

Closing Gaps & Meeting Metrics

Coding Tips and Best Practices

June 2020

Diabetes Mellitus

Diabetes Mellitus

Diabetes mellitus (DM) is a group of metabolic disorders characterized by a high blood sugar level over a prolonged period.

Type 1 Diabetes is caused by autoimmune reaction where the body's defense system attacks cells that produce insulin. As a result, the pancreas produces very little or no insulin. Type 1 DM is also referred to as insulin-dependent diabetes mellitus, juvenile diabetes, Type 1.5-latent autoimmune diabetes in adults, or brittle diabetes.

Type 2 Diabetes develops when the body is unable to respond normally to the insulin produced. As the disease progresses, a lack of insulin may also develop. Type 2 diabetes is also known as non-insulin-dependent diabetes mellitus or adult onset diabetes. The most common cause is a combination of excessive body weight and insufficient exercise.

Secondary Diabetes Mellitus refers to elevated blood sugar levels that are caused by another condition, such as malignant neoplasm of the pancreas, adverse drug effects or poisoning.

Gestational Diabetes occurs during pregnancy. The placenta produces hormones to sustain the pregnancy, but they also make the cells more resistant to insulin. Normally the pancreas responds by producing enough extra insulin. But sometimes it does not, leading to this temporary condition.

Diabetes is one of the most costly and highly prevalent chronic diseases in the U.S.

- About 30 million Americans have diabetes. Some 7 million of those cases are undiagnosed.
- Complications from the disease costs the country nearly \$327 billion annually.
- Diabetes is the seventh leading cause of death in the U.S.
- About 84 million adults have prediabetes.

Diabetes Complications

People with diabetes have an increased risk of developing serious health problems. Consistently high blood glucose levels can lead to serious diseases affecting the heart and blood vessels, eyes, kidneys, nerves, skin and teeth. People with diabetes also have a higher risk of developing infections. Diabetes is a leading cause of cardiovascular disease, blindness, kidney failure and lower limb amputation.

Uncontrolled DM is classified by type and whether it is hyperglycemia or hypoglycemia.

- Out of control
- Inadequately controlled
- Poorly controlled
- Documentation that supports hyperglycemia



Medicare Stars

The National Committee for Quality Assurance defines the measure for Comprehensive Diabetes Care as the percentage of individuals age 18-75 with diabetes (type 1 and type 2) who meet the following criteria:

- Hemoglobin (HbA1c testing)
 - Must be performed during the measurement year including date and results
 - Compliance is based on results of the most recent testing
- Eye exam (retinal or dilated)
- Medical attention for nephropathy
 - Evidence of nephropathy screening, monitoring test or evidence of nephropathy during the measurement year
- Blood pressure control

Diabetes Mellitus

Documentation

According to I.C.4.a guidelines, DM codes are combination codes that include:

- type of diabetes
- body system affected
- complications affecting that body system
- whether the patient is on long-term insulin or if a non-type 1 diabetic patient.

If the type of diabetes is not documented in the medical record, use default code: E11 Type 2 DM.

For the use of insulin and oral hypoglycemic, an additional code should be assigned from category Z79 to identify the long-term (current) use of insulin or oral hypoglycemic drugs. If the patient is treated with both oral medications and insulin, only the code for long-term (current) use of insulin should be assigned. Assign code E11. if type of diabetes is not documented, but indicate the use of insulin.

Although ICD-10 CM guidelines allow for diabetes to be linked to some conditions if listed under the sub-entry *with*, it is good documentation practice to link diabetes with existing diabetic complications. A cause and effect relationship between chronic conditions and associated manifestations should be explicitly stated in the medical documentation. The most effective way to capture a causal relationship is to use verbiage such as *due to*, *related to*, *caused by* or other similar linkage terms. Allowing the coder to code to the highest level of specificity provides the most accurate depiction of the patient's health status.

Coding

Use as many codes from categories E08-E13 as necessary to describe all of the complications associated conditions of the disease.

E08 Diabetes mellitus due to underlying condition

E09 Drug or chemical-induced DM

E10 Type 1 DM

E11 Type 2 DM

E13 Other specified DM

- Per I.C.4.a.6.b, assigning and sequencing secondary diabetes codes and its causes.

E11.2 Type 2 DM with kidney complications

- E11.21 Type 2 DM with diabetic nephropathy
- E11.22 Type 2 DM w/ chronic kidney disease
 - Use N18.1-N18.6 for chronic kidney disease

- E11.29 DM2 w/ other diabetic kidney complication
 - Z99.2 Dependence on renal dialysis
 - Z91.15 Noncompliance with renal dialysis

E11.3 Type 2 DM with ophthalmic complications

- In subcategories E11.32, E11.33, E11.34, E11.35 and E11.37, assign one of these seventh character codes to designate laterality of the disease:
 - 1 = right eye
 - 2 = left eye
 - 3 = bilateral
 - 9 = unspecified

- E11.39 Type 2 DM with *other* diabetic ophthalmic complication
 - Specify the *other* complication code.

E11.4 Type 2 DM with neurologic complications

E11.5 Type 2 DM with circulatory complications

- E11.51 Type 2 DM with diabetic peripheral angiopathy without gangrene
- E11.52 Type 2 DM with diabetic peripheral angiopathy with gangrene

E11.6 Type 2 DM with other specified complications

- E11.610 Type 2 DM with diabetic neuropathic arthropathy
- E11.621 Type 2 DM with foot ulcer
 - Use additional code to identify ulcer site L97.4-L97.5
- E11.622 Type 2 DM with *other* skin ulcer
 - Use additional code to identify ulcer site L97.1-L97.9, L98.41-L98.49
- E11.628 Type 2 DM w/ other skin complications
- E11.630 Type 2 DM w/ periodontal disease
- E11.638 Type 2 DM w/ other oral complications
- E11.641 Type 2 DM w/ hypoglycemia with coma
- E11.649 Type 2 DM w/ hypoglycemia w/out coma
- E11.65 Type 2 DM w/ hyperglycemia
- E11.69 Type 2 DM w/ other specified complication
 - Specify the *other* complication code.

E11.9 Type 2 DM without complications

References

- cdc.gov/diabetes
- diabetes.org
- AAPC-ICD-10 CM Guidelines