

# OIG Targeted High Risk Condition Series Session 3: Major Depression Disorder, Anorexia & Bulimia

# **Virtual Conference**

Thursday, April 3, 2025

Jointly provided by Healthfirst and Northwell Health





## OIG Targeted High Risk Condition Series Session 3: Major Depression Disorder, Anorexia & Bulimia

#### PROGRAM OVERVIEW

The purpose of this webinar series is to outline strategies and educate Healthfirst clinical providers on ICD-10 accuracy and clinical documentation improvement based on recommendations from the Office of Inspector General (OIG). The aim is to empower the providers and coders while enhancing the quality of healthcare delivery delivery.

Program components include, but are not limited to:

- Interactive sessions covering ICD-10 coding guidelines and documentation requirements.
- Case studies and examples illustrating coding scenarios and documentation challenges.
- Modules covering key aspects of ICD-10 coding and documentation improvement.
- Sharing experiences, tips, and strategies for improving documentation accuracy.

#### PROGRAM OBJECTIVES

Upon completion of this activity, participants should be able to:

- Recall the importance of accurate ICD-10 coding and documentation in healthcare.
- Identify common documentation pitfalls and errors impacting coding accuracy.
- Apply best practices for clinical documentation improvement to support accurate coding.
- Comply with OIG recommendations to minimize risks of improper payments and audits.

#### SESSION 3 OBJECTIVES

#### Major Depression Disorder

• Describe episode and severity of depression and select the most appropriate ICD-10 CM code for Major Depression Disorder.

#### Anorexia & Bulimia

• Identify and support diagnostic criteria for anorexia nervosa and bulimia nervosa and treatment methods while selecting the accurate ICD 10 CM code.

#### TARGET AUDIENCE

This activity has been planned by and for both physicians and clinical documentation  $\vartheta$  coding professionals. Medical providers such as PCPS and specialists in the areas of endocrinology, vascular, pulmonology, oncology, cardiology who treat chronically ill patients affected by these disease states and who will improve patient outcomes by enhancing their knowledge of ICD-10 coding are encouraged to join.

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#### **ACCREDITATION STATEMENT**

In support of improving patient care, this activity has been planned and implemented by Northwell Health and Healthfirst. Northwell Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE) and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.



#### **CREDIT DESIGNATION STATEMENTS**

Physicians: Northwell Health designates each live activity for a maximum of 1.0 AMA PRA Category 1 Credits<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Verification of attendance: This will be provided to all professionals.

#### REGISTRATION

If you need additional information or to register for the event, please email Angela Sullivan, Manager of Provider Education, at asullivan@healthfirst.org or call 917-748-8455.

# AGENDA

# Thursday, April 3, 2025

	Welcome and Introduction to CME Activity
8:55AM	Emily Felzenberg, DO, JD, MPH, FACOI AVP, Associate Medical Director Healthfirst

Session		
9:00AM-9:45AM	OIG Targeted High Risk Conditions: Session 3: Major Depression Disorder, Anorexia & Bulimia Damarys Ayala, MJ, RHIA, CRC, CPMA, CPC, CDEO AAPC Approved Instructor Manager, Provider Education Clinical and Documentation Excellence Healthfirst	
9:45AM	Question and Answer Session	

# 10:00AM - Adjournment

# Major Depression Disorder & Anorexia & Bulimia Clinical Documentation & Coding Dept.

**Information Sharing** 

04/03/2025

Credit: CME/CEU

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# **AAPC - Continuing Education Units (CUEs)**



- This webinar is approved by American Academy of Professional Coders (AAPC)
- Only registered participants will be eligible for CEUs.
- To receive a CEU certificate, You must attend at least 45 minutes of the webinar.
- Participants must be connected to both the audio and visual parts of the meeting for attendance to be recorded.
- After attendance is verified, an AAPC CEU certificate will be emailed to the appropriate participants.
- Sharing or claiming a CEU certificate without attending the webinar is strictly prohibited and could be viewed as fraudulent by AAPC.



# **CMS Mandate**

Any Condition that is <u>taken into account</u> or <u>affects patient care</u>, <u>treatment</u> or <u>management</u> should be documented and ultimately coded.<sup>1</sup>

- Addressing and documenting all pertinent diagnoses is imperative!

