ICD-10 Essentials... It’s a Marathon, Not a Sprint!

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Start Here: What’s ICD-10?

Why in the World Do We Have to Change?

• WHO says so!
• US is the only civilized country NOT on ICD-10
• Too much complaining about costs and time

What Can I Expect with ICD-10?

• ICD-10 will encompass more precise documentation
• ICD-10 will allow for more accuracy when determining medical necessity for the services rendered
• ICD-10 will allow providers to code more accurately which will contribute to the health care quality improvement initiatives

How Does it Work?
How are ICD-9 and ICD-10 Different?

ICD-9

- Category
- Subcategory
- Th-Digit

ICD-10

- Category
- Subcategory
- Th-Digit

For Example

ICD-10 CM code for chronic gout due to renal impairment, left shoulder, without tophus.

ICD-10 Coding and Documentation

- Site
- Laterality
  - 5th or 6th digit - Sciatica
  - Left - M54.31
  - Right - M54.32
- Episodes of care
  - 7th digit
  - A D S
- Injuries

The 7th Character

- A – Initial encounter, while patient is receiving active treatment such as surgery, ER, or evaluation and treatment by a new physician.
- D – Subsequent encounter, routine care during the healing or recovery phase, such as cast change, medication adjustment, aftercare and follow up.
- S – Sequela, complications or conditions that arise as a direct result of a condition, such as a degenerative disc disease a year after a neck sprain. Sequela code (i.e. DDD) is first, then the injury code.

Placeholder “x” character

Placeholder character “x” in positions 4, 5, and/or 6 in certain codes to allow for future expansion.

7th Characters

- The 7th character must always be the 7th character in the data field. If a code that requires a 7th character is not 6 characters, a placeholder “x” must be used to fill in the empty characters.

So What is “Excludes 1” or “Excludes 2”?

- Similar to Correct Coding Initiative Edits for CPT Codes
- Dictates when certain codes can be used together and when not
- The explanation will be helpful in the long run
Remember the CCI Edits?

**Excludes 1** is used when two conditions cannot occur together or “NOT CODED HERE!” Mutually exclusive codes; two conditions that cannot be reported together (A condition may be acquired OR congenital but not both!)

Remember the CCI Edits?

**Excludes 2** Indicates “NOT INCLUDED HERE.” Although the excluded condition is not part of condition, it is excluded from, a patient may have both conditions at the same time. The excluded code and the code above the excludes can be used together if the documentation supports them.

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Read the Instructions!

**EXCLUDES**

“Not included here.” The condition excluded is not part of the condition represented by the code, but the patient may have both conditions at the same time.

**EXCLUDES**

“Not included here.” The condition excluded cannot be used at the same time as this code.

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Find Your Way to the Codes

How do I Find the ICD-10 Code?

ICD-10

Exact Match

Scenario

Approximate Matches

Combinations

Reverse Matches
Chapter 6: Nervous System

This chapter contains the following blocks:

- G00-G09 | Inflammatory diseases of the central nervous system
- G01-G14 | Systemic atrophies primarily affecting the central nervous system
- G09-G12 | Extrapyramidal and movement disorders
- G30-G32 | Other degenerative diseases of the nervous system
- G33-G37 | Demyelinating diseases of the central nervous system
- G40-G47 | Episodic and paroxysmal disorders
- G50-G59 | Nerve, nerve root and plexus disorders
- G60-G64 | Polynuropathies and other disorders of the peripheral nervous system
- G79-G79 | Diseases of myoneural junction and muscle
- G80-G89 | Cerebral palsy and other paralytic syndromes
- G90-G99 | Other disorders of the nervous system

Chapter 13: Musculoskeletal/Connective Tissue

This chapter contains the following blocks:

- M00-M09 | Arthropathies
- M10-M19 | Infectious arthropathies
- M20-M29 | Inflammatory polyarthropathies
- M30-M39 | Arthritides
- M40-M49 | Other joint disorders
- M50-M59 | Systemic connective tissue disorders
- M60-M69 | Osteopathies
- M70-M79 | Deforming arthropathies
- M80-M89 | General Arthropathies
- M90-M99 | Other connective tissue disorders

Site Specifics in Certain Codes

- 6: Unspecified
- 1: Multiple sites
- 2: Left side
- 3: Right side
- 4: Upper arm
- 5: Forearm
- 6: Hand
- 7: Finger
- 8: Thigh
- 9: Leg
- A: Above knee
- B: Below knee
- C: Above ankle
- D: Below ankle
- E: Other
- F: Shoulder
- G: Neck
- H: Temporal bone
- I: Subcutaneous
- J: Oral

Can We Just Crosswalk from ICD-9?

