

# What Psychiatrists Need to Know About...

# ICD-10

The countdown to the ICD-10 transition is on — on October 1, 2015, all HIPAA-covered entities must transition from using ICD-9 codes to using ICD-10 codes. While this transition has been scheduled and delayed several times in the last few years, this time the transition will actually take place.

## What is the relationship between the codes in my DSM and ICD codes?

Since 1980, every code that has been listed in DSM has been an ICD-9 code. However, DSM-5, unlike previous versions of DSM, contains both ICD-9 and ICD-10 codes. For most behavioral health providers, if you have a DSM-5, you are ready for the transition to ICD-10 on Oct. 1, 2015.

## If I have a DSM-5, do I need to purchase an ICD-10 to identify correct billing codes?

No. If you are a behavioral health provider, DSM-5 should remain your primary resource. It is a tool that provides you with diagnostic criteria and corresponding ICD-10 codes.

## Where do I find the ICD-10 codes in DSM-5?

Below is an illustration taken from the DSM-5. The code on the left is an ICD-9 code. The code on the right is an ICD-10 code. *Beginning Oct. 1, 2015, you will need to use the code on the right in parentheses.*

Posttraumatic Stress Disorder

Diagnostic Criteria **309.81 (F43.10)**

ICD-10-CM Code for Posttraumatic Stress Disorder

ICD-9-CM Code for Posttraumatic Stress Disorder

## Since ICD-10 has more codes than ICD-9, how do I code disorders that now have multiple coding options?

Part of the reason the U.S. is upgrading to a newer version of ICD is because it allows providers to be more

specific in their diagnoses. For example, there is only one ICD-9 code you can use to diagnose Anorexia Nervosa. The code is 307.1. ICD-10 provides a unique code for the two types of Anorexia Nervosa—the Binge-Eating/Purging type and a separate code for the Restricting type. With ICD-10, you can now be more specific by assigning a different code to each type.

Here is an excerpt from a page of DSM-5 to show what these more specific codes look like in the classification:

**307.1** ( ) Anorexia Nervosa\* (338)  
Specify whether:

(F50.01) Restricting type  
(F50.02) Binge-eating/purging type

This is the ICD-9-CM Code for Anorexia Nervosa

These are the ICD-10-CM Codes for Anorexia Nervosa. Note that a "blank" code is listed next to the ICD-9 code. This is because you should choose one of the two codes, which specify type of Anorexia Nervosa.

Here is an excerpt from the Feeding and Eating Disorders chapter of DSM-5 to show what these look like in the text:

**Coding note:** The ICD-9-CM code for anorexia nervosa is **307.1**, which is assigned regardless of the subtype. The ICD-10-CM code depends on the subtype (see below).  
Specify whether:

**(F50.01) Restricting type:** During the last 3 months, the individual has not engaged in recurrent episodes of binge eating or purging behavior (i.e., self-induced vomiting or the misuse of laxatives, diuretics, or enemas). This subtype describes presentations in which weight loss is accomplished primarily through dieting, fasting, and/or excessive exercise.

**(F50.02) Binge-eating/purging type:** During the last 3 months, the individual has engaged in recurrent episodes of binge eating or purging behavior (i.e., self-induced vomiting or the misuse of laxatives, diuretics, or enemas).

## Do I need a DSM-5 to practice, or can I just use the ICD-10 book?

Providers should continue to use DSM-5 to determine the correct diagnosis of a mental disorder. ICD-10 does not contain information to help guide diagnosis; it is simply a listing of disease names and their corresponding codes. There is a diagnostic book, The ICD-10 Classification of Mental and Behavioural Disorders (referred to as the "Blue Book"), which contains diag-

## Members Notes...

**Charles "Ken" Dunham, M.D.**, is the new physician service line leader for behavioral health for Novant Health. Dr. Dunham has been serving as the physician leader for the behavioral health service line for the greater Winston-Salem market; he now has responsibility for developing the strategic vision for behavioral health services across Novant Health.

**Nathan Strahl, M.D., Ph.D.**, is the author of *Freedom from Addiction To Narcotic Painkillers and Heroin*. The book was published in May 2015 and is available on Amazon.

**Thomas Penders, M.D., M.S., D.L.F.A.P.A., Sy Saeed, M.D., M.S., FACPsych, D.F.A.P.A., and Chad Stephens, M.D.** have been appointed to the NC Institute of Medicine's Cross-Cutting Working Group within the organization's Task Force on Mental Health and Substance Abuse.

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nostic criteria and non-U.S. ICD-10 codes. However, this book was last updated in 1992 and is not in line with contemporary thinking about mental illness in the same way as the DSM-5.

### Does the U.S. Officially recognize DSM-5 for use in identifying ICD-10 codes?

Yes. The National Center for Health Statistics and the Centers for Medicare & Medicaid Services (CMS) oversee the official implementation of ICD-10 in the U.S. CMS has posted the following on its website:

"DSM-5 contains the standard criteria and definitions of mental disorders now approved by the American Psychiatric Association (APA), and it also contains both ICD-9-CM and ICD-10-CM codes (in parentheses) selected by APA. Since DSM-IV only contains ICD-9-CM codes, it will cease to be recognized for criteria or coding for services with dates of service of October 1, 2015 or later. Updates for DSM-5 criteria and their associated ICD-10-CM codes (identified by APA) will be found at [www.dsm5.org](http://www.dsm5.org)."

See more at the following CMS web page: <http://1.usa.gov/1vqmdZP>

### Where can I learn more about the transition to DSM-5 and ICD-10?

A free webinar with in-depth information about the transition is available at the American Psychiatric Association's website: [www.psychiatry.org/ICD10transition](http://www.psychiatry.org/ICD10transition). There also are several resources available via the

DSM-5 website at [www.dsm5.org](http://www.dsm5.org). You are encouraged to visit this site often as updates in coding and other resources are often added.

## Need More ICD-10 Help?

The APA has several ICD-10 resources on their website, including:

**Free, Brief Webinar: Using DSM-5 in the Transition to ICD-10**

<https://vimeo.com/134304901>

**CMS: ICD-10-CM/PCS Myths and Facts**

<http://go.cms.gov/1KK7kEc>

Also, NCPA is working on an ICD-10 Workshop for later this fall. Stay tuned for details on the website ([www.ncpsychiatry.org](http://www.ncpsychiatry.org)) and in the E-News that comes to your inbox.

In the meantime, please send us your ICD-10 questions:

[info@ncpsychiatry.org](mailto:info@ncpsychiatry.org)

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