ICD-10-CM Coding for Sleep Medicine

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Disclaimer

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ICD-10-CM History

- 1983-1992 - ICD-10 developed by WHO
- 1994 - National Center for Health Statistics developed US Clinical Modification - ICD-10-CM
- 1995 – 1998 CMS developed procedure code set: ICD-10-PCS
  - Used for <u>facility</u> reporting of hospital inpatient procedures
- January 1, 1999 - Implemented ICD-10-CM for mortality reporting only
- January 16, 2009 Health Insurance Portability and Accountability Act (HIPAA) Administrative Simplification to Medical Data Code Set Standards - adopts ICD-10-CM

ICD-10-CM History in the U.S.

- October 1, 2011 - Last revision for ICD-9-CM
- Implementation dates
  - October 1, 2011 – delayed
  - October 1, 2013 – delayed
  - October 1, 2014 – delayed
- October 1, 2015 – No plans for delay
  - ICD-9-CM codes will no longer be accepted

ICD-10-CM History in the U.S.

Will the Centers for Medicare & Medicaid Services (CMS) allow for dual processing of ICD-9 and ICD-10 codes (accept and process both ICD-9 and ICD-10 codes for dates of service on and after October 1, 2015)?

No, CMS will not allow for dual processing of ICD-9 and ICD-10 codes after ICD-10 implementation on October 1, 2015. Many providers and payers, including Medicare have already coded their systems to only allow ICD-10 codes beginning October 1, 2015.

- MLN Matters® Number: SE1408 Revised June 2015

Why the push for ICD-10-CM

- Flexible: can quickly incorporate emerging diagnoses.
- More specificity for precise diagnosis.
- Improved ability to measure health care services.
- Supports improved public health surveillance.
- Reflects advances in medicine & medical technology.
- Uses current medical terminology.

ICD-9 CM vs. ICD-10-CM

ICD-9-CM	ICD-10-CM
3-5 characters in length	3-7 characters in length
~13,000 codes	~68,000 codes
Numeric codes except for E and V codes	Alphanumeric codes
Limited space for new codes	Flexible for adding new codes
Lacks detail	Very specific
Lacks laterality	Has laterality

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ICD-10 CM New Features

- Combination codes

- Laterality

- Episode of care

- Expanded Codes

- Inclusion of trimester in obstetrics codes

- Detail for ambulatory/managed care encounters

ICD-10-CM Code Structure

- A code may have 3-7 characters (Decimal after 3rd character)
  - 1st character a letter (except "U")
  - 2nd character a number
  - 3rd–7th characters alpha or numeric
- Characters 1-3 Category (G47 and F51 for Sleep Disorders)
- Characters 4-5 Subcategory Etiology, anatomic site, severity, other details
- Character 7   Extension
    - A - Initial encounter
    - D - Subsequent encounter
    - S - Sequela
  - For a code with fewer than six characters that still requires a seventh character extension – fill empty character spaces with a placeholder "X" which is used to allow for further expansion

ICD – 10 Hierarchical Structure

1. Certain Infectious And Parasitic Diseases (A00-B99)
2. Neoplasms (C00-D49)
3. Diseases Of The Blood And Blood-forming Organs And Certain Disorders Involving The Immune Mechanism (D50-D89)
4. Endocrine, Nutritional And Metabolic Diseases (E00-E89)
5. Mental, Behavioral And Neurodevelopmental Disorders (F01-F99)
6. Diseases Of The Nervous System (G00-G99)
7. Diseases Of The Eye And Adnexa (H00-H59)
8. Diseases Of The Ear And Mastoid Process (H60-H95)
9. Diseases Of The Circulatory System (I00-I99)
10. Diseases Of The Respiratory System (J00-J99)
11. Diseases Of The Digestive System (K00-K95)
12. Diseases Of The Skin And Subcutaneous Tissue (L00-L99)
13. Diseases Of The Musculoskeletal System And Connective Tissue (M00-M99)
14. Diseases Of The Genitourinary System (N00-N99)
15. Pregnancy, Childbirth And The Puerperium (O00-O9A)
16. Certain Conditions Originating In The Perinatal Period (P00-P96)
17. Congenital Malformations, Deformations And Chromosomal Abnormalities (Q00-Q99)
18. Symptoms, Signs And Abnormal Clinical And Laboratory Findings, Not Elsewhere Classified (R00-R99)
19. Injury, Poisoning And Certain Other Consequences Of External Causes (S00-T88)
20. External Causes Of Morbidity (V00-Y99)
21. Factors Influencing Health Status And Contact With Health Services (Z00-Z99)

