

What psychologists need to know about the coding system

Since October 1, 2015, psychologists and other health care professionals have been required to use the ICD-10-CM for diagnostic coding and billing purposes. The following information provides practical information on the ICD-10-CM and an easy-to-use crosswalk of the codes.

Some ICD basics

The International Classification of Diseases (ICD) diagnosis classification system is developed by the World Health Organization (WHO) and used globally. ICD-10-CM is the “Clinical Modification” of the WHO’s ICD-10 as adapted by the Centers for Disease Control and Prevention’s National Center for Health Statistics for use in the United States.

ICD-10-CM is the code set that complies with the Health Insurance Portability and Accountability Act (HIPAA) effective October 1, 2015 – the date it replaced the ICD-9-CM code set. All entities covered under HIPAA – not just those who submit Medicare and Medicaid claims – were affected by the switch to ICD-10-CM. Psychologists are covered by HIPAA if they electronically transmit protected health information (as defined by HIPAA) in connection with insurance claims or other third-party reimbursement.

Health care professionals are required to record a diagnostic code (or codes) on health insurance claims. ICD-10-CM codes must be used in diagnosis coding on electronic and paper claims for services provided on or after October 1, 2015.

The change to ICD-10-CM did not affect procedure coding (Current Procedural Terminology, or CPT®) for outpatient and office services.

Why was a new version of ICD developed?

WHO published the ICD-10 in 1992 and it began to be used internationally beginning in 1994. The U.S. was slow to transition for a variety of reasons, one of which was that the development of the CM version takes some time. Additionally, the ICD-10-CM contains nearly five times as many diagnosis codes as the ICD-9-CM—more than 68,000 in total. Yet psychologists generally use a relatively small number of codes.

Unlike the Diagnostic and Statistical Manual of Mental Disorders (DSM), ICD-10-CM does not provide diagnostic criteria or descriptions. WHO published a “Clinical Descriptions and Diagnostic Guidelines” companion to ICD-10, but it has not been updated since publication in 1992. The next version of the parent classification system – ICD-11 – from the World Health Organization expected for publication in 2018 will have a similar, and up-to-date, companion publication of clinical criteria and descriptions.

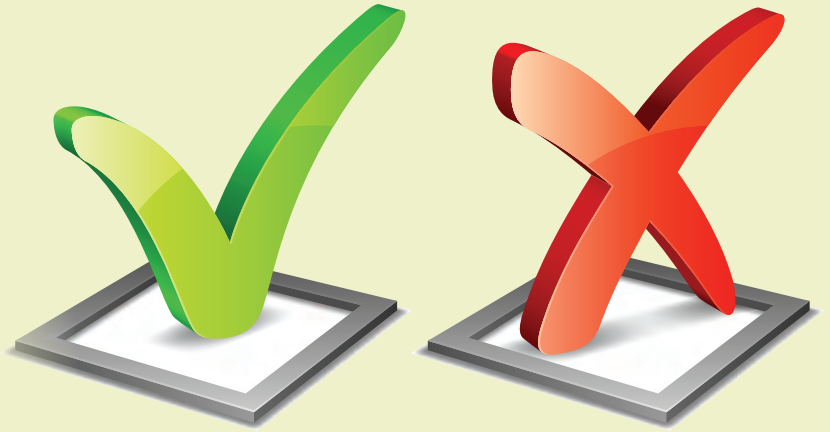
ICD-10-CM codes contain up to seven characters. The ICD-10-CM codes are alphanumeric, and each code begins with a letter – for example, F10.2. The letter corresponds to the relevant chapter where the code is found.

Clinical psychologists are most likely to use Chapter 5 – Mental, Behavioral and Neurodevelopmental Disorders – where codes begin with the letter F. Health psychologists, neuropsychologists and others might find additional chapters important, such as Chapter 6, Diseases of the Nervous System (codes G00-G99). All psychologists will want to be familiar with Chapter 18, Symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified (codes R00-R99). Within each chapter, disorders are clustered together so that similar disorders have similar codes.

Given its vastly expanded code list compared to ICD-9-CM, the ICD-10-CM system allows for greater specificity in coding compared with its predecessor. In particular, the substance use disorder codes listed in Chapter 5 are more extensive than in ICD-9-CM. For example, F10.2 is Alcohol dependence, F10.23 is Alcohol dependence with withdrawal and F10.231 is Alcohol dependence with withdrawal delirium.

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ICD-10-CM Checklist



The following checklist summarizes steps to review to be up-to-date with ICD-10-CM coding.

