

The Time is Here: Differential Diagnosis and Coding Using the DSM 5 and ICD 10

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Feeding and Eating Disorders

- ▶ Anorexia, Bulimia, Binge Eating Disorder
- ▶ (Others: Pica (F98.3,F50.8), Rumination Disorder(F98.21), Avoidant/Restrictive Food Intake Disorder (F50.8))

Anorexia Nervosa Criteria

• Restriction of energy intake relative to requirements, leading to significantly low body weight in context of age, sex, developmental trajectory and physical health.

Significantly low weight = weight that is less than minimally normal, or for children and adolescents: weight that is minimally expected.

- Intense fear of gaining weight or of becoming fat, or persistent behavior that interferes with weight gain, even though at a significantly low weight.
- Disturbance in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self evaluation, or persistent lack of recognition of the seriousness of the current low body weight.

Anorexia Nervosa Types (ICD 10 codes based on type)

Restricting Type F50.01

No recurrent bingeing or purging in last 3 months

(no self induced vomiting, misuse of laxatives, diuretics or enemas)

Weight loss is from dieting, fasting and/or excessive exercise

Binge eating/ purging type F50.02

Recurrent episodes of binge eating or purging behavior (self induced vomiting, or misuse of laxatives, enemas or diuretics) in the last 3 months

Anorexia Nervosa - severity (DSM 5) (can be increased to reflect clinical symptoms, functional disability or need for supervision)

Adults:

- ▶ Mild : BMI less than or equal to 17 kg/m²
- ▶ Moderate: BMI 16-16.90 kg/m²
- ▶ Severe: BMI 15-15.99 kg/m²
- ▶ Extreme -BMI less than 15 kg/m²

▶ Children and Adolescents:

- ▶ Based on BMI percentiles

Bulimia Nervosa F50.2

- ▶ Recurrent episodes of binge eating (eating within 2 hour period a significantly larger amount of food than most people would eat in similar circumstances and a sense of lack of control over eating during the episode (feeling that one cannot stop eating or control what or how much one is eating))
- ▶ Recurrent inappropriate compensatory behaviors to prevent weight gain (vomiting, misuse of laxatives, diuretics, other meds, fasting or excessive exercise)
- ▶ Both occur at least 1 x a week for 3 months
- ▶ Self evaluation is unduly affected by body shape and weight
- ▶ Not during episodes of anorexia

Bulimia Nervosa (BN) Severity DSM 5

- ▶ Mild: Average of 1-3 episodes of inappropriate compensatory behaviors per week
- ▶ Moderate: An average of 4-6 episodes .. Per week
- ▶ Severe: An average of 8-13 episodes..... Per week
- ▶ Extreme: An average of 14 or more episodes... per week

Binge Eating Disorder(BED) F50.8 (new)

- ▶ Recurrent episodes of binge eating (see bulimia criteria)
- ▶ Binge eating episodes associated with 3 or more of the following:
1)Eating much more rapidly than usual; 2)Eating until feeling uncomfortably full; 3) eating large amounts when not feeling physically hungry; 4) eating alone because embarrassed by how much one is eating; 5)Feeling disgusted with oneself, very guilty, or depressed afterward.
- ▶ Marked distress
- ▶ At least 1 x a week for 3 months
- ▶ Partial remission: Less than 1 episode a week/sustained time
- ▶ Full remission: non of criteria met /sustained time

Severity BED (DSM 5)

- ▶ Mild: 1- 3 binge episodes a week
- ▶ Moderate 4-7 binge eating episodes per week
- ▶ Severe: 8-13 binge eating episodes per week
- ▶ Extreme: 14 or more episodes /week

Substance Related and Addictive Disorders

Substance Related and Addictive Disorders

- ▶ Now includes gambling disorder
- ▶ No abuse and dependence e.g. Alcohol Use Disorder
- ▶ Recurrent substance related legal problems is omitted
- ▶ Craving, or a strong desire or urge to use added-assess each visit
- ▶ Cannabis withdrawal & caffeine withdrawal added
- ▶ Severity of substance use - considers number of criteria endorsed: mild, moderate, severe
- ▶ No physiological subtype any longer
- ▶ Specifiers: in controlled environment/on maintenance therapy

Substance Use Disorder-DSM-5

Problematic pattern of use leading to impairment or distress with 2 or more in 12 month

- ▶ Larger amounts or longer period of time than intended
- ▶ Persistent desire or unsuccessful efforts to cut down
- ▶ Great deal of time is spent to obtain, use, recover from effects
- ▶ Craving or strong desire or urge to use
- ▶ Failure in major role obligation (work, school or home)
- ▶ Continued use despite social or interpersonal problems
- ▶ Important activities are given up or reduced
- ▶ Recurrent use where physically hazardous
- ▶ Continue despite knowledge of having a persistent problem
- ▶ Tolerance
- ▶ Withdrawal

Severity of Substance Use Disorder

- ▶Mild: Presence of 2-3 symptoms
- ▶Moderate: Presence of 4-5 symptoms
- ▶Severe: Presence of 6 or more symptoms

DSM-5 diagnosing Substance Use Disorder

- ▶ Name the drug e.g. Moderate Alcohol Use Disorder F10.20, Alcohol Intoxication with severe alcohol use disorder(F10.229), Alcohol Withdrawal without perceptual disturbance (F10.230) , Moderate Alprazolam Disorder(F13.20); Mild methamphetamine disorder (F15.10)
- ▶ For drugs not in any classes, use ICD 10 code for "other Substance Use Disorder" such as F19.10 Mild anabolic steroid use disorder
- ▶ For drugs unknown use ICD 10 code for other or unknown (F19.20)severe unknown substance use disorder
- ▶ If more than one drug used, code for each ; e.g. F11.20 severe heroin use disorder; F14.20 moderate cocaine use disorder

Remission specifiers

- ▶ In Early Remission- 3 months to < 12 months, no symptoms (**craving is ok**)
- ▶ In Sustained Remission -Not meeting any of criteria for more than 12 months
no codes

Substance Induced Disorders

Codes for substance use disorders are not used if there is substance induced disorder.

Code substance use disorder severity in the 4th digit. 1, 2, and 9

9= no substance use disorder

1= mild substance use disorder

2= moderate or severe substance use disorder

Includes substance induced intoxication and withdrawal

Includes substance induced depressive disorder

Includes substance induced psychotic disorder

“Other” substance use disorders or “unspecified” substance use disorder

▶ If don't know the reason for not being able to make the diagnosis, can put unspecified

▶ If know the reason can put other specified followed by the reason