ICD-10-CM General Use

- Based on medical record documentation.
- Always report the highest number of characters possible – most specific code
- Signs/symptoms are acceptable if diagnosis not established
  - Signs/symptoms not routinely associated with disease should also be coded
- Nonspecific codes are still available
- May need multiple codes to describe a single condition

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ICD-10-CM Excludes Notes Type 1 vs Type 2

- Excludes1 note is a pure excludes note
  - Excluded code (condition) should never be used with the code above the Excludes1 note i.e. "Not Coded Here"
  - For example G47.3 Sleep apnea
    - Excludes1:
      - apnea NOS (R06.81)
      - Cheyne-Stokes breathing (R06.3)
      - pickwickian syndrome (E66.2)
      - sleep apnea of newborn (P28.3)

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ICD-10-CM Excludes Notes
Type 1 vs Type 2

- Excludes2 note - condition is not included in the code
  - Condition not part of condition the code represents but if both conditions present - can use both codes
  - "Not included here"
  - For example G47.6 Sleep related movement disorders
    - Excludes2:
      - restless legs syndrome (G25.81)

Code Also & Code First

- "Code Also" note - two codes may be required to fully describe a condition
  - No sequencing direction
- "Code First" note - code the underlying condition first
  - For example G47.42 Narcolepsy in conditions classified elsewhere
    - Code first underlying condition
    - G47.421 Narcolepsy in conditions classified elsewhere with cataplexy
    - G47.429 Narcolepsy in conditions classified elsewhere without cataplexy

Placeholder Character "X"

- ICD-10 uses placeholder character "X"
  - Used as a placeholder for certain codes
  - Allows for future expansion
- When indicated: "X" must be used in order for the code to be considered a valid code
- Example
  - T37.0x1A - poisoning by sulfamides, accidental (unintentional), initial encounter

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NEC vs. NOS

- NEC – "Not elsewhere classifiable"
  - No specific code that describes the condition
- NOS – "Not Otherwise Specified"
  - "Unspecified" – insufficient information in the medical record to assign a more specific code

ICD-10-CM Cross-Walking

- No absolute 1:1 map. between ICD-9-CM and ICD-10-CM

- Mappings may be 1:1, 1:many, many:1, 1:none.

- Some concepts changed between ICD-9-CM & ICD-10-CM.

- If new concept in ICD-10-CM, can't be mapped to an ICD-9-CM code.

Mapping Categories	ICD-10 to ICD-9	ICD-9 to ICD-10
No Match	1.2%	3.0%
1-to1 Exact Match	5.0%	24.2%
1-to-1 Approximate Match with 1 Choice	82.6%	49.1%
1-to-1 Approximate Match with Multiple Choices	4.3%	18.7%
1-to-Many Match with 1 Scenario	6.6%	2.1%
1-to-Many Match with Multiple Scenarios	0.2%	2.9%

ICD-10-CM DOCUMENTATION

- Documentation MUST support the diagnosis code
- Disease Acuity is important (acute vs chronic)
- Document supporting lab values (e.g. low ferritin)
- Disease or Disorder Site/Laterality if applicable
- Document Underlying and Associated Conditions

ICD-10-CM DOCUMENTATION

- Document infectious agents if applicable

- Stage/Grade Disease

- Severity

- Episodes of care (initial vs subsequent)

- Outside Influences

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Sleep Medicine Cases

Sleep Medicine Coding
Case 1

A 32 year old male with an apnea/hypopnea index of 32 on a recent polysomnography done for snoring and apneas witnessed by his spouse.