ACTION STEP	RELATED DETAILS
<input type="checkbox"/> Download the ICD-10-CM codes free of charge from the Centers for Disease Control and Prevention (CDC) website. Be sure to download the current version as it is regularly updated.	<input type="checkbox"/> See the Additional Resources list on page 6 for details.
<input type="checkbox"/> Identify the ICD-9-CM codes you most commonly use in your practice and explore corresponding ICD-10-CM codes.	<input type="checkbox"/> Keep in mind that the appropriate choice of ICD-10-CM code ultimately needs to be considered for each patient encounter. See the Additional Resources on page 6 for information about online tools that can assist with comparing ICD-9-CM to ICD-10-CM codes.
<input type="checkbox"/> Make sure that all paper and electronic forms you use in filing claims for outpatient services contain the proper ICD-10-CM codes.	<input type="checkbox"/> Medicare and other payers will reject claims that contain ICD-9-CM codes, codes from DSM-IV or codes that don't reflect the most recent updates.
<input type="checkbox"/> If you have been having problems with claim denials, check with any billing service, clearinghouse or electronic health record (EHR)/practice management system vendor you use to ensure they are using the proper ICD-10-CM codes.	<input type="checkbox"/> The "Road to 10" online resource noted in the Additional Resources on page 6 contains a "Template Library" with lists of questions to ask.
<input type="checkbox"/> If you have not yet done so, but are having problems, take advantage of training and system testing offered by any of the vendors you use and the third-party payers with which you are affiliated.	<input type="checkbox"/> Check vendor and payer websites for relevant information.
<input type="checkbox"/> Ensure that any staff who handle billing and claims processing receive adequate training.	<input type="checkbox"/> Available sources include online courses, webinars and even onsite training. Take advantage of training and educational resources offered by Medicare Administrative Contractors (MACs) and other applicable payers. For example, some MACs are offering webinars to interested Medicare Part B providers. Check their websites for details.

Crosswalk of ICD-9-CM to ICD-10-CM Codes

Use this reference list to help you with coding for services now that ICD-10-CM diagnostic codes are in effect.

This crosswalk was developed to help members of the APA Practice Organization. The list contains many of the frequently used codes in the Mental, Behavioral and

Neurodevelopmental Disorders section (Chapter 5) of the ICD-10-CM classification system. The diagnoses listed below coincide with the wording in ICD-10-CM. These diagnostic names may differ from those in the DSM-5.

Attention Deficit / Hyperactivity Disorder

ICD-9-CM Code	ICD-10-CM Code	Diagnosis
		Attention-Deficit / Hyperactivity Disorder
314.00	F90.0	Predominantly inattentive type
314.01	F90.1	Predominantly hyperactive type
314.01	F90.2	Combined type
314.01	F90.8	Other type
314.01	F90.9	Unspecified type

Depressive Disorders

ICD-9-CM Code	ICD-10-CM Code	Diagnosis
		Single Episode
296.21	F32.0	Mild
296.22	F32.1	Moderate
296.23	F32.2	Severe without psychotic features
296.24	F32.3	Severe with psychotic features
296.25	F32.4	In partial Remission
296.26	F32.5	In full remission
296.20	F32.9	Unspecified
		Recurrent Episode
296.31	F33.0	Mild
296.32	F33.1	Moderate
296.33	F33.2	Severe without psychotic features
296.34	F33.3	Severe with psychotic features
296.35	F33.41	In partial remission
296.36	F33.42	In full remission
296.30	F33.9	Unspecified
300.4	F34.1	Dysthymic disorder

Common Anxiety Disorders

ICD-9-CM Code	ICD-10-CM Code	Diagnosis
293.84	F06.4	Anxiety disorder due to known physiological condition
300.21	F40.01	Agoraphobia with panic disorder
300.22	F40.02	Agoraphobia without panic
300.23	F40.11	Social phobia, generalized
300.01	F41.0	Panic disorder without agoraphobia
300.02	F41.1	Generalized anxiety disorder
300.3	F42.2	Obsessive-compulsive disorder
309.21	F93.0	Separation anxiety disorder of childhood

Bipolar Disorder

ICD-9-CM Code	ICD-10-CM Code	Diagnosis
296.40	F31.0	Current episode hypomanic
		Current episode manic
296.41	F31.11	Mild
296.42	F31.12	Moderate
296.43	F31.13	Severe without psychotic features
296.44	F31.2	Severe with psychotic features
296.45	F31.73	In partial remission
296.46	F31.74	In full remission
		Current episode depressed
296.51	F31.31	Mild
296.52	F31.32	Moderate
296.53	F31.4	Severe without psychotic features
296.54	F31.5	Severe with psychotic features
296.55	F31.75	In partial remission
296.56	F31.76	In full remission

Autism Spectrum Disorder

ICD-9-CM Code	ICD-10-CM Code	Diagnosis
299.00	F84.0	Autistic disorder

Common Eating Disorders

ICD-9-CM Code	ICD-10-CM Code	Diagnosis
		Anorexia nervosa
307.1	F50.01	Restricting type
307.1	F50.02	Binge-eating / purging type
307.51	F50.2	Bulimia nervosa
307.51	F50.81	Binge-eating disorders
307.50	F50.9	Eating disorder, unspecified

