

Diabetes mellitus can be a chronic, lifelong disease that involves impaired metabolism of carbohydrate, protein, and fat. It is marked by high levels of sugar in the blood due to insufficient secretion of insulin by the pancreas, tissue resistance to insulin produced by the pancreas, or both.

Types

Type 1 diabetes mellitus: The pancreas produces little to no insulin, and daily insulin injections are required. Usually (but not always) diagnosed in childhood.

Type 2 diabetes mellitus: The pancreas does not produce enough insulin to maintain normal glucose levels, often because the body tissues do not respond well to insulin (insulin resistance). In some cases, daily insulin injections are required. Type 2 is far more common than Type 1. Usually, occurs in adulthood.

Secondary diabetes mellitus: Elevated blood sugar that is caused by another condition, such as malignant neoplasm of the pancreas, pancreatectomy, adverse drug effects, or poisoning.

Gestational diabetes: Diabetes triggered by pregnancy is called gestational diabetes (pregnancy, to some degree, leads to insulin resistance). It is often diagnosed in middle or late pregnancy. See Section I.C. 15. Diabetes mellitus in pregnancy and Section I.C. 15. Gestational (pregnancy induced) diabetes.

Miscellaneous types of diabetes:

- Type 1.5 diabetes is a non-official term that is sometimes used to refer to a form of type 1 diabetes known as latent autoimmune diabetes in adults (LADA). Codes to Type 1 DM.
- Brittle diabetes mellitus (or labile diabetes) is a sub-type of type 1 diabetes. It is a term used to describe particularly hard to control type 1 diabetes.

Diabetes mellitus control status

- For many years physicians were trained to document the type of diabetes and whether or not it was controlled or uncontrolled. *Uncontrolled diabetes* indicated that the patient's blood sugar was not at an acceptable level, because it was either too high or too low.
- Per the AHA Coding Clinic, *uncontrolled diabetes* has no default code. Uncontrolled diabetes is classified by type and whether it is hyperglycemia or hypoglycemia, effective October 1, 2016.
- ICD-10-CM does not classify diabetes as controlled or uncontrolled. Rather, the alphabetic index advises that for diabetes mellitus described as *inadequately controlled, out of control or poorly controlled*, we must code to diabetes, by type, with hyperglycemia.
- If the documentation is not clear, query the provider for clarification whether the patient has hyperglycemia or hypoglycemia so that the appropriate code may be reported.

Supporting Documentation

- Documentation of complications or manifestations should be stated (as *due to* or *secondary to*) or implied (diabetic) and reported with the associated manifestation or complication
- Document any manifestations or complications in detail including site, laterality and severity when applicable
- ICD-10 diabetes mellitus codes are combination codes that include the type of diabetes mellitus, the body system affected, and the complications affecting that body system
- Long-term use of insulin is an inherent component of Type 1 diabetes and does not need to be coded separately. For Type 2 diabetes, however, long-term use of insulin is a secondary code and Type 2 diabetes must be supported in order for long-term use of insulin to be coded.

Note: It is neither the intention of this reference guide nor the purpose to replace the ICD-10-CM Official Guidelines for coding and reporting. Adherence to these guidelines when assigning ICD-10-CM diagnosis and procedure codes is required under the Health Insurance Portability and Accountability Act.

Demonstrating a Causal Relationship

- A cause-and-effect relationship between chronic conditions and associated manifestations should be explicitly stated in the medical documentation.
- Specify a causal relationship by the words *due to*, *complicated by*, *associated with* or *secondary to*.

Examples

If the physician documents the following, then the highest specificity code will be captured.

Documentation:	Diagnosis Codes:
Diabetic Peripheral Neuropathy	E11.42, Type 2 diabetes mellitus with diabetic polyneuropathy
Progressing PAD due to diabetes	E11.51, Type 2 diabetes mellitus with diabetic peripheral angiopathy without gangrene
Type 1 diabetes mellitus resolved following pancreas transplant	Z86.39, Personal history of other endocrine, nutritional and metabolic disease
Type 2 diabetes mellitus resolved after significant weight loss following gastric bypass surgery	When a medical record documents diabetes mellitus as resolved, the condition cannot be coded as current.

Coding Alert

The American Hospital Association (AHA) Coding Clinic advises that, in accordance with ICD-10-CM Official Guidelines for Coding and Reporting, Section I.A.15, the word *with* should be interpreted to mean *associated with* or *due to* when it appears in a code title, the alphabetic index, or an instructional note in the tabular list.