- ICD-9-CM:

  – **327.23** obstructive sleep apnea

- ICD-10-CM:

  – **G47.33** Obstructive sleep apnea (adult) (pediatric)

- What about the snoring? R06.83?

  – Signs or symptoms that are associated routinely with a disease process should not be assigned as additional codes, unless otherwise instructed by the classification.

ICD-10 Sleep Apnea Codes

- **G47.3 Sleep apnea**
  - **Code also** any associated underlying condition
  - **Excludes1:**
    - apnea NOS (R06.81)
    - Cheyne-Stokes breathing (R06.3)
    - pickwickian syndrome (E66.2)
    - sleep apnea of newborn (P28.3)
  - **G47.30 Sleep apnea, unspecified**
    - Sleep apnea NOS
  - **G47.31 Primary central sleep apnea**
  - **G47.32 High altitude periodic breathing**
  - **G47.33 Obstructive sleep apnea (adult) (pediatric)**
    - **Excludes1:** obstructive sleep apnea of newborn (P28.3)

ICD-10 Sleep Apnea Codes

– **G47.34 Idiopathic sleep related nonobstructive alveolar hypoventilation**
  - Sleep related hypoxia
– **G47.35 Congenital central alveolar hypoventilation syndrome**
– **G47.36 Sleep related hypoventilation in conditions classified elsewhere**
  - Sleep related hypoxemia in conditions classified elsewhere **Code first** underlying condition
– **G47.37 Central sleep apnea in conditions classified elsewhere Code first** underlying condition
– **G47.39 Other sleep apnea**

Sleep Medicine Coding
Case 2

A 64 year old obese male with a BMI of 42, diabetes and an apnea/hypopnea index of 45 on a recent polysomnography done for snoring and apneas witnessed by his spouse.

- ICD-9-CM:
    - 327.23   obstructive sleep apnea
- ICD-10-CM:
    - G47.33   Obstructive sleep apnea (adult) (pediatric)
    - E66.01 Morbid (severe) obesity due to excess calories
    - Z68.41 Body mass index (BMI) 40.0-44.9, adult
    - E11.9 Type 2 diabetes mellitus without complication

Sleep Medicine Coding
Case 3

A 64 year old obese male with a BMI of 42, diabetes and an apnea/hypopnea index of 3.5 on a recent polysomnography done for snoring and apneas witnessed by his spouse. His a.m. ABG was pH 7.35 pCO2 52 pO2 55.

- ICD-9-CM:
  - 327.24 Idiopathic sleep related non-obstructive alveolar hypoventilation

- ICD-10-CM:
  - G47.34 Idiopathic sleep related non-obstructive alveolar hypoventilation
  - E66.01 Morbid (severe) obesity due to excess calories
  - Z68.41 Body mass index (BMI) 40.0-44.9, adult

Sleep Medicine Coding
Case 4

A 22 year old female complaining of excessive daytime sleepiness. She has an apnea/hypopnea index of 3.5 on a recent polysomnography with an MSLT done following the study revealing a sleep latency of 4 minutes and three sleep onset REM periods

- ICD-9-CM:
  - 347.00   narcolepsy
- ICD-10-CM:
  - G47.419   narcolepsy without cataplexy

ICD-10 Sleep Codes – Narcolepsy

G47.4 Narcolepsy and cataplexy

- G47.41 Narcolepsy
  - G47.411 Narcolepsy with cataplexy
  - G47.419 Narcolepsy without cataplexy
    - Narcolepsy NOS
- G47.42 Narcolepsy in conditions classified elsewhere
  Code first underlying condition
  - G47.421 Narcolepsy in conditions classified elsewhere with cataplexy
  - G47.429 Narcolepsy in conditions classified elsewhere without cataplexy

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Sleep Medicine Coding
Case 5

A 25 year old female complaining of excessive daytime sleepiness and falling asleep at work. She has an apnea/hypopnea index of 1.0 on a recent polysomnography, that was otherwise normal. An MSLT done following the study revealing a sleep latency of 5 minutes and three sleep onset REM periods. She has a recent history of neurosarcoidosis.

