ICD-10 Diagnosis Documentation Tips – Psychiatry and Behavioral Health

Why the number of ICD-10 codes has increased:

- **Clinical specificity**: Example: phobias
  - Agoraphobia – now includes “without panic disorder”
  - Social phobias – now “generalized” v. “unspecified”
  - Specific phobias – ICD-10 includes specific codes for: Arachnophobia, other animal phobias, fear of thunderstorms, fear of blood, injections/tranfusions, other medical care, claustrophobia, acrophobia, fear of bridges, fear of flying, androphobia, gynecophobia

**Pain disorder related to psychological factors (2 codes):**

- Pain disorder exclusively related to psychological factors
- Pain disorder with related psychological factors
  - Central pain syndrome
  - Acute pain
    - Due to trauma, post-thoracotomy, other acute post-procedural pain
  - Chronic pain
    - Due to trauma, post-thoracotomy, other acute post-procedural pain
  - Neoplasm related pain
  - Chronic pain syndrome
Terminology Change: Attention-deficit hyperactivity disorder

- Types:
  - Predominantly inattentive type, predominantly hyperactive type, combined type, other type, unspecified

Substance abuse:

- Codes for alcohol/drug use are now classified as:
  - Abuse
  - Dependence
  - Use (not specified as abuse or dependence)
- Numerous subtypes based upon manifestation; for example alcohol dependence has 20 subtypes, including
  - In remission
  - Intoxication (uncomplicated, delirium, unspecified)
  - Withdrawal (uncomplicated, delirium, perceptual disturbance, unspecified)
  - Mood disorder
  - Psychotic disorder (delusions, hallucinations, unspecified)
  - Persisting amnestic disorder
  - Persisting dementia
  - Other disorder (anxiety, sex dysfx, sleep dis, other)

ICD-10-CM does not provide separate “history” codes for alcohol and drug abuse. Such conditions are classified as “in remission.” [if documented]