

Major Depressive Disorder also known as Depression, is a mood disorder. This causes persistent feelings of sadness and loss of interest. Depression affects how the person feels, think, and behave and can lead to emotional and physical problems. Depression may require long-term treatment.

## Types of Depression

### Single Episode:

- Major depressive disorder, single episode, mild (F32.0)
- Major depressive disorder, single episode, moderate (F32.1)
- Major depressive disorder, single episode, severe without psychotic features (F32.2)
- Major depressive disorder, single episode, severe with psychotic features (F32.3)

### Recurrent:

- Major depressive disorder, recurrent, mild (F33.0)
- Major depressive disorder, recurrent, moderate (F33.1)
- Major depressive disorder, recurrent severe without psychotic features (F33.2)
- Major depressive disorder, recurrent, severe with psychotic symptoms (F33.3)

### Remission:

- Major depressive disorder, single episode, in partial remission (F32.4)
- Major depressive disorder, single episode, in full remission (F32.5)
- Major depressive disorder, recurrent, in partial remission (F33.41)
- Major depressive disorder, recurrent, in full remission (F33.42)

## Signs and Symptoms

Depression can occur once during a lifetime or sometimes people have multiple episodes:

- Emotions of sadness or hopelessness.
- Outbursts of anger
- Loss of interest in normal activities.
- Insomnia or too much sleep.
- Anxiety
- Emotions of guilt
- Physical of pain in the body and the headaches.
- Suicidal Ideation or attempts

## Risk factors

There are different factors that increase the risk of depression include:

- Personality traits like low self-esteem, self-critical or pessimistic.
- Trauma, abuse death of loved one, and life problems.
- Personal history of mental health disorders like anxiety, eating disorders or post-traumatic stress disorder.
- Family history of mental illness like major depressive disorders, bipolar and paranoid disorders.
- People identify themselves as gay, lesbian, or transgender.
- Abuse of alcohol or recreational drugs.

## Complications

Complications of depression include:

- Overweight or obesity

- Heart disease, diabetes, or other medical conditions.
- Premature death from medical conditions.
- Self-harm
- Social isolation
- Issues with family, relationships and work or school problems.
- Premature death from medical conditions.

### Diagnosics Tools

- Medical history and physical exam.
- Standardized depression screening tools, such as the PHQ-9.
- Laboratory tests to check for and monitor underlying medical conditions.
- Psychological evaluation.

### Treatment

- Medications.
- Psychotherapy/mental health counseling.
- Electroconvulsive therapy (ECT).
- Vagus nerve stimulation.
- Transcranial magnetic stimulation (TMS).

### Clinical Documentation and Coding Tips

- Always document it to the highest level of specificity
- SOAP Notes documentation tips:
  - **Subjective** – In the subjective section of the office note, document the presence or absence of any current symptoms related to major depressive disorder.
  - **Objective** – The objective section should include any current associated physical exam findings (such as “flat affect,” weight loss or gain, etc.) Include results of related diagnostic testing.
  - **Assessment** – Describe each final diagnosis clearly, concisely and to the highest level of specificity. Use all applicable descriptors.

- **Plan** – Document a specific and concise treatment plan for major depression, including date of next appointment. Clearly link the depression diagnosis to any medications that are being used to treat it. Document to whom or where referrals are made or from whom consultation advice is 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.

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

### Coding Major Depression

There are eighteen (18) ICD - 10CM applicable codes to use for coding Major Depression.

ICD-10 Code	Code description
<b>F32.0</b>	Major depressive disorder, single episode, mild
<b>F32.1</b>	Major depressive disorder, single episode, moderate
<b>F32.2</b>	Major depressive disorder, single episode, severe without psychotic features

<b>F32.3</b>	Major depressive disorder, single episode, severe with psychotic features
<b>F32.4</b>	Major depressive disorder, single episode, in partial remission
<b>F32.5</b>	Major depressive disorder, single episode, in full remission
<b>F32.81</b>	Premenstrual dysphoric disorder
<b>F32.89</b>	Other specified depressive episodes
<b>F32.9</b>	Major depressive disorder, single episode, unspecified
<b>F33.0</b>	Major depressive disorder, recurrent, mild
<b>F33.1</b>	Major depressive disorder, recurrent, moderate
<b>F33.2</b>	Major depressive disorder, recurrent, severe without psychotic features
<b>F33.3</b>	Major depressive disorder, recurrent, severe with psychotic symptoms
<b>F33.40</b>	Major depressive disorder, recurrent, in remission unspecified
<b>F33.41</b>	Major depressive disorder, recurrent, in partial remission
<b>F33.42</b>	Major depressive disorder, recurrent, in full remission
<b>F33.8</b>	Other recurrent depressive disorders
<b>F33.9</b>	Major depressive disorder, recurrent, unspecified

disorder includes both depression and mania, i.e., depression is a component of bipolar disorder. It is more important to capture the bipolar disorder. Therefore, a code for depression is not reported separately.

### Always Remember

- Verify Major Depression is a current problem.
- Note the exact Major Depression description.
- Follow the ICD-10 CM official coding guidelines and conventions.
- Select the correct ICD-10 CM code to the highest specificity.

Major depression coexisting with bipolar disorder classifies to the applicable combination code under category F31 for bipolar disorder. AHA Coding Clinic, First Quarter 2020, advises bipolar

