

PRESENTED BY HIGHMARK RISK ADJUSTMENT ACCURACY MANAGEMENT

Bipolar Disorder



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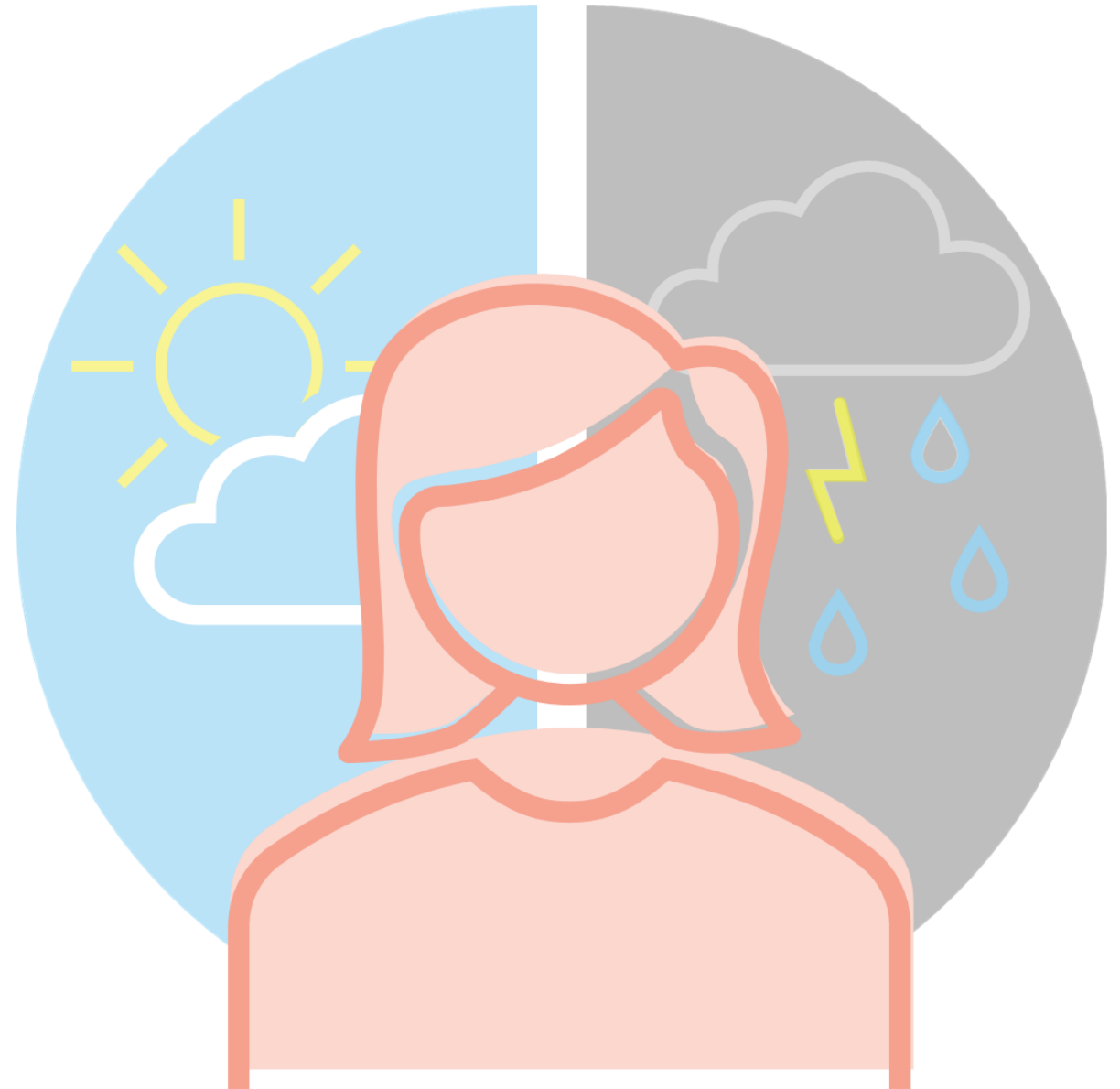
Agenda

1. Overview of the condition
 2. Coding & documentation considerations
 3. Documentation example
 4. Additional resources
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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.



Coding & Documentation Considerations

Coding Considerations

- ❑ Specify the current or most recent episode. (*manic, hypomanic, depressive, or mixed*)
- ❑ Document the severity. (*mild, moderate, or severe*)
- ❑ Note the presence of psychotic features. (*delusions or hallucinations*)
- ❑ Indicate if the patient is in remission. (*partial or full remission*)

Documentation Considerations

- ❑ Record a complete family history.
- ❑ Link treatments and interventions to documented symptoms and goals.
- ❑ 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.

Bipolar Disorder, Current Episode ICD-10 Codes

F31.0	Hypomanic	F31.5	Depressed, severe, with psychotic features
F31.1X	Manic without psychotic features	F31.6X	Mixed
F31.2	Manic severe with psychotic features	F31.7X	Currently in remission
F31.3X	Depressed, mild or moderate severity	F31.8X	Other
F31.4	Depressed, severe, without psychotic features	F31.9	Unspecified

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 full list of all ICD-10-CM codes and coding instructions.

Bipolar Disorder Example



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 normal. Expresses continued commitment to therapy.

Meds:

Lamictal 200mg/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 f/u in 4 weeks to reassess mood.

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

Additional Resources

Documentation Best Practice Checklist



Annually assess all chronic conditions and document a plan for each one



Link medications to help establish ongoing treatment especially if the medication is used to treat multiple conditions.



Use the term “History of” before a condition if it no longer exists or has resolved



Validate patient reported findings



Code and document all coexisting conditions that require or affect patient care, treatment or management



Avoid using uncertain terms when a diagnosis has been confirmed for a patient



Choose the highest level of specificity when selecting an ICD-10 code



Keep problem list up to date by removing acute and one-time conditions

Highmark Provider Resource Center

KNOWLEDGE COLLEGE

15-minute on-demand courses on risk adjustment coding and documentation to help clinicians comply with CMS standards and ICD-10-CM guidelines

1. Log into Availity.
2. Navigate to the Provider Resource Center.
3. Locate “Resources and Education” in the menu bar and navigate to “Clinical Quality & Education”.
4. Select “Coding Education/HCC University”.

RISK ADJUSTMENT OVERVIEW

Review the foundations of what risk adjustment is, hierarchical condition categories, common errors, best practices and impacts to patient care



CODING & DOCUMENTATION CARDS

Reference cards to assist with documentation and coding according to CMS documentation standards and ICD-10-CM coding requirements



Have questions about risk adjustment?

**Want to share feedback or suggest topics
for future presentations?**

Email:

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