 $\frac{https://www.cms.gov/Research-Statistics-Data-and-Systems/Monitoring-Programs/Medicare-Risk-Adjustment-Data-Validation-Program/Other-Content-Types/RADV-Docs/Medical-Record-Reviewer-Guidance.pdf$ 

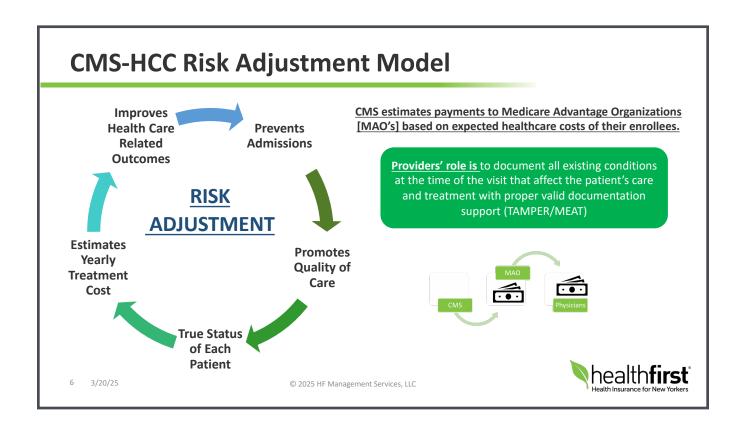
1 "Centers for Disease Control and Prevention." Classification of Diseases, Functioning and Disability . 08312009. Centers for Medicare and Medicaid Services (CMS) and the National Center for Health Statistics (NCHS), Web. 21 Jan 2010. http://www.cdc.gov/nchs/data/icd9/icdguide09.pdf".

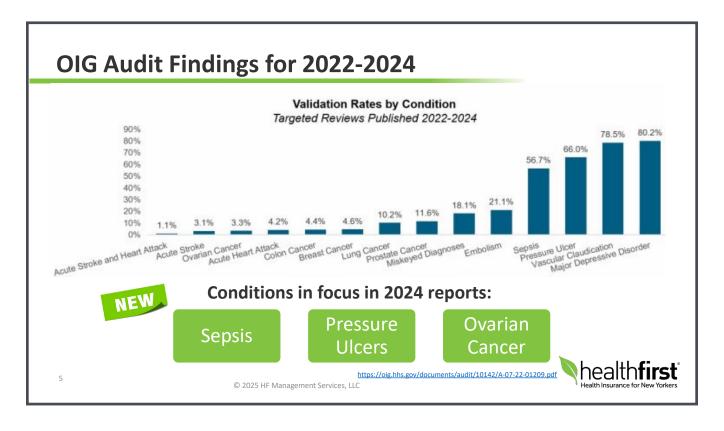
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# AGENDA OIG Findings Risk Adjustment Overview Documentation & Examples • Major Depression Disorder • Anorexia & Bulimia Q&A 3 3/20/25 © 2025 HF Management Services, LLC







- Providers must accurately document the patient's diagnoses for each visit (encounter). MEAT (Monitor Evaluate Assess Treat) is most used acronym to assist providers with documentation improvement tips.
- With the growing changes in healthcare, the need to expand clinical documentation has also grown...from MEAT to TAMPER!

	M.E.A.T.	T.A.M.P.E.R.
MONITOR	✓	✓
EVALUATE	✓	✓
ASSESS	✓	✓
TREAT	✓	✓
PLAN		✓
REFERRAL		✓

#### TAKE IT UP A NOTCH!

Review records, specialist and consultation notes, discharge summaries

Order lab and diagnostic tests

Discuss and counsel

## Monitor

Signs and symptoms
Disease progression
Disease recession

# Plan • Diet

exercise
Therapy
Return to office
Considering surgical
procedures

CMS validates the most severe

manifestation of disease

reported

#### Evaluate

Test results (i.e., labs/diagnostic tests) Medication effectiveness Treatment response

## Referral

Prescriptions for referrals to specialists for documented chronic conditions

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#### **Hierarchical Condition Categories (HCC) EXAMPLE: Diabetes Hierarchy Higher HCC** Pancreas Transplant Status нсс36 **Diabetes With Severe Acute Complications HCC37 Diabetes With Chronic Complications HCC 38 Lower HCC** Diabetes With Glycemic, Unspecified, or No Complications Hierarchies are Diagnosis (Dx) Groups **HCC Groups HCCs** are selected imposed

Dx Groups are combined into

**Condition Categories** 

☐ HCC Model = Estimates healthcare cost for each patient

□ RADV = Risk Adjustment Data Validation

ICD-10 Codes are assigned into

Dx Groups that represent a

☐ HCC = Hierarchical Condition Categories

☐ HCC Categories Capture = Must be documented and re-submitted each year

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To calculate the risk score

(among with other factors i.e.

demographics, age, sex)

# **Poll Question**

Best method of clinical documentation is using the MEAT or Tamper method?



