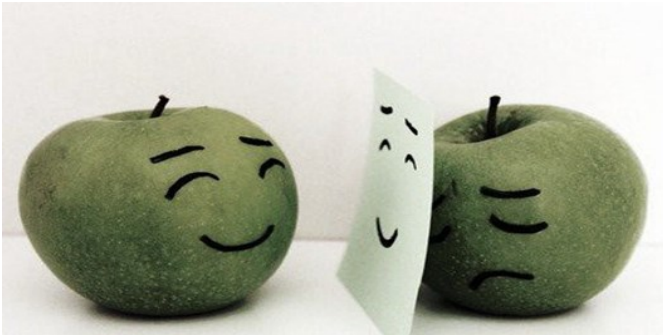


Closing Gaps & Meeting Metrics

Coding Tips and Best Practices

August 2020

Major Depression, Major Depressive Disorder



Major Depression

Major depression is one of the most common mental disorders in the United States. For some individuals, major depression can result in severe impairments that interfere with or limit one's ability to carry out major life activities.

An estimated 11 million U.S. adults age 18 or older have had at least one major depressive episode with severe impairment. This number represented 4.5 percent of all U.S. adults.

To be diagnosed with depression, the symptoms must be present for at least two weeks.

Signs and Symptoms

- Persistent sadness or anxiety
- Feelings of hopelessness or pessimism
- Irritability
- Feelings of guilt, emptiness, worthlessness or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly

- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering or making decisions
- Difficulty sleeping, early-morning awakening or oversleeping
- Appetite and/or weight changes
- Thoughts of death or suicide or suicide attempts
- Aches or pains, headaches, cramps or digestive problems without a clear physical cause and/or that do not ease even with treatment

Patient Health Questionnaire-9

The Patient Health Questionnaire-9 (PHQ-9) is a simple assessment containing nine questions. It is a popular tool for detecting major depression.

Treatment and Medications

Depression is usually treated with medications, psychotherapy or a combination of the two.

There are also electroconvulsive therapy (ECT) and other brain stimulation therapies that may be available.

Antidepressants are medications used to treat depression.

Psychotherapy (also called talk therapy or counseling) can help people with depression.

ECT can provide relief for people with severe depression who have not been able to feel better with other treatments.

Major Depression, Major Depressive Disorder

Major Depressive Disorder

According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), major depressive disorder (MDD) is diagnosed by the presence of all of the following five or more cardinal symptoms:

- Depressed mood or loss of interest or pleasure in activities during the same two-week period representing a change from baseline function
- No history of mania or hypomania
- Symptoms that cause significant distress or impairment
- Symptoms that are not attributable to the effects of substance abuse
- A psychosis like schizophrenia or an underlying medical condition

MDD is further classified by:

- **Episode**
 - Single
 - Recurrent
- **Severity**
 - Mild
 - Moderate
 - Severe
 - With psychotic features
- **State of remission**
 - Partial
 - Full
 - Not in remission

A single episode is simply the first occurrence of MDD symptoms; all subsequent episodes are considered *recurrent* (vast majority of cases).

References

- nimh.nih.gov/health/topics/depression/index.shtml#part_145398
- acphospitalist.org/

ICD-10 Codes

Chapter 5 of the ICD-10 manual contains codes for mood affective disorders:

- F30** Manic episode
- F31** Bipolar disorder
- F32** Major depressive disorder, single episode
- F33** Major depressive disorder, recurrent
- F34** Persistent mood affective disorder
- F39** Unspecified mood affective disorder

Earn CEUs through Coding Webinars

Florida Blue offers on-demand webinars that provide detail about how to support



diagnoses per the Centers for Medicare and Medicaid Services (CMS) and United States Department of Health and Human Services (HHS) guidelines. These courses are updated for 2020 and are eligible for 1.5 continuing education unit (CEU) credits each.

Topics include:

- Atrial fibrillation
- Diabetes
- Cancer
- Chronic kidney disease
- Major depression
- Mental health
- Rheumatoid arthritis

Register today at availity.com¹.



Florida Blue and Florida Blue Medicare are Independent Licensees of the Blue Cross and Blue Shield Association.

¹Availity LLC is a multi-payer joint venture company. For more information, visit availity.com.

101955 0620