



## Chronic Condition Coding Awareness: **Bipolar Disorder**

### **Bipolar Disorder**

Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks<sup>1</sup>. People who have bipolar disorder can have periods in which they feel overly happy and energized and other periods of feeling very sad, hopeless, and sluggish. In between those periods, they usually feel “normal”. One can think of the highs and the lows as two “poles” of mood, which is why it’s called “bipolar” disorder.<sup>2</sup>

### **Symptoms of Bipolar Disorder**

People with bipolar disorder experience periods of unusually intense emotion, changes in sleep patterns and activity levels, and unusual behaviors. These distinct periods are called “mood episodes<sup>1</sup>.” A clinician would have to determine whether they may be the result of another cause (such as low thyroid, or mood symptoms caused by drug or alcohol abuse).<sup>2</sup>

### **Screening for Bipolar Disorder**

The [Mood Disorder Questionnaire](#) (MDQ) is a quick screening tool that can assist with identifying bipolar disorder. There are 15 questions and usually can be completed within five minutes.<sup>4</sup>

### **Treatment of Bipolar Disorder**

Medication is the main treatment, usually involving “mood stabilizers”. Psychotherapy, or “talk therapy,” is often recommended.<sup>2</sup>

### **Bipolar Coding Guidance**

<b>TIPS:</b>	
<b>ICD-10</b>	<b>Mapping &amp; Education</b>
Watch for the 4 <sup>th</sup> and 5 <sup>th</sup> digits for specificity <sup>3</sup>	
<b>F31.0</b>	Bipolar disorder, current episode (hypomanic)
<b>F31.10</b>	Bipolar disorder, current episode manic without psychotic features, unspecified
<b>F31.11 – F31.13</b>	Bipolar disorder, current episode manic without psychotic features, mild, moderate, severe
<b>F31.2</b>	Bipolar disorder, current episode manic severe with psychotic features
<b>F31.30 – F31.32</b>	Bipolar disorder, current episode, depressed, unspecified, mild or moderate severity
<b>F31.4</b>	Bipolar disorder, current episode, depressed, severe, without psychotic features
<b>F31.5</b>	Bipolar disorder, current episode, depressed, severe, with psychotic features
<b>F31.60 – F31.62</b>	Bipolar disorder, current episode, mixed, unspecified, mild, moderate
<b>F31.63</b>	Bipolar disorder, current episode mixed, severe, without psychotic features
<b>F31.64</b>	Bipolar disorder, current episode, mixed, severe, with psychotic features
<b>F31.70</b>	Bipolar disorder, currently in remission, most recent episode unspecified
<b>F31.71, 31.73, F71.75, 31.77</b>	Bipolar disorder, in partial remission, most recent episode hypomanic, manic, depressed, mixed



<b>F31.72, 31.74, F31.76, F31.78</b>	Bipolar disorder, in full remission, most recent episode hypomanic, manic, depressed, mixed	
<b>F31.81</b>	Bipolar II disorder	
<b>F31.89</b>	Other bipolar disorder	
<b>F31.9</b>	Bipolar disorder, unspecified	
<b>Attempt for more specificity...</b>	<p>Avoid broad terms and unspecified codes such as “Bipolar disorder”, F31.9, or “Bipolar II disorder”, F31.81</p> <ul style="list-style-type: none"> <li>○ Be meticulous in picking up the details in documentation.</li> <li>○ It leads to precise coding and a better awareness about the disease and the population it affects.</li> </ul>	
<b>Use terms that specify...</b>	<ul style="list-style-type: none"> <li>○ Type I or II</li> <li>○ Current or in remission</li> <li>○ Manic or mixed</li> </ul>	<ul style="list-style-type: none"> <li>○ Severity-mild, moderate, severe</li> <li>○ Presence of psychotic features</li> </ul>
<b>Bipolar previously diagnosed? Consider...</b>	<ul style="list-style-type: none"> <li>○ Two similar conditions <b>cannot</b> occur together, e.g. reporting Depression when Bipolar has been addressed.</li> <li>○ Depression is considered <b>inclusive</b> of Bipolar disorder, per ICD-10-CM “Excludes 1” note.</li> </ul>	
<b>Bipolar Screening Tool</b>	<ul style="list-style-type: none"> <li>○ <a href="#">Mood Disorder Questionnaire</a> (MDQ) offers a convenient questionnaire making it easy to obtain specific diagnosis codes<sup>4</sup>.</li> <li>○ <a href="https://www.integration.samhsa.gov/images/res/MDQ.pdf">https://www.integration.samhsa.gov/images/res/MDQ.pdf</a>. Note all disclaimers on the website.</li> </ul>	
<b>Refilling medications</b>	Don't forget to verify the condition and list the diagnosis in the Assessment & Plan.	
<b>HEDIS Tip</b>	Patients seen in the hospital as inpatient or emergency department for bipolar should be seen within 7 days and 30 days post discharge. <sup>5</sup>	

1. National Institute of Mental Health: Bipolar Disorder (reviewed September 2022) [NIMH » Bipolar Disorder \(nih.gov\)](#)
2. WebMD: A Look at Bipolar Disorder (reviewed August 2022) <https://www.webmd.com/bipolar-disorder/mental-health-bipolar-disorder>
3. 2023 ICD-10-CM Expert for Physicians: The Complete Official Code Set, Optumcoding.com 2023
4. Mood Disorder Questionnaire [MDQ.pdf \(homestatehealth.com\)](#)
5. 2022 HEDIS Technical Specifications

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➤ **Secure Portal Registration:** If you haven't already do so, please go to [www.HomeStateHealth.com](http://www.HomeStateHealth.com) to register for our Secure Portal. Functions on the portal include: Verification of eligibility, submission of claims, entering authorizations, viewing patient care gaps, etc. Use of the portal is FREE for all services!

➤ **Electronic Funds Transfer / Electronic Remittance Advice**

- Home State Health Plan partners with PaySpan Health for EFT/ERA services.
- Please register with PaySpan Health at [www.payspanhealth.com](http://www.payspanhealth.com)

Questions?

Contact Provider Relations at 1-855-694-4663.