Chronic Condition Coding Awareness: Diabetes

Diabetes

Diabetes is a disease that occurs when your blood glucose, or blood sugar, is too high which can cause health problems over time[1]. Diabetes causes more deaths a year than breast cancer and AIDS combined and nearly doubles the chance of having a heart attack[2]. The main types of diabetes are type 1, type 2, and gestational.

Symptoms of Diabetes

Common diabetes symptoms include urinating often, feeling very thirsty, feeling very hungry – even though you are eating, extreme fatigue, blurry vision, cuts/bruises that are slow to heal, weight loss – even though you are eating more (type 1), and tingling, pain, or numbness in the hands/feet (type 2)[2]. Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Treatment of Diabetes

Diabetes is a serious disease that cannot be treated on its own. A treatment plan may be developed by a provider that includes keeping a close watch over blood sugar levels with a combination of medications, exercise, and diet[3].

Diabetes Coding Guidance

TIPS:	ICD-10 Mapping & Education
➢ **ICD-10-CM**	**E08 – E13** code series (Diabetes) **O24** code series (Diabetes in Pregnancy)
➢ **Documentation should specify**	o Type of DM (Type 1, Type 2, Other) o Complication/manifestation affecting body system
➢ **Secondary diabetes (E08- series)**	Code first any underlying conditions, code second the type of diabetes: o Congenital rubella (*P35.0*) o Cushing's Syndrome (*E24.-*) o Cystic fibrosis (*E84.-*) o Malignant neoplasm (*C00-C96*) o Malnutrition (*E40-E46*) o Diseases of the pancreas (*K85.-, K86.-*) Example: *Secondary DM due to pancreatic malignancy (C25.9 + E08.9)*
➢ **Cause and effect relationship…**	State any relationship between DM and another condition such as: o *Diabetic* coma o Gastroparesis *secondary to* diabetes o Neuropathy *due to* diabetes o Foot ulcer *associated* with diabetes Example: *Diabetic retinopathy with macular edema (E11.311)* 　　**Note: When type of diabetes is not documented, default to category E11 (type 2).*
➢ **Use additional code…**	… to identify: o Site of any ulcers (*L97.1-L97.9, L89.41-L98.49*) 　　　　　　　o Stage of chronic kidney disease (*N18.1-N18.6*) 　　　　　　　o Glaucoma (*H40-H42*)
➢ **Controlling Diabetes**	… be sure to add: o Long-term insulin use (*Z79.4*) o Oral antidiabetic drugs (*Z79.84*) or Oral hypoglycemic drugs (*Z79.84*)
➢ **Avoid terms such as "history of"…**	… if patient is still being monitored for the condition. o Incorrect wording: *Patient has history of diabetes.* o Correct wording: *Patient has Type 2 DM with ketoacidosis.*

1. National Institute of Diabetes and Digestive and Kidney Diseases (https://www.niddk.nih.gov/health-information/diabetes/overview)
2. American Diabetes Association (http://www.diabetes.org/)
3. WebMD: Diagnosis and Treatment (https://www.webmd.com/diabetes/understanding-diabetes-detection-treatment#1)
4. 2023 ICD-10-CM Expert for Physicians: The complete official code set, Optum2023 (optumcoding.com)

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