The classification assumes a causal relationship between the two conditions linked by these terms in the alphabetic index or tabular list. (Diabetes Mellitus with Associated Conditions, First Quarter ICD-10 2016, pages 11-12 and Clarification – Diabetes and Associated Conditions, Second Quarter 2016, pages 36-37)

Here's an example from the alphabetic index for the main term "diabetes" and the sub-term "with":

Diabetes, diabetic (mellitus) (sugar) E11.9 with	
amyotrophy E11.44	charcot joints E11.61Ø
arthropathy NEC E11.618	chronic kidney disease E11.22
autonomic (poly)neuropathy E11.43	dermatitis E11.62Ø
cataract E11.36	myasthenia E11.44

Note: This example list is not all-inclusive. For the complete list from the ICD-10-CM coding manual, see the alphabetic index under the various types of diabetes *with*.

The sub term *with* in the index should be interpreted by the coder as a link between diabetes and any condition indented under the word *with*. These conditions should be coded as related to diabetes, even in the absence of provider documentation explicitly linking them, **unless the documentation clearly states the conditions are not caused by diabetes — for example, by stating the actual nondiabetic-related cause or that the cause is not diabetes or the cause is unknown.**

Diabetes Mellitus and the Use of Insulin and Oral Hypoglycemic Drugs

If the documentation in a medical record does not indicate the type of diabetes but does indicate that the patient uses insulin:

- ✓ Assign code E11-, Type 2 diabetes mellitus.
- ✓ Assign code Z79.4, Long term (current) use of insulin, or Z79.84, Long-term (current) use of oral hypoglycemic drugs, to indicate that the patient uses insulin or hypoglycemic drugs.
- ✓ Assign an additional code 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 assign the code for long-term (current) use of insulin.

Do not assign code Z79.4 if insulin is given temporarily to bring a type 2 patient's blood sugar under control during an encounter.

ICD-10-CM Category Code	Category Code Description	Subcategory Code ¹	Description
E10	Type 1 Diabetes Mellitus	E10.9	Type 1 Diabetes Mellitus without Complications
E11	Type 2 Diabetes Mellitus	E11.9	Type 2 Diabetes Mellitus without Complications
Z79	Long-term (current) Drug Therapy	Z79.4	Long-term (current) Use of Insulin

Diabetes With Acute Complications			
ICD-10-CM Category Code	Category Code Description	Subcategory Code ¹	Description
E10	Type 1 Diabetes Mellitus	E10.1	Type 1 Diabetes Mellitus with Ketoacidosis
		E10.641	Type 1 Diabetes Mellitus with Hypoglycemia with Coma
E11	Type 2 Diabetes Mellitus	E11.0	Type 2 Diabetes Mellitus with Hyperosmolarity
		E11.1	Type 2 Diabetes Mellitus with Ketoacidosis
		E11.10	Type 2 Diabetes Mellitus with Ketoacidosis without coma
		E11.11	Type 2 Diabetes Mellitus with Ketoacidosis with coma
		E11.641	Type 2 Diabetes Mellitus with Hypoglycemia with Coma

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¹ Due to ICD-10 changes in specificity there are numerous additional codes associated with this ICD-9 code that are not listed here. The primary code has been listed; please refer to the manual for more specific coding.

Diabetes Mellitus With Chronic Complications			
ICD-10-CM Category Code	Category Code Description	Subcategory Code ¹	Description
E10	Type 1 Diabetes Mellitus	E10.2	Type 1 Diabetes Mellitus with Kidney Complications
		E10.3	Type 1 Diabetes Mellitus with Ophthalmic Complications
		E10.4	Type 1 Diabetes Mellitus with Neurological Complications
		E10.5	Type 1 Diabetes Mellitus with Circulatory Complications
		E10.6	Type 1 Diabetes Mellitus with Other Specified Complications
		E10.8	Type 1 Diabetes Mellitus with Unspecified Complications
E11	Type 2 Diabetes Mellitus	E11.2	Type 2 Diabetes Mellitus with Kidney Complications
		E11.3	Type 2 Diabetes Mellitus with Ophthalmic Complications
		E11.4	Type 2 Diabetes Mellitus with Neurological Complications
		E11.5	Type 2 Diabetes Mellitus with Circulatory Complications
		E11.6	Type 2 Diabetes Mellitus with Other Specified Complications
		E11.8	Type 2 Diabetes Mellitus with Unspecified Complications

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