to documented symptoms and goals.

M.E.A.T. the Condition

Proper documentation requires at least one of these four elements be present in the documentation for each condition.



How is the patient doing?

Document signs, symptoms, disease progression/regression or ongoing surveillance



What is the current state of the condition?

Document current state, test results, medication effectiveness or response to treatment



How will the condition be evaluated?

Document discussion, review of records, counseling, or ordering further tests



What is being done to help the condition?

Document care, prescribed medications, referral to specialist or other modalities

CMS requires **annual coding and reporting of all chronic conditions**. A condition is not considered present in a given year unless it is appropriately documented and coded in that year.

Bipolar Disorder ICD-10 Category Reference Guide

This list of ICD-10 codes (containing some incomplete codes) is not exhaustive. Refer to the current version of the ICD-10-CM Official Guidelines for Coding and Reporting, the ICD-10-CM Index to Diseases and Injuries, and the Tabular List of Diseases for a list of all ICD-10-CM codes and coding instructions. Copies of the Risk Adjustment models can be found at www.cms.gov/medicare/payment/medicare-advantage-rates-statistics/risk-adjustment.

Bipolar Disorder	
F31.0	Bipolar disorder, current episode hypomanic
F31.1X	Bipolar disorder, current episode manic without psychotic features
F31.2	Bipolar disorder, current episode manic severe with psychotic features
F31.3X	Bipolar disorder, current episode depressed, mild or moderate severity
F31.4	Bipolar disorder, current episode depressed, severe, without psychotic features
F31.5	Bipolar disorder, current episode depressed, severe, with psychotic features
F31.6X	Bipolar disorder, current episode mixed
F31.7X	Bipolar disorder, currently in remission
F31.8X	Other bipolar disorders
F31.9	Bipolar disorder, unspecified

Coding Example

Documentation

HPI: Feeling a bit down today, overall lacking energy over the past 2 weeks, but no significant functional impairment, no suicidal ideation. Reports she is sleeping well 7-8 hours per night and appetite is stable. Expresses continued commitment to therapy.

Meds: Lamictal 200 mg/day

Assessment & Plan: Bipolar disorder, current episode depressed, mild – Reports good adherence to medication and actively engaged in CBT sessions with Jackie Smith, Ph.D. Continue Lamictal 200mg/day. Monitor for efficacy and follow up in 4 weeks to reassess mood

ICD-10 Code(s)

F31.31 Bipolar disorder, current episode depressed, mild

Rationale

The clinician has addressed the bipolar disorder with specificity to current episode, indicating depressed with mild severity. Symptomology and impact to daily function was addressed, and treatment with cognitive behavioral therapy and medication was linked.

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NOTE: This tool is intended to assist with documentation only and not intended to take the place of clinical analysis. Information regarding any law or regulation does not constitute legal or tax advice and is subject to change based upon the issuance of new guidance and/or change in laws or regulations. Reference Official ICD-10-CM coding guidelines and manuals or electronic medical coding software for accurate ICD-10-CM codes and specificity.

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