

Dementia is a decline in mental function that interferes with daily living. This is a group of symptoms affecting memory, thinking, and social abilities.

Signs and Symptoms

- Memory loss
- Confusion
- Difficulty in communication
- Difficulty with visual and spatial abilities
- Difficulty in problem solving.
- Difficulty handling complex tasks.
- Difficulty with planning and organization
- Difficulty with coordination and motor functions
- Personality changes
- Depression
- Anxiety
- Inappropriate behavior
- Paranoia
- Agitation
- Hallucinations

Risk Factors

- Age- 65 years and older
- Family History - Having a family history of dementia. No symptoms present genetic tests will be done to see if patient has any genetic mutations.
- Down syndrome - middle-aged people with this develop early onset Alzheimer's disease.
- Heavy alcohol consumption
- Cardiovascular risk factors
- Depression

- Diabetes
- Smoking
- Sleep apnea
- Vitamin and nutritional deficiencies

Diagnostics Testing

- Neurological evaluation- memory, language visual perception, attention, problem-solving, movement, senses, balance, reflexes, and other areas.
- CT or MRI of the brain
- PET scans
- Laboratory tests
- Psychiatric evaluation.

Treatment

- Cholinesterase inhibitors
- Memantine
- Other medications to treat other symptoms such as depression, sleep disturbances, hallucinations, parkinsonism, or agitation.
- Occupational therapy
- Modifying the environment
- Simplifying Tasks
- Alternative medicine- dietary supplements, herbal remedies, and therapies
- Always document it to the highest level of specificity

Clinical Documentation and Coding Tips

SOAP Notes documentation tips:

- **Subjective** – Document the presence or absence of any current symptoms or conditions related to Dementia.
- **Objective** – Document signs and symptoms and labs/test results related to dementia.

- **Assessment** – Document diagnostic statements that are compatible with the ICD-10 nomenclature to the highest specificity.
- **Plan** – Document and link all medications used to treat dementia. 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.

- Dementia is a chronic condition that falls within the category “Mental and behavioral disorders” (51, 52,) with an average RAF Score of 0.453

| | |
|---------------|--------------------------------------------------|
| F03.91 | Unspecified dementia with behavioral disturbance |
| G31.09 | Other frontotemporal dementia |
| G31.83 | Dementia with Lewy bodies |

Always Remember

- Code the final diagnosis to the highest level of specificity
- Verify if the condition is current or historical.
- Mental disorders that are truly resolved are classified as Z86.59, Personal history of other mental and behavioral disorders.

Coding for Dementia

| ICD-10 Code | Code description |
|---------------|--------------------------------------------------------------------------------|
| F01.50 | Vascular dementia without behavioral disturbance |
| F02.80 | Dementia in other diseases classified elsewhere without behavioral disturbance |
| F02.81 | Dementia in other diseases classified elsewhere with behavioral disturbance |
| F03.90 | Unspecified dementia without behavioral disturbance |