A. True

B. False

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# **Poll Question**

# **HCC** is an acronym for?

A. HHS comorbidity categories



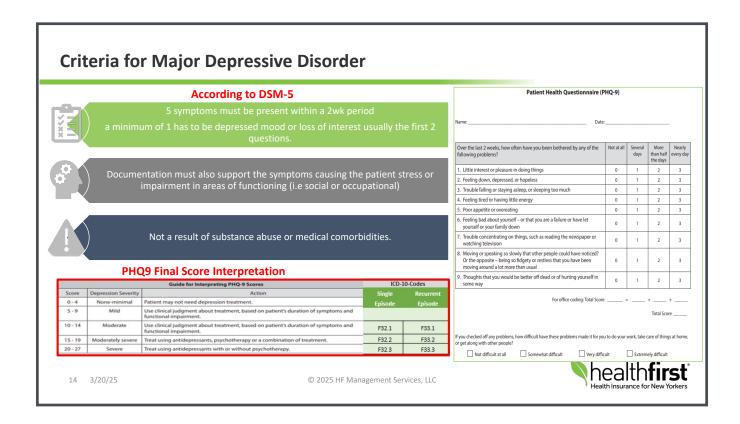
- B. Hierarchical condition category
  - C. Health complication classifications
  - D. Hierarchical complication category



Coding Example for MDD - Illustrative Purposes Only			
Diagnosis	<b>F33.3</b> Major depressive disorder, recurrent, severe with psychotic symptoms	HPI  Background Hx: Pt is a 72 years old Hispanic female with long Hx of mental illness, was diagnosed with MDD with Ps features was seeing the psychiatrist and therapist for many years for her ongoing depression and perceptual disturban	
HCC Category	<b>152</b> –Psychosis, Except Schizophrenia	reported that because of the Pandemic she was unable to continue her outpatient treatment with ther Psychiatrist and the therapist.  ROS	
Diagnosis Supported	Yes	Patient reports no alcohol cravings/abuse and feels safe in a relationship;pt reported doing much better with her depression, decreased hearing the voices and which were less stress full. She reports no fever, no recent involuntary weight loss, no recent involuntary weight loss, no recent involuntary weight gain, no night sweats, and exercises regularly. She reports no loss of consciousness,	
HCC Validated	Yes	no numbness, no weakness, no restless legs, no seizures, no frequent or severe headaches, and no dizziness. She reports no runny nose, no sinus pressure, no hives, no frequent sneezing, and no pruritus.  Assessment / Plan  IMPRESSION	
Coding Rationale	HCC Validated	MDD. Recurrent, With Psychotic Features, Moderate Insomnia  PLAN: Continued Viibryd 20 mg po for her depressive symptoms	
Comments	HPI-HX of MDD with psychotic features was seeing the psychiatrist and therapist. ROS-Doing much better with depression, decreased hearing the voices. A/P-MDD on Vilbryd	Continued Risperidone 0.5 mg po HS to control her voices. Added Ambien 5 mg po HS to address her sleep difficulties. Recommended to continue her individual psychotherapy Pt was explained the benefits, risks and side effects of both Viibryd and Risperidone, especially the sedation and EPS symptoms with risperidone - Pt understood and verbalize the consent and agreed to the current treatment plan.  1. Severe recurrent major depression with psychotic features	
Recommendatio n	Continue to support Major Depressive Disorder recurrent, severe with psychotic symptoms using meat or tamper.	F33.3: Major depressive disorder, recurrent, severe with psychotic symptoms  2. Major depression with psychotic features - Continued Vilbryd 20 mg po for her depressive symptoms  Patient was informed that sertraline has side effects that include but are not limited to sexual dysfunction, decreased appetite, nausea, diarrhea, constipation, dry mouth, insomnia, sedation, agitation, tremors, headache, dizziness, CNS-activation, sweating, bruising, rare bleeding, rare hyponatremia, rare hypotension, and SIADH. Patient acknowledged these risks and the handfits of the medication.	
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# **Major Depression Disorder (MDD)**





