



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 time¹. Diabetes causes more deaths a year than breast cancer and AIDS combined and nearly doubles the chance of having a heart attack². 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 diet³.

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	<ul style="list-style-type: none"> Type of DM (Type 1, Type 2, Other) Complication/manifestation affecting body system
➤ Secondary diabetes (E08- series)	<p><u>Code first</u> any <u>underlying conditions</u>, <u>code second</u> the type of <u>diabetes</u>:</p> <ul style="list-style-type: none"> Congenital rubella (<i>P35.0</i>) Cushing's Syndrome (<i>E24.-</i>) Cystic fibrosis (<i>E84.-</i>) Malignant neoplasm (<i>C00-C96</i>) Malnutrition (<i>E40-E46</i>) Diseases of the pancreas (<i>K85.-, K86.-</i>) <p>Example: <i>Secondary DM due to pancreatic malignancy (C25.9 + E08.9)</i></p>
➤ Cause and effect relationship...	<p>State any <u>relationship</u> between DM and another condition such as:</p> <ul style="list-style-type: none"> <i>Diabetic</i> coma Gastroparesis <i>secondary to</i> diabetes Neuropathy <i>due to</i> diabetes Foot ulcer <i>associated with</i> diabetes <p>Example: <i>Diabetic retinopathy with macular edema (E11.311)</i> <i>*Note: When type of diabetes is not documented, default to category E11 (type 2).</i></p>
➤ Use additional code...	<p>... to identify:</p> <ul style="list-style-type: none"> Site of any <u>ulcers</u> (<i>L97.1-L97.9, L89.41-L98.49</i>) Stage of <u>chronic kidney disease</u> (<i>N18.1-N18.6</i>) Glaucoma (<i>H40-H42</i>)
➤ Controlling Diabetes	<p>... be sure to add:</p> <ul style="list-style-type: none"> Long-term insulin use (<i>Z79.4</i>) Oral antidiabetic drugs (<i>Z79.84</i>) or Oral hypoglycemic drugs (<i>Z79.84</i>)
➤ Avoid terms such as "history of"...	<p>... if patient is still being monitored for the condition.</p> <ul style="list-style-type: none"> <u>Incorrect</u> wording: <i>Patient has <u>history of</u> diabetes.</i> <u>Correct</u> wording: <i>Patient has Type 2 DM with ketoacidosis.</i>

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/guide/understanding-diabetes-detection-treatment#1>)
4. ICD-10-CM Official Guidelines for Coding and Reporting (<https://www.cdc.gov/nchs/icd/data/10cmguidelines-FY2019-final.pdf>)

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