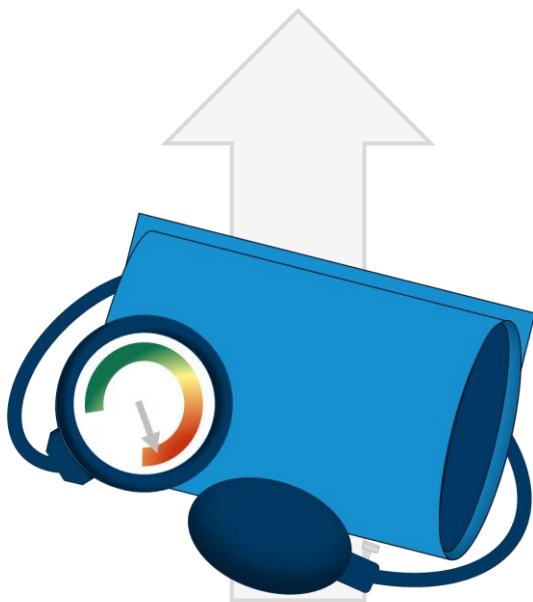


# Hypertension

Hypertension, or high blood pressure, is a common condition marked by elevated arterial pressure. It is categorized into Normal, Elevated, Stage 1, and Stage 2 based on specific blood pressure readings, with readings over 180/120 mmHg considered a hypertensive emergency. Management involves medications, healthy lifestyle choices like exercise and a balanced diet, and avoiding smoking. Untreated hypertension significantly raises the risk of serious complications, including heart attack and stroke. Therefore, diligent management is essential to prevent these adverse health events.

## Best Documentation Practices



State the patient has hypertension; “elevated blood pressure” is not synonymous.

Note any hypertensive urgency or emergency

Specify hypertension type (primary or secondary). If secondary, note the underlying cause (e.g., *renal, endocrine*)

Document all associated conditions (heart failure, chronic kidney disease) and identify all complications (hypertensive retinopathy, atrial fibrillation, cerebrovascular accident, myocardial infarction).

Record a detailed care plan, including supporting evidence like blood pressure readings and lab results.

## 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

# Hypertension 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](http://www.cms.gov/medicare/payment/medicare-advantage-rates-statistics/risk-adjustment).

Hypertensive Diseases	
I10	Essential (primary) hypertension
I11.X	Hypertensive heart disease
I12.0	Hypertensive chronic kidney disease with stage 5 chronic kidney disease or end stage renal disease
I12.9	Hypertensive chronic kidney disease with stage 1 through stage 4 chronic kidney disease, or unspecified chronic kidney disease
I13.0	Hypertensive heart and chronic kidney disease with heart failure and stage 1 through stage 4 chronic kidney disease, or unspecified chronic kidney disease
I13.1X	Hypertensive heart and chronic kidney disease without heart failure
I13.2	Hypertensive heart and chronic kidney disease with heart failure and with stage 5 chronic kidney disease, or end stage renal disease
I15.X	Secondary hypertension
I16.X	Hypertensive crisis
I1A.0	Resistant hypertension
Use additional code to identify, if applicable:	
I50.-	Type of heart failure
N18.1-N18.6	Stage of chronic kidney disease

Coding Example	
<b>Documentation</b>	<b>HPI:</b> Here for f/u of HTN with no complaints. Reports medication adherence and heart healthy low sodium diet. <b>Vital Signs:</b> 128/82 <b>Assessment &amp; Plan:</b> Essential hypertension – Well controlled, no complications. Continue Losartan 100mg PO daily & Amlodipine 5mg PO daily. Discussed regular exercise, low-sodium diet and daily BP monitoring.
<b>ICD-10 Code(s)</b>	I10 Essential (primary) hypertension
<b>Rationale</b>	The clinician has addressed the hypertension specifically by type, provided a status, recorded a blood pressure and reviewed a treatment plan to include lifestyle modification and medication.

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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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