Trauma- and Stressor-Related Disorders

ICD-9-CM Code	ICD-10-CM Code	Diagnosis
313.89	F94.1	Reactive attachment disorder of childhood
308.3	F43.0	Acute stress reaction
309.81	F43.10	Posttraumatic stress disorder, unspecified
		Adjustment disorders
309.0	F43.21	With depressed mood
309.24	F43.22	With anxiety
309.28	F43.23	With mixed anxiety and depressed mood
309.3	F43.24	With disturbance of conduct
309.4	F43.25	With mixed disturbance of emotions and conduct
309.9	F43.20	Unspecified
309.89	F43.8	Other reactions to severe stress

Psychotic Disorders

ICD-9-CM Code	ICD-10-CM Code	Diagnosis
295.30	F20.0	Paranoid schizophrenia
295.90	F20.3	Undifferentiated schizophrenia
295.70	F25.0	Schizoaffective disorder, bipolar type
295.70	F25.1	Schizoaffective disorder, depressive type
298.9	F29	Unspecified psychosis not due to a substance or known physiological condition

Additional Resources

APA Practice Organization

Members of the APA Practice Organization have access to a web-based application free of charge that provides information about the ICD-10-CM, featuring diagnostic codes for Chapter 5. Users are able to navigate content by searching for key words, by browsing a list of featured ICD-10-CM diagnoses or by exploring several graphical interfaces. Practice Organization members can use the application and access additional information about ICD-10-CM. Go to the Practice Organization website (apapracticecentral.org), click on "Reimbursement" from the menu bar and then select "Diagnostic Coding & ICD." You will be prompted to provide your membership number.

American Psychological Association

A Primer for ICD-10-CM Users

This spiral-bound book provides a helpful overview of ICD-10-CM and contains all of Chapter 5 (the F codes related to mental, behavioral and neurodevelopmental disorders) as an appendix. This is available at the APA website at www.apa.org/pubs/books/; it also is available as a Kindle version.

A Student's Guide to Assessment and Diagnosis Using the ICD-10-CM: Psychological and Behavioral Conditions

This easy-to-read guide is useful for teaching students the conceptual framework of the ICD-10-CM and its application in assessment and diagnosis. Case examples are used to illustrate diagnostic formulation as well as illustrating potential ethical and legal risk management issues. www.apa.org/pubs/books/

Centers for Medicare and Medicaid Services

www.cms.gov/ICD10

The ICD-10 landing page on the Centers for Medicare and Medicaid Services (CMS) site features fact sheets, FAQs, checklists and other helpful resources. You can use the link on this web page to sign up for e-mail updates from CMS. Among the many resources available from CMS is "Road to 10: The Small Physician Practice's Route to ICD-10" available online at www.roadto10.org. While tailored to "small physician practices," this CMS resource has helpful information and guidance for other health and mental health professionals, including practicing psychologists. It includes FAQs and videos, as well as templates to use when reviewing ICD-10-CM readiness with your billing service, clearinghouses and other outside vendors. "Road to 10" also includes questions to ask payers with which you work.

Centers for Disease Control and Prevention

The ICD-10-CM Tabular List of Diseases and Injuries available free of charge from the federal government. It is useful to download for handy regular reference. It opens with a table of contents that lists the chapters in ICD-10-CM and includes links to each. To download this list, visit the Centers for Disease Control and Prevention web page at cdc.gov/nchs/icd/icd10cm.htm, and follow these steps

- Scroll down to "2017 release of ICD-10-CM"
- Click on "ICD-10-CM FY2017 Full PDF"
- In the FTP Directory, click on "icd10cm FY2017 Full PDF.zip"
- Click Open
- Click on "icd10cm_tabular_2017.pdf"

Note that fourteen mental health ICD-10-CM codes changed on October 1, 2016. This crosswalk and a list of all the updated codes are available from the APA Practice Organization.

Mobile Apps and Web-based Code Conversion Tools

Numerous online tools are available to assist health and mental health professionals – for example, www.icd10data.com/Convert. If interested, go to the app store for your platform (Apple, Android, etc.) and search for ICD-10-CM products. Check out the price and customer reviews for various options.

Some of these apps and other web-based tools are free; many more are available for a nominal fee, e.g., less than \$5. Keep in mind that, while the tools may be helpful, there are limitations to their use. An overreliance on code conversion, or "crosswalk," tools may result in choosing incorrect codes, given the far more numerous ICD-10-CM codes available compared to ICD-9-CM. Users should get in the habit of checking the results of conversion tools against the complete list of ICD-10-CM codes to ensure an appropriate degree of specificity in their choice of code.