Documentation Specificity for Major Depressive Disorder				
Identify the Status	Include Severity	Presence or absence of	Remission status	Treatment
☐ Stable ☐ Single Episode ☐ Recurrent Episode	☐ Mild ☐ Moderate ☐ Severe	Psychosis/Psychotic Features Other Note: For Presence of Psychotic Symptoms or Features, if present the level of severity is severe		<ul><li></li></ul>
MDD - Single Episode:  Moderate - F32.1  Severe Without Psychot Features - F32.2  Severe With Psychotic F F32.3	☐ Moderate - F33.1  ic Severe Without Psych Features - F33.2	Examp depressi	e: Mild recurrent Major ve disorder – cont. Zoloft	
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# Coding Example for MDD - Illustrative Purposes Only

Diagnosis	F33.3 Major depressive disorder, recurrent, severe	History of Present Illness Depression Succering		
Diagnosis	with psychotic symptoms	PHO-9 Little interest or pleasure in doing things Nearly every day, Feeling down, depressed, or hopeless Nearly every day, Trouble falling or staying asleep, or sleeping too much More than half the days, Feeling tired or having little energy. More than half the days, Poor appetite or overeating Nearly evi		
HCC Category	<b>152</b> –Psychosis, Except Schizophrenia	day, Feeling bad about yourself or that you are a failure, or have let yourself or your family down More thalf the days, Trouble concentrating on things, such as reading the newspaper or watching television Several days, Moving or speaking so slowly that other people could have noticed; or the opposite, being fidgety or restless that you have been moving around a lot more than usual Several days, Thoughts that you would be better off dead or of hurting yourself in some way Not at all, Total Score 17, Interpretation Moderately Severe Depression.		
Diagnosis Supported	Yes	Depression Screening: PHQ-2 (2015 Edition) Little interest or pleasure in doing things? Nearly every day, Feeling down, depressed, or hopeless? Nearly every day, Total Score 6. Z Care Transitions:		
HCC Validated	Yes	Pt is seen today for inital TOc visit. Pt states having some difficulty getting to PCP and was referred RCS, pt states she was recently admitted to the hospital then rehab from 7/8-7/16. Rehab D/C states pt admitted from change in mental status and UTI. Pt states she follows a Pych for depression but does no have a therapist. Pt states feeling much better today. Ambulates with cane and sometimes walker. No re falls to report. NO chest pain, /sob or LLE.  Treatment		
Coding Rationale	HCC Validated	Heart failure, unspecified     Continue Metoproloi Tartrate Tablet, 100 MG, 1 tablet with food, Orally, Twice a dontinue Aspirin Tablet Delayed Release, 81 MG, 1 tablet, Orally, Once a day LAB: LIPID PANEL     LAB: VITAMIN D 25-HYDROXY LAB: MICROALB/CREAT RATIO PANEL		
Comments	HPI- PHQ-9 score 17 Little interest or pleasure in doing thing nearly everyday. A/P-MDD on Lexapro and Risperidone	LAB: VIT B12 & FOLATE LAB: HEMOGLOBIN A1C LAB: URINALYSIS WIRFLX CULTURE Imaging: Chest X-ray PA and lateral Imaging: Electrocardiogram (EKG)		
	<u> </u>	Unspecified asthma, uncomplicated     Continue Montelukast Sodium Tablet, 10 MG, 1 tablet, Orally, Once a day		
Recomendation	Continue to support Major Depressive Disorder	Sessential (primary) hypertension     Continue Losartan Potassium Tablet, 25 MG, 1 tablet, Orally, Once a day		
	recurrent, severe with psychotic symptoms using meat or tamper.	Major depressive disorder, recurrent, severe with psychotic symptoms Continue Lexapro Tablet, 5 MG, 1 tablet, Orally, Once a day Continue risperiDONE Tablet, 0.5 MG, 1 tablet, Orally, twice a day		
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# **Poll Question**

# Which example is documented to highest level of specificity?

A. A 25-year-old patient is seen for a follow up visit. Continues to express feelings of loneliness, sadness, and loss of interest in hobbies that he once enjoyed. Patient is diagnosed with **depression**.