- ICD-9-CM:
  - 347.10 Narcolepsy in conditions classified elsewhere, without cataplexy
- ICD-10-CM:
  - D86.9 Sarcoidosis, unspecified
  - G47.429   narcolepsy without cataplexy

Sleep Medicine Coding
Case 6

A 60 year old male complaining of inability to fall asleep. He states that this has been a lifelong problem. He normally goes to bed at 2200 but states that he is unable to fall asleep until 0100. He awakens at 0700 feeling unrefreshed. He has tried multiple meds without benefit. He does sleep better when on vacation in an alternative sleep setting.

- ICD-9-CM:
  - 307.42   insomnia
- ICD-10-CM:
  - F51.04 Psychophysiologic insomnia

ICD-10 Sleep Codes - Insomnia

F51 Sleep disorders not due to a substance or known physiological condition

Excludes 2: organic sleep disorders (G47.-)

F51.0 Insomnia not due to a substance or known physiological condition

Excludes2: alcohol related insomnia (F10.182, F10.282, F10.982)

drug-related insomnia (F11.182, F11.282, F11.982, F13.182, F13.282, F13.982, F14.182,F14.282, F14.982, F15.182, F15.282, F15.982, F19.182, F19.282, F19.982)

insomnia NOS (G47.0-)

insomnia due to known physiological condition (G47.0-)

organic insomnia (G47.0-)

sleep deprivation (Z72.820)

ICD-10 Sleep Codes - Insomnia

F51.01 Primary insomnia

F51.02 Idiopathic insomnia

F51.03 Adjustment insomnia

F51.04 Paradoxical insomnia

F51.05 Psychophysiologic insomnia

F51.06 Insomnia due to other mental disorder

Code also associated mental disorder

F51.09 Other insomnia not due to a substance or known physiological condition

Sleep Medicine Coding
Case 7

A 34 year old male complaining of excessive daytime sleepiness. He has no history of snoring or apneas and denies frequent nocturnal arousals. He goes to bed at 0200 after watching reruns of *Baywatch* and gets up for work at 0600. He will sleep until 1100 on non-work days.

- ICD-9-CM:
    - 780.50 Sleep disturbance, unspecified
    - V69.4 Lack of adequate sleep
- ICD-10-CM:
    - Z72.820 Sleep deprivation

    Lack of adequate sleep
    - Excludes1: insomnia (G47.0-)

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Sleep Medicine Coding
Case 8

A 35 year old female in her 3rd trimester of pregnancy complains of excessive daytime sleepiness. She also notes uncomfortable sensations in her extremities that get worse as bedtime approaches.

- ICD-9-CM:
  - 333.94 Restless legs syndrome

- ICD-10-CM:
  - G25.81 Restless legs syndrome

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ICD-10 Sleep Codes - Movement

G47.6 Sleep related movement disorders
   Excludes 2: restless legs syndrome (G25.81)
   G47.61 Periodic limb movement disorder
      Periodic limb movement disorder
   G47.62 Sleep related leg cramps
   G47.63 Sleep related bruxism
      Excludes1: psychogenic bruxism (F45.8)
   G47.69 Other sleep related movement disorders

ICD-10-CM CODING

Remember Documentation MUST support the diagnosis code

The more specific, the less likely that the code will be rejected

Become familiar with payer policy specifics

CMS does allows 21 ICD-10 CM codes for 95810 but only 3 codes for 95800, 95801, 95806 and G0398-0400

ICD-10-CM Coding Resources

- **AMA:** www.ama-assn.org/go/ICD-10
- **CMS:** www.cms.gov/ICD10
- **CMS:** www.cms.gov/roadto10
- **National Center for Health Statistics (NCHS):** www.cdc.gov/nchs/icd.htm
- **American Academy of Professional Coders (AAPC):** www.aapc.com
- **American Hospital Association (AHA):** www.aha.org
- **American Health Information Management Association (AHIMA):** www.ahima.org

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Questions?