- General Equivalence Mappings (GEMs)
- Some pointing based on the initial set up
- Three possible ways to define subluxation: M99.01, M99.11, or S13.11
- Time will tell

ChiroCode ICD-10

Three Methods using the ChiroCode ICD-10 book:

1. Commonly used code list
2. GEMs code map
3. Alphabetic index
4. Always confirm the code using the Tabular list
# GEMs Examples

<table>
<thead>
<tr>
<th>ICD-9</th>
<th>Descriptor</th>
<th>ICD-10</th>
</tr>
</thead>
<tbody>
<tr>
<td>722.0</td>
<td>Spinal stenosis of cervical region</td>
<td></td>
</tr>
</tbody>
</table>

- **722.05**: Spinal stenosis, occipito-atlanto-axial region
- **722.02**: Spinal stenosis, cervical region
- **722.08**: Spinal stenosis, cervicothoracic region
- **722.20**: Subluxation stenosis of neural canal of head region
- **722.21**: Subluxation stenosis of neural canal of cervical region
- **722.30**: Osseous stenosis of neural canal of head region
- **722.31**: Osseous stenosis of neural canal of cervical region
- **722.40**: Congenital stenosis of neural canal of head region
- **722.41**: Congenital stenosis of neural canal of cervical region
- **722.50**: Intervertebral disk stenosis of neural canal of head region
- **722.51**: Intervertebral disk stenosis of neural canal of cervical region
- **722.60**: Osseous and soft tissue stenosis of intervertebral foramina of head region
- **722.61**: Osseous and soft tissue stenosis of intervertebral foramina of cervical region
- **722.70**: Congenital stenosis of intervertebral foramina of head region
- **722.71**: Congenital stenosis of intervertebral foramina of cervical region

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# GEMs Example

**ICD-10-CM Code Mapping Tool**

*Second Edition*

**American Chiropractic Association**

[AAPC Logo]

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**ICD-10-CM Code Mapping Tool**

*Second Edition*

**American Chiropractic Association**

[AAPC Logo]
GEMs Example

Confirmation Required

Conversion Tools

Confirmation Required

Conversion Tools

One-to-one Mapping

723.1 Cervicalgia → 723.1 Cervicalgia

M54.2 Cervicalgia → M54.2 Cervicalgia

Confirm with Tabular List!
One-to-Five Mapping

- **724.4 Thoracic or lumbosacral neuritis (radicular syndrome of the lower limbs)**
- **ICD-10 – M54.14, M54.15, M54.16, M54.17, M54.18 Radiculopathy**

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>M54.14</td>
<td>Radiculopathy, thoracic region</td>
</tr>
<tr>
<td>M54.15</td>
<td>Radiculopathy, thoracolumbar region</td>
</tr>
<tr>
<td>M54.16</td>
<td>Radiculopathy, lumbar region</td>
</tr>
<tr>
<td>M54.17</td>
<td>Radiculopathy, lumbosacral region</td>
</tr>
<tr>
<td>M54.18</td>
<td>Radiculopathy, sacral and sacrococcygeal region</td>
</tr>
</tbody>
</table>

Combination Mapping

- **724.3 Sciatica**
- **ICD-10 – M54.30 Sciatica, unspecified side**
- **M54.31 Sciatica, right side**
- **M54.32 Sciatica, left side**

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</thead>
<tbody>
<tr>
<td>M54.30</td>
<td>Sciatica, unspecified side</td>
</tr>
<tr>
<td>M54.31</td>
<td>Sciatica, right side</td>
</tr>
<tr>
<td>M54.32</td>
<td>Sciatica, left side</td>
</tr>
<tr>
<td>M54.60</td>
<td>Lumbargia with sciatica, unspecified side</td>
</tr>
<tr>
<td>M54.61</td>
<td>Lumbargia with sciatica, right side</td>
</tr>
<tr>
<td>M54.62</td>
<td>Lumbargia with sciatica, left side</td>
</tr>
</tbody>
</table>

Coding Whiplash

- **Sprain VS. Strain**
  - **847.0: Sprain of Neck** (Includes strain of joint capsule, ligament, muscle, tendon)
  - **S13.4 Sprain of ligaments of the cervical spine**
  - **S16.1xxA STRAIN of muscle, fascia and tendon at neck level, initial encounter**

Sprain Vs. Strain

“Exam findings are consistent with the strain and sprain of the ligaments and muscles of the cervical spine and acute traumatic headache, which does not respond to over the counter medications. Patient was the driver of a vehicle that collided with another motor vehicle on the interstate. He was not treated at the scene.”