B. Patient presents for a follow up of her <u>recurrent major depressive disorder of moderate</u> <u>severity</u>. Patient complaints of loss of interest or pleasure in most activities, tiredness, fatigue, low motivation for routine tasks. Today her a PHQ9 score is 13. Counseled the patient and updated medication of Prozac.

Rationale:

Documentation specifies **episode of recurrence** and **severity** of major depressive disorder and includes MEAT-with Medication Prozac.



# **Documentation of Behavioral Conditions**







# When a behavioral disorder is suspected but not yet confirmed

(i.e: "Suspected", "Rule out")

Cannot be abstracted as established diagnosis

#### When diagnosis is confirmed

Presence of diagnosis should be documented along with medication and types of therapy:

- "well controlled on medication"
- "pt receiving active psychotherapy"

Behavioral disorders documented as "resolved" that do not require continued treatment.

- Individual who has previously been diagnosed with MDD, received treatment & is no longer depressed or receiving treatment (no meds). You may code Z86.59 - Personal History of other mental and behavioral disorders.
- If patient's symptoms resolved due to ongoing medication use, the conditions should be documented and coded as "full or partial remission"

\*Note there's always a risk of relapse even after achieving remission.

#### Note:

A patient with major depression disorder should not be documented as having "history of MDD", instead use provider's active voice indicating condition is still active. (i.e patient with severe MDD, on Prozac.)

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# **Poll Question**

# When documenting major depressive disorder include the following?

- A. Recurrence, such as single episode or recurrent
- B. Severity(Mild, moderate, or severe)
- C. Presence of psychotic features(if applicable)



D. All of the above



# **Anorexia & Bulimia**



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# **Tips for Documenting and Coding Major Depression Disorder**

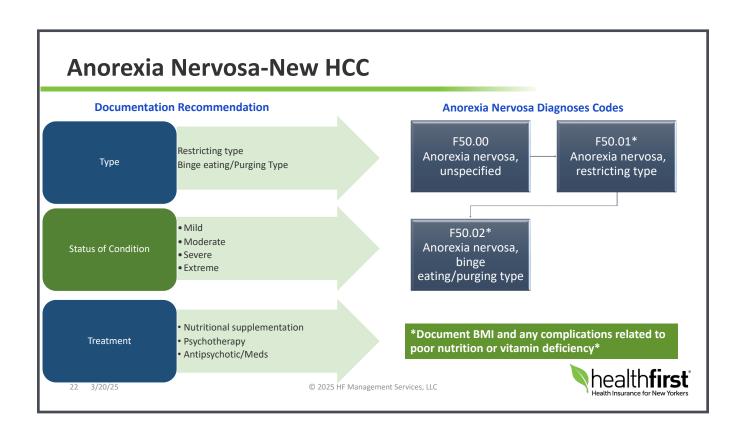
Coding MDD accurately requires the documentation to note the following:

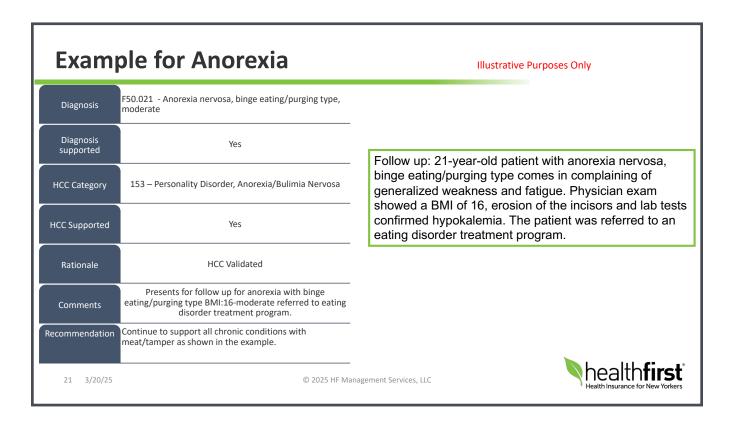
- Symptoms are present for at least 2 weeks.
- If it is single, recurrent episode
- if it is mild moderate, severe with/without psychotic features, and if partial or full remission.

