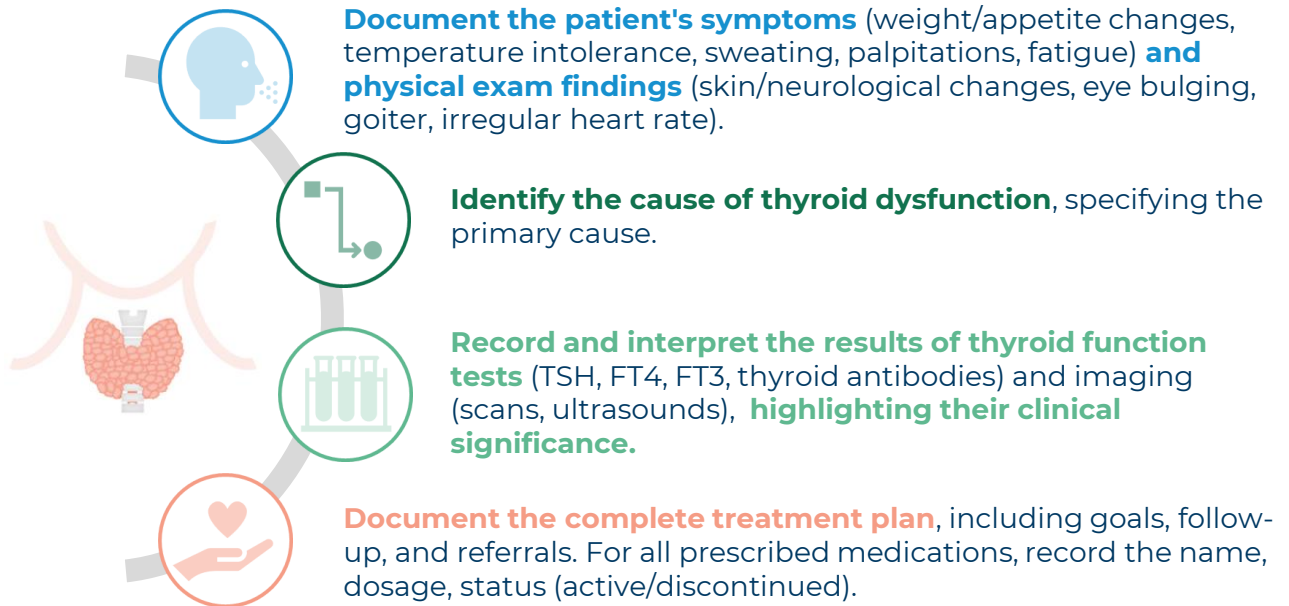


# Thyroid Disease

Thyroid disease, affecting all ages, involves the thyroid gland producing incorrect hormone levels. The two main types are hypothyroidism (underproduction), leading to potential severe complications like myxedema coma if untreated but managed with medication such as Levothyroxine for symptoms such as cold intolerance and weight gain. Conversely, hyperthyroidism (overproduction) can cause issues like atrial fibrillation if untreated, and is managed with beta blockers, radioactive iodine, or surgery for symptoms including heat intolerance and weight loss. Both are diagnosed via blood tests, with hyperthyroidism sometimes utilizing additional thyroid scans.

## Best Documentation Practices



## 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.

# Disorders of thyroid gland 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).

Disorders of thyroid gland	
E02	Subclinical iodine-deficiency hypothyroidism
E03.0	Congenital hypothyroidism with diffuse goiter
E03.1	Congenital hypothyroidism without goiter
E03.2	Hypothyroidism due to medicaments and other exogenous substances
E03.3	Postinfectious hypothyroidism
E03.8	Other specified hypothyroidism
E03.9	Hypothyroidism, unspecified
E05.0X	Thyrotoxicosis with diffuse goiter
E05.1X	Thyrotoxicosis with toxic single thyroid nodule
E05.2X	Thyrotoxicosis with toxic multinodular goiter
E05.3X	Thyrotoxicosis from ectopic thyroid tissue
E05.4X	Thyrotoxicosis factitia
E05.8X	Other thyrotoxicosis
E05.9X	Thyrotoxicosis, unspecified
E89.0	Postprocedural hypothyroidism

## Coding Example

**Documentation** **HPI:** 63-year-old female here for AWV. Blood work was completed last week, she is asymptomatic, very active no issues of fatigue. Thyroid levels have been stable.  
**Labs:** TSH 3.8 uIU/mL, Free T4 1.2 ng/dL  
**Assessment & Plan:** Hypothyroidism – Currently asymptomatic on Levothyroxine 50 mcg once daily. Labs reviewed WNL, f/u labs in 3 months for recheck.

**ICD-10 Code(s)** E03.9 Hypothyroidism, unspecified

**Rationale** The clinician documented the current asymptomatic status of the patient, reviewed the labs, providing an interpretation as within normal limits, and addressed the treatment plan with medication management.

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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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