<table>
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<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>S13.4</td>
<td>Sprain of ligaments of the cervical spine, initial encounter</td>
</tr>
<tr>
<td>S16.1</td>
<td>Strain of muscles, fascia and tendon at neck level, initial encounter</td>
</tr>
<tr>
<td>G44.311</td>
<td>Acute post-traumatic headache, intractable</td>
</tr>
<tr>
<td>V49.40A</td>
<td>Driver injured in collision with unspecified motor vehicle, traffic accident, initial encounter</td>
</tr>
<tr>
<td>Y92.411</td>
<td>Interstate as place of occurrence external cause</td>
</tr>
</tbody>
</table>

Migraines: 44 Choices

Documentation must include:

- With or without aura
- Intractable or not intractable
- With or without status migrainosus
- Persistent or chronic
- With or without vomiting
- With or without ophthalmoplegic, menstrual, etc.
- Induced by ICD-10 training ☑️
Vital Definitions

With Aura: Feelings and symptoms noticed shortly before the headache begins...aka “prodrome”
- Blind spots
- Seeing zigzags
- Flashing lights
- Prickling Skin
- Weakness (paresthesia)

Intractable? You Tell Me...

Status Migrainosus

- Chronic migraines that last more than 72 hours
- The codes DCs usually use are very vague
- If that DX comes through, doctors may need help with exact diagnosis

Unspecific Codes are Problematic

V, W, X, Y Codes

Chapter 20: Guidelines for external causes of morbidity (V00-Y99)
- Never sequenced first
- Provide data about the cause, intent, place, activity, or status of the accident or patient
- No national requirement to use these codes, but voluntary reporting is encouraged

Y92 Place of occurrence should be listed after other codes, used only once an initial encounter, in conjunction with Y93

Y93 Activity code should be used only once, at initial encounter

V, W, X, Y Codes For Fun

- Bus Occupant V79.9 (collision with) Animal in traffic being ridden
- Bus Occupant V70.3 (collision with) animal, non-traffic
- Bus Occupant V70.4 (collision with) animal, while boarding or alighting
E Codes in ICD-9 Expanded

• External Cause Codes
• Do you use them?

E844.8
• Sucked up into a jet without damage to the airplane; ground crew

This Just In!

Searcy man still in hospital after zebra attack

By Daniel H. Moore
The view was published at 11:11 am.

A Searcy man is still in a little room in a hospital after his jet was attacked by a zebra on Sunday night. Police say:

Reported to the White County Medical Center about a man who had been attacked by his own zebra. Searcy Police

The man had already been transported to the UAMS Medical Center in Little Rock by the time police arrived. Hernandez said:

Hernandez said the man is still at the hospital, and reports list him in serious condition.

If this would have been someone else's zebra that attacked him, there would be more to it, Hernandez said.

The man didn’t indicate what caused the jet to attack him, Hernandez said.

ICD-10-CM Increased Specificity

Updated Code V97.33
Sucked into a jet without damage to the airplane

ICD-10-CM Diagnosis Codes

External causes of morbidity (V00-Y99) Show Guidelines

V00-X58 Accidents (V00-X58)

V00-X58 Other external causes of accidental injury (V00-X58)

W00-W64 Exposure to animate mechanical forces (W00-W64) Show Guidelines

W55 Contact with other mammals Show Guidelines

W55.0 Contact with other mammals

W55.89 Other contact with other mammals

Code(s) Description
W55.11X Other contact with other mammals, initial encounter
W55.12X Other contact with other mammals, subsequent encounter
W55.19X Other contact with other mammals, sequelae

Say What??

• G44.82
  Headache associated with sexual activity
• W22.01xD
  Walked into wall, subsequent encounter
• Y34
  Unspecified event, undetermined intent
• R45.2
  Unhappiness
Case Example

• While playing tennis in a tournament at the Clay Court Country Club, a male player sprained his right wrist and was treated by his Chiropractor close to the courts.
  • S63.501A  Unspecified sprain of right wrist, initial encounter
  • Y93.73  Activity, racquet and hand sports
  • Y92.312 Tennis Court (place of occurrence for external cause)

What to Do Now: Forge Ahead

What Should I Do Now?

• Concentrate on perfecting documentation
• Learn the subtle nuances in your current diagnosis protocols
• Begin to discern what each means to you

Super CAs will Contribute at a High Level

Brainstorm Operational Impact

Recommended Tools
Case 1 Answers and Rationale

- **533.6xxA** Sprain of the SI joint
- **M47.819** Spondylitis without myelopathy or radiculopathy, site unspecified
  - Rationale: We don’t know from the notes that it is Lumbar (M47.816) or Lumbosacral (M47.817)
- **M62.50** Muscle wasting and atrophy, NEC, Unspecified site
  - Rationale: We don’t know from the notes where it so we can’t use M62.58 Muscle wasting and atrophy, NEC, other site or M62.59 Muscle wasting and atrophy, NEC, multiple sites
- **M99.05** Segmental and somatic dysfunction of pelvic region
- **W00.0xxA** Fall on same level due to ice and snow, initial encounter
- **Y92.007** Garden or yard in unspecified residence as place of occurrence