Always document to the highest degree of specificity

Avoid using the acronym "MDD" to represent Major Depressive Disorder, as it also can represent manic depressive disorder, which classifies to a different diagnosis code. As a best practice, spell out the diagnosis in full for all applicable descriptors and include information about any antidepressant medication







#### **Example for Bulimia** Illustrative Purposes Only F50.22-Bulimia nervosa, moderate Diagnosis Diagnosis Yes supported A new patient presents with compulsive binge eating and purging five times per week for the last 3 months. The 153 – Personality Disorder, Anorexia/Bulimia Nervosa **HCC Category** patient has excessive exercise regimen 7 days a week 2 twice a day. The patient has frequent trips to the bathroom **HCC Supported** Yes using laxatives and has withdrawals from friends and activities. After examination by the provider, the patient is diagnosed with Bulimia nervosa, moderate Rationale **HCC** Validated Patient with compulsive binge eating and purging five times per week for the last 3 months. Exercise 7 days a week 2 times a day. Frequent trips to the bathroom using laxatives. Withdrawals from friends Continue to support all chronic conditions with meat/tamper as shown in the example. 3/20/25 © 2025 HF Management Services, LLC

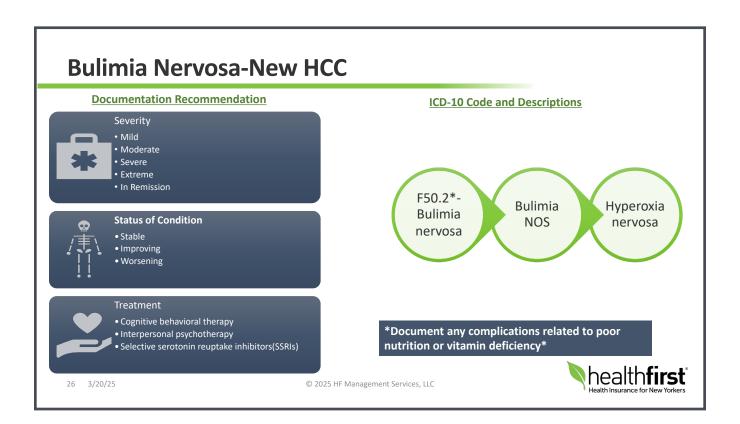
# **Poll Question**

When documenting for Anorexia, BMI is important for specificity.



B. False





# **Bulimia Examples**

#### **Unspecified Diagnosis**

Patient presents to E/R for dehydration and irregular menstruation. Patient medical history is bulimia nervosa being following by Dr. X. Pt refuses to tell how many episodes of inappropriate compensatory behavior per week. Physician codes - F50.20-Bulimia nervosa, unspecified.

#### **Higher Level of Specificity**

Patient presents to E/R for dehydration and irregular menstruation. Patient medical history is bulimia nervosa being following by Dr. X. Pt advised physician that she has 5 episodes of inappropriate compensatory behavior per week. Physician codes - F50.22-Bulimia nervosa, moderate.



# **High Quality Documentation**



Complete – Fully addressing all concerns in the patient record.



Consistent – non contradicting/conflicting documentation.



Timely – prepared, signed and dated at the time the care was provided.



Clear – thorough description of what occurred with the patient



Precise – clearly defined by highest level of specificity that can be determined from the clinical evidence



Legible – clear and easy for the reader to interpret



Reliable – trustworthy documentation

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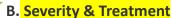


