

# Closing Gaps & Meeting Metrics

## Coding Tips and Best Practices

September 2020

Chronic Kidney Disease and  
Chronic Kidney Disease with Other Conditions

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease.

### Facts About Chronic Kidney Disease from the National Kidney Foundation

- 37 million American adults have chronic kidney disease (CKD) and millions of others are at increased risk
- Early detection can help prevent the progression of kidney disease to kidney failure
- Heart disease is the major cause of death for all people with CKD
- Glomerular filtration rate is the best estimate of kidney function
- Hypertension causes CKD and CKD causes hypertension
- Persistent proteinuria (protein in the urine) means CKD is present
- High risk groups include those with diabetes, hypertension and family history of kidney failure
- African Americans, Hispanics, Pacific Islanders, Native Indians and seniors are at increased risk

1 in 3 American adults  
is at risk for  
kidney disease.



### What causes CKD?

The two main causes of CKD are **diabetes** and **high blood pressure**, which are responsible for up to two-thirds of the cases. Diabetes happens when blood sugar is too high, causing damage to many organs in the body, including the kidneys and heart, as well as blood vessels, nerves and eyes. High blood pressure, or hypertension, occurs when the pressure of blood against the walls of blood vessels increases. If uncontrolled, or poorly controlled, high blood pressure can be a leading cause of heart attacks, strokes and CKD. CKD can also cause high blood pressure.

### Other conditions that affect the kidneys are:

- **Glomerulonephritis**, a group of diseases that cause inflammation and damage to the kidney's filtering units. These disorders are the third most common type of kidney disease
- Inherited diseases, such as **polycystic kidney disease**, which causes large cysts to form in the kidneys and damage the surrounding tissue
- **Malformations** that occur as a baby develops in its mother's womb. For example, a narrowing may occur that prevents normal outflow of urine and causes urine to flow back up to the kidney. This causes infections and may damage the kidneys
- **Lupus** and other diseases that affect the body's immune system
- **Obstructions** caused by problems like kidney stones, tumors or an enlarged prostate gland
- Repeated **urinary infections**

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# Chronic Kidney Disease (CKD) and CDK with Other Conditions

## What are Symptoms of CKD?

Most people may not have any severe symptoms until their kidney disease is advanced. However, patients may notice that they:

- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite
- have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around their eyes, especially in the morning
- have dry, itchy skin
- need to urinate more often, especially at night

30 million American adults have kidney disease and don't even know it.



## Tests Used to Diagnose CKD

- **Glomerular Filtration Rate:** This test helps you determine the state of kidney disease and the appropriate treatment. It is calculated from blood creatinine, age, race, gender and other factors.
- **Albumin-to-Creatinine Ratio:** This is a urine test for albumin, a type of protein.



100,000 people are on the kidney transplant list.

## ICD-10 Coding and Documentation

**I12.9** Hypertensive CKD

**N18.x** CKD specifying stages

**I13.x** Hypertensive heart and CKD

**N18.x, Z94.0** CKD and kidney transplant status

### Chronic kidney disease with other conditions:

- See ICD-10-CM Guideline I.C.9.a.2 Hypertensive CKD
- See ICD-10-CM Guideline I.C.19.g.3 CKD and kidney transplant complications

**E10.22, N18.X** CKD and Type 1 diabetes mellitus:

- See ICD-10-CM Guideline I.C.4.a. diabetes mellitus

**E11.22, N18.x** CKD and Type 2 diabetes mellitus

## 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 and U.S. Department of Health and Human Services guidelines. These courses are updated for 2020 and are eligible for 1.5 continuing education unit credits each.



Topics include:

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

## References

- [kidney.org](http://kidney.org)
- [cms.gov](http://cms.gov)