Case 2 Answers and Rationale

- **M50.12** Cervical Disc Disorder with radiculopathy, mid cervical region
- **G54.2** Cervical Root disorder, NEC not used because of Excludes1 noted
- **S13.8xxA** Sprain of joints and ligaments of other parts of neck
- **M62.838** Muscle Spasm, other
  - We are unsure about whether or not “back” = “neck” and hope to seek further clarification...i.e. M62.830 may have applied as well
- **Y93.B3** Activity, free weights
- **Y92.39** Other specified sports and athletic area as the place of occurrence of the external cause (gymsasaum)
Case 3 - Answers and Rationale

- **G43.019** Migraine Without Aura, Intractable, Without Status Migrainosus
- **M50.31** Other Cervical Disc Degeneration, High Cervical Region
- **G43.A1** Cyclic vomiting, intractable

ICD-10-CM Diagnosis Codes

- M60-79 Soft tissue disorders (M60-79)
- M60.02 Disorders of muscles (M60.02)
- M62.0 Other disorders of muscle
- M62.31 Muscle spasm

Case 3

32-year-old female presented with a headache and bilateral upper cervical pain and stiffness. This incident began as neck pain and stiffness about 7-10 days ago and has progressed to the point she has been experiencing a constant severe (self-rating a 10/10 pain scale) headache she describes as throbbing that is primarily on the right side of her head for the past 24 hours. The headache ranges from a 6/10 at the best, and a 10/10 at the worst. She has experienced 6 or 7 bouts of vomiting since the headache began yesterday, and nothing relieves the vomiting. She spent time in the dark and quiet as much as possible to diminish the headache and utilized prescription medication without success. She has had a history of headaches since the birth of her first child when she was age 22. She started that raises and lights make her headaches worse, and once a severe headache has established itself there is very little she can do to diminish the pain, the duration can be from 12-36 hours historically. She denies any visual disturbances or aura in relation to her severe headaches. The best results she has had so far, has been chiropractic care to diminish the number and duration of her headaches. She is not receiving DC care for the last two years, since she moved her household to a new town. Cervical films reveal disc degeneration at C1-C2, C2-C3.

ICD-10-CM Diagnosis Codes

- G43.019 Common Migraine with Intractable Migraine
- G72.4 Degeneration Cervical Intervertebral Disc

Case 4 Answers and Rationale

- **M51.15** Intervertebral Disc Disorder with radiculopathy, Thoracolumbar Region
  - Would not use M54.15 Radiculopathy, Thoracolumbar Region because of the Excludes1
- **R26.2** Difficulty walking, not otherwise classified
- **Y93.H2** Activity, gardening and landscaping

ICD-10-CM Diagnosis Codes

- G41.4 Migraine
- G43.A1 Cyclic vomiting, intractable
- G43.A1 Cyclic vomiting, intractable

Case 4

37-year-old male entered the office complaining of mild back pain that started after he worked digging in his garden over the weekend approximately two weeks ago. He worked increased stiffness, a dull aching initially and it has progressed to a constant deep ache with occasional sharp pain noted with walking, rotation or bending and lifting anything over 10-15 lbs. He reports pain does radiate away from the spine a short distance but not into his extremities. He feels severe spasms with difficulty moving for a few minutes after the episode of sharp radiating pain. He rates his pain as a 7/10 today and at its best it is a 5/10 since he injured it. Pain on percussion noted on the T11-T12 spinal processes. Films reveal no fractures, normal architecture and moderate joint and disc degeneration throughout the lower dorsal and lumbar spine. MRI confirmed disc involvement at T11-T12.

ICD-10-CM Diagnosis Codes

- 726.4 Thoracic or Lumbar/Sacral Neuritis or Radiculitis, Unspecified
- 722.1 Displacement of Thoracic or Lumbar Intervertebral Disc without Myelopathy
- 718.7 Difficulty Walking
Case 5

48 y.o. female patient entered the office complaining of low back and pain down the back of the left leg. After a dance retreat this weekend a couple of days ago. She states the leg pain is constant, dull and achy (1/10) while her low back pain is intermittent and a milder ache (4/10). The patient stated “the pain increases in both the low back and leg as the day goes on and it does get better when i am laying down.” She experienced a big increase in sharp pain and some transient numbness in her toes after a sneezing bout this morning that prompted her visit today. Films reveal no fractures, normal architecture and moderate to severe joint and disc degeneration at L4-L5. MRI revealed disc involvement at L5.

ICD9 Code:
724.3 Sciatica
722.10 Dislocation of Lumbar Intervertebral Disc without Myelopathy
728.80 Spasm of Muscle

Case 5-Answers and Rationale

- **M51.16 Intervertebral Disc Disorder with radiculopathy, Lumbar Region**
  - Would not use M54.32 Sciatica, left side because of the Excludes1
  - **M62.830 Muscle Spasm of the Back**