ULTIMATE HEALTH PLANS

Heart Failure

Clinical overview, ICD -10 CM and documentation tips for providers

Heart failure is sometimes known as Congestive Heart Failure or CHF refers to a chronic, progressive condition in which the heart muscle is unable to pump enough blood to meet the body's needs for blood and oxygen.

Types of Heart Failure

- Left- Sided heart failure
  - ✓ Heart failure with reduced ejection fraction (HFrEF), also called systolic failure: The left ventricle loses its ability to contract normally. The heart can't pump with enough force to push enough blood into circulation.
  - ✓ Heart failure with preserved ejection fraction (HFpEF), also called diastolic failure (or diastolic dysfunction): The left ventricle loses its ability to relax normally (because the muscle has become stiff and thicker). The heart can't properly fill with blood during the resting period between each beat.

- Right-Sided heart failure usually occurs because of left-sided failure. When the left ventricle fails, increased fluid pressure is, in effect, transferred back through the lungs, ultimately damaging the heart's right side. When the right side loses pumping power, blood backs up in the body's veins.

- Congestive Heart failure (CHF) A slowing of blood flow out of the heart that occurs with heart failure also can cause blood returning to the heart to slow and back up, resulting in congestion in body tissues. This leads to edema (swelling) in the lower extremities and congestion in the lungs that interferes with breathing.

Classes of Heart Failure

Class	Patient Symptoms
I	No limitation of physical activity. Ordinary physical activity does not cause undue fatigue, palpitation, dyspnea (shortness of breath).
II	Slight limitation of physical activity. Comfortable at rest. Ordinary physical activity results in fatigue, palpitation, dyspnea (shortness of breath).
III	Marked limitation of physical activity. Comfortable at rest. Less than ordinary activity causes fatigue, palpitation, or dyspnea.
IV	Unable to carry on any physical activity without discomfort. Symptoms of heart failure at rest. If any physical activity is undertaken, discomfort increases.

Class	Objective Assessment
A	No objective evidence of cardiovascular disease. No symptoms and no limitation in ordinary physical activity.
B	Objective evidence of minimal cardiovascular disease. Mild symptoms and slight limitation during ordinary activity. Comfortable at rest.
C	Objective evidence of moderately severe cardiovascular disease. Marked limitation in activity due to symptoms, even during less-than-ordinary activity. Comfortable only at rest.

D Objective evidence of severe cardiovascular disease. Severe limitations. Experiences symptoms even while at rest.

Signs and Symptoms

Heart Failure common signs and symptoms are:

- Shortness of breath (dyspnea)
- Fatigue and weakness
- Swelling (edema) in legs, ankles, and feet
- Rapid or irregular heartbeat
- Persistent cough or wheezing with white or pink blood-tinged phlegm
- Increased need to urinate at night
- Swelling of the abdomen (ascites)
- Lack of appetite and nausea
- Difficulty concentrating or decreased alertness
- Chest pain

Risk factors

- Exposure to tobacco smoke
- Hypertension
- Past heart attack
- Coronary artery disease
- Obesity
- Diabetes
- Heart Arrhythmias
- Faulty heart valves
- Cardiomyopathy

Complications

- Kidney damage or failure. Heart failure can reduce the blood flow to the kidneys, which can eventually cause kidney failure if left untreated. Kidney damage from heart failure can require dialysis for treatment.
- Heart problems. The heart valves may not function properly if the heart is enlarged or if the pressure in the heart is very high due to heart failure.
- Heart rhythm problems. Arrhythmia's can be a potential complication of heart failure.
- Liver damage. Heart failure can lead to a buildup of fluid that puts too much pressure on the liver. This fluid backup can lead to scarring, which makes it more difficult for the liver to function properly.