# **Poll Question**

# What should the documentation for Bulimia include?



A. Severity(Mild, Moderate, Severe, Extreme)



C. None of the above



# **Healthfirst Job aids for Providers & Coders**







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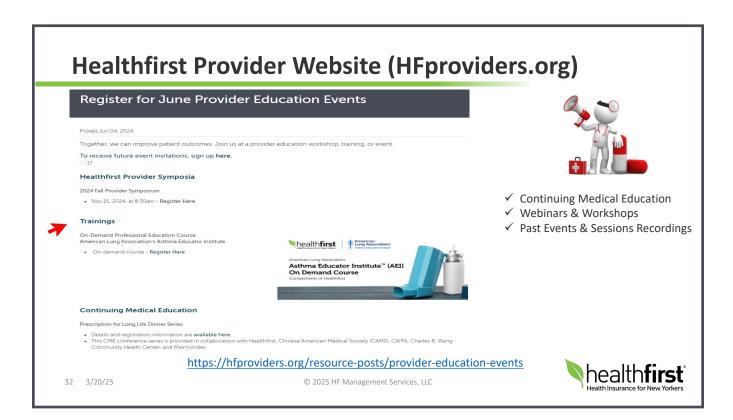
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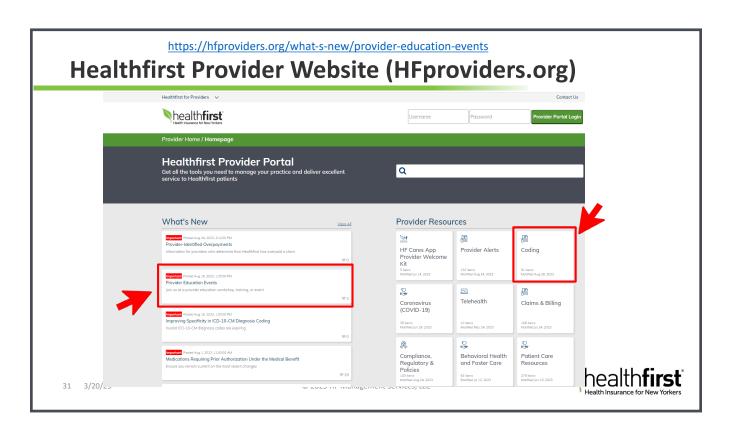
# **Poll Question**

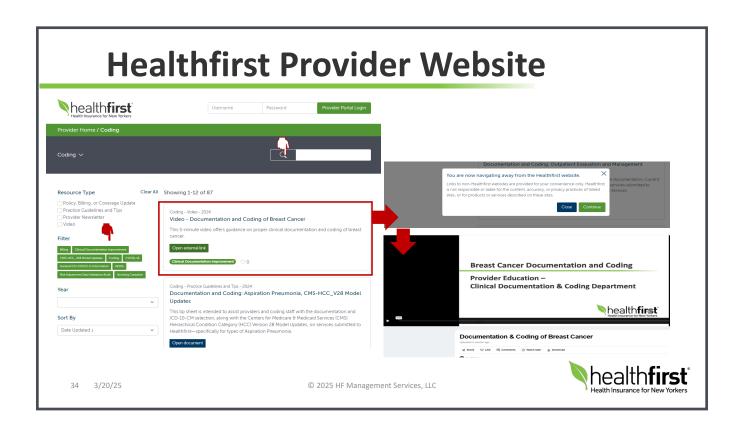
Documentation of evaluation or treatment of a chronic condition must occur at which of the following intervals to be captured for risk adjustment?

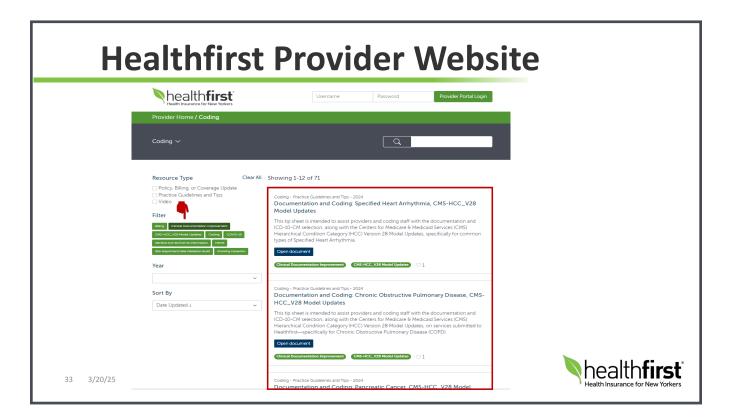
- A. Quarterly
- B. Twice Yearly
- C. Annually
  - D. Every other year











# **References:**

- AAPC When is an injury Initial, Subsequent & Sequela?
- 2024-icd-10-cm-coding-guidelines

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# **Questions**



Website of Job Aids: <a href="https://hfproviders.org/provider-resources/coding">https://hfproviders.org/provider-resources/coding</a>
Email any questions or concerns at: <a href="mailto:#Risk\_Adjustments\_and\_clinical\_Documentation@healthfirst.org">#Risk\_Adjustments\_and\_clinical\_Documentation@healthfirst.org</a>



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Thank you for attending
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