

Bipolar Disorder (F31) – also known as manic-depressive disease is a mental health condition that causes extreme mood swings. This includes emotional highs also called mania or hypomania and lows or depression. The emotional highs and lows can be experienced at the same time (mixed state). For a patient to meet the criteria of bipolar illness, there must be an occurrence of at least one manic episode in their lifetime, with or without a depressive state.

Signs and Symptoms

Manic phases

- Excessive happiness, excitement, or over self-confidence
- Instant changes from joy to anger and hostility.
- Restlessness
- Rapid speech
- Poor concentration
- Increased energy
- Unable to sleep.
- High sex drive
- Make grand and unattainable plans.
- Show poor judgement.
- Very impulsive
- Drug and alcohol abuse

Some people are considered psychotic. They see and hear things that do not exist, believe self to be superhuman or God-like.

Bipolar depression symptoms include:

- Sadness
- Loss of energy
- Feels hopeless or worthless.

- Loss of enjoyment from activities that were once enjoyable.
- Difficulties in concentration
- Unable to make decisions.
- Irritability
- Insomnia or excessive sleep
- Change in appetite.
- Harmful thoughts of death or suicide
- Suicide attempt

Risk Factors

- **Genetics**- Parent or siblings diagnosed with bipolar disorder.
- **Biological differences**- Physical changes in the brains
- Periods of high stress, death of loved one or traumatic event.
- Drug or alcohol abuse

Diagnostic testing

- Physical exam
- Lab tests to identify any medical problems.
- Psychiatric assessment with a psychiatrist
- Mood charting - daily record of moods, sleep patterns or other factors
- Criteria for bipolar disorder - A psychiatrist compares the patient's symptoms with the criteria for bipolar or related disorders in the Diagnostic and Statistical Manual of Mental Disorders published by the American Psychiatric Association

Treatment

- Mood stabilizing drugs.
- Antiseizure medications
- Atypical neuroleptics

- Stimulants
- Thyroid medications
- Light therapy
- Electroconvulsive therapy (ECT)
- Transcranial magnetic stimulation (TMS)
- Vagus nerve stimulator
- Ketamine treatment

Clinical Documentation and Coding Tips

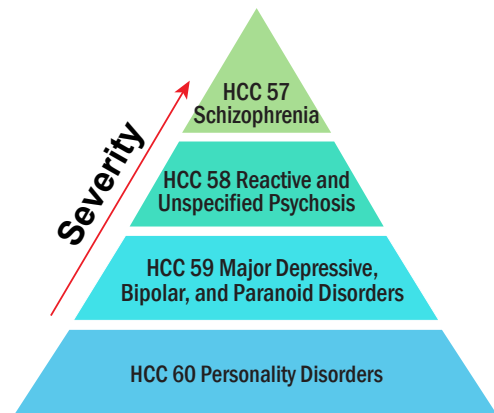
- Always document it to the highest level of specificity
- SOAP Notes documentation tips:
 - **Subjective** – Document the presence or absence of any current symptoms or conditions related to bipolar disorder.
 - **Objective** – Document signs and symptoms and labs/test results related to Bipolar disorder.
 - **Assessment** – Document diagnostic statements that are compatible with the ICD-10 CM to the highest specificity.
 - **Plan** – Document and link all medications used to treat bipolar disorder. Detail any referrals, consultations, labs, or diagnostic testing requested.

Medicare Hierarchal Condition Categories (HCC)

Hierarchical condition category (HCC) coding is a risk-adjustment model designed to estimate future health care costs for patients. This model filters ICD-10CM codes into diagnosis groups (DxGs), and then into Conditions Categories (CCs). Hierarchies or families are placed to gain an HCC numeric code, which translates to a risk adjustment factor (RAF) value. Each diagnosis code found in the model, as a stand-alone diagnosis code or within a family or hierarchy, carries a value through RAF, but this value can change if the patient has other influencing factors such as ESRD, hospice, or are dual-eligible. Families or hierarchies set a value based on severity of illness, with more severe diagnoses carrying the overall risk score for that family. Diagnoses within families or hierarchies are inclusive of one another, while any additional diagnoses from other hierarchies or stand-alone diagnoses are additive and increase each patient's overall risk score.

Bipolar disorder is a chronic condition that falls within the category “Major Depressive, Bipolar, and Paranoid Disorders” (59) with an average RAF Score of 0.299

Coding for Bipolar Disorder



ICD 10 CM	Description
F31.0	Bipolar disorder, current episode hypomanic
F31.10	Bipolar disorder, current episode manic without psychotic features, unspecified
F31.11	Bipolar disorder, current episode manic without psychotic features, mild
F31.12	Bipolar disorder, current episode manic without psychotic features, moderate
F31.13	Bipolar disorder, current episode manic without psychotic features, severe
F31.2	Bipolar disorder, current episode manic severe with psychotic features
F31.30	Bipolar disorder, current episode depressed, mild or moderate severity, unspecified
F31.31	Bipolar disorder, current episode depressed, mild
F31.32	Bipolar disorder, current episode depressed, moderate
F31.4	Bipolar disorder, current episode depressed, severe, without psychotic features

F31.5	Bipolar disorder, current episode depressed, severe, with psychotic features
F31.60	Bipolar disorder, current episode mixed, unspecified
F31.61	Bipolar disorder, current episode mixed, mild
F31.62	Bipolar disorder, current episode mixed, moderate
F31.63	Bipolar disorder, current episode mixed, severe, without psychotic features
F31.64	Bipolar disorder, current episode mixed, severe, with psychotic features
F31.70	Bipolar disorder, currently in remission, most recent episode unspecified
F31.71	Bipolar disorder, in partial remission, most recent episode hypomanic
F31.72	Bipolar disorder, in full remission, most recent episode hypomanic
F31.73	Bipolar disorder, in partial remission, most recent episode manic
F31.74	Bipolar disorder, in full remission, most recent episode manic
F31.75	Bipolar disorder, in partial remission, most recent episode depressed
F31.76	Bipolar disorder, in full remission, most recent episode depressed
F31.77	Bipolar disorder, in partial remission, most recent episode mixed
F31.78	Bipolar disorder, in full remission, most recent episode mixed
F31.81	Bipolar II disorder
F31.89	Other bipolar disorder
F31.9	Bipolar disorder, unspecified

Always Remember

- Code the final diagnosis to the highest level of specificity
 - Severity - mild, moderate, severe
 - Remission - partial or full
 - Underlying causes - "due to"
 - All related symptoms and conditions
- When bipolar disorder is being followed and managed by another provider, still assign the diagnosis when it has impact on the patient's care.