Diagnostics test

- Medical history and physical exam
- Lab testing: B-Type natriuretic peptide (BNP),
- Chest Xray, CT-Scan
- Electrocardiogram
- Echocardiogram
- Nuclear heart scans
- Cardiac stress test and catheterization
- MRI Scan

Treatment

- Lifestyle changes
- Regular monitoring
- Smoking cessation
- Cardiac Rehab program that includes exercise training, education on heart-healthy living, and in many cases, counseling to reduce stress.
- Medications such as ACE inhibitors, Angiotensin II Receptor blockers, Angiotensin-Receptor Neprilysin inhibitors (ARNIs), If (?) Channel Blockers, Beta Blockers, Aldosterone Antagonists, Hydralazine and isosorbide dinitrate, Diuretics.
- Devices and Surgical procedures: Implantable cardioverter defibrillator (ICD), Cardiac Resynchronization Therapy (CRT), Left ventricular assist device (LVAD), Heart transplantation, Angioplasty, Coronary artery bypass, Valve replacement.
- Exercise, weight control and balance nutrition

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 related to heart failure.
- **Objective** – Document signs and symptoms and labs/test results related to heart failure present at the time of the visit (such as SOB, swelling, ascites, chest pain, echocardiogram results, Ejection fraction value, X-ray results, etc.).
- **Assessment** – Document diagnostic statements that are compatible with the ICD-10 nomenclature, describing each final heart failure-related diagnosis to the highest specificity.
- **Plan** – Document and link all medications used to treat heart failure; 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.

Heart Failure is a chronic condition that falls within the category " Congestive Heart Failure" (HCC 85) with an average RAF Score of 0.371. Sixty-one (61) stand-alone ICD-10 CM codes qualify for this HCC, and they do not belong to a family or hierarchy.

Coding Heart Failure

- There are twenty-five (25) ICD - 10CM applicable to code heart failure, including combination codes (codes used to classify two diagnoses, a diagnosis with a manifestation or a diagnosis with an associated complication, and are used to code a condition to the highest specificity).

ICD-10 Code	Code Description
I11.0	Hypertensive heart disease with heart failure **Includes: any condition in I50.X I51.4-I51.7, 51.89, I51.9 due to hypertension** ★**MUST** use additional code to specified TYPE of heart failure (I50.X)
I11.9	Hypertensive heart disease without heart failure **Includes: any condition in I51.4-I51.7, I51.89, I51.9 due to hypertension**
I12.0	Hypertensive chronic kidney disease with stage 5 chronic kidney disease or end stage renal disease **Includes: any condition in N18.X and N26.X due to hypertension** ★**MUST** use additional code to specified TYPE of CKD (N18.X)
I12.9	Hypertensive chronic kidney disease with stage 1 through stage 4 chronic **Includes: any condition in N18.X and N26.X due to hypertension** ★**MUST** use additional code to specified TYPE of CKD (N18.X)
I13.X	Hypertensive heart and chronic kidney disease **See additional codes for TYPE Hypertensive heart and chronic kidney disease with or without heart failure** **Includes: any condition in I11.X with any condition in I12.X** ★**MUST** use additional code to specified TYPE of CKD (N18.X) and TYPE of heart failure (I50.X)
I50.X	Heart failure **See additional codes for TYPE of Heart failure**

I50.9 Heart failure, unspecified

I50.2X Systolic (congestive) heart failure

See additional codes for TYPE of Systolic congestive heart failure

I50.3X Diastolic (congestive) heart failure

See additional codes for TYPE of Diastolic congestive heart failure

I50.4X Combined systolic (congestive) and diastolic (congestive) heart failure

See additional codes for TYPE of combined systolic (congestive) and diastolic (congestive) heart failure

I50.84 End Stage Heart Failure

Code Also: the type of heart failure as systolic, diastolic or combined if known (I50.2 – I50.43)

- Verify heart failure is a current problem.
- Note the exact heart failure description and any associated comorbidity to select to correct diagnosis code.
- Follow the ICD-10 CM official coding guidelines and conventions. Select the correct ICD-10 CM code to the highest specificity.