

Acuity Documentation: Major Depression



Best Practice: Document with M.E.A.T.

Monitor

- Review signs and symptoms
- Review logs (blood sugar, BP)
- Disease progression/regression noted

Evaluate

- Reviewing lab/test results
- Review of diagnostic tests
- Medication/treatment effectiveness
- Relevant physical examination

Assess/ Address

- Stable, improving, worsening, etc.
- Discussion/counseling
- Exacerbation of condition
- Relevant record review

Treat

- Referral to specialist
- Adjusting, refilling, prescribing medication
- Surgical procedures

Noting any one of the M.E.A.T criteria will satisfy the documentation requirements needed to code that condition on a claim

M.E.A.T. Documentation Keywords:

<u>Assessment</u>	<u>Plan</u>
Stable	Monitor
Improved	D/C meds
Tolerating meds	Continue meds
Deteriorating	Refer to / Followed by

Examples:

- Moderate recurrent MDD - pt stable with current meds, encouraged patient to see counselor for therapy
- Patient with mild single MDD doing well, will continue to monitor for worsening symptoms.



Depression Key Points

Indicate the appropriate status/episode (single or recurrent) for the patient

Include the severity level and any complications they are experiencing



Documentation Tips:

- When documenting MDD you need to indicate the status, severity, and any associated conditions or manic/psychotic episodes.
 - Single, recurrent episode, or in remission (full or partial).
 - Mild, moderate, or severe, with or without psychotic features.
- Document the signs and symptoms the patient is experiencing to appropriate capture the severity of condition
- Specify current medications, or changes in medications, as this can indicate recurrent over single episode
- Unspecified depression (F32.9) should only be reported if it is situational or reactive depression not requiring therapeutic intervention or medication

Episode & Status Identifiers

Single Episode	Recurrent Episode
No evidence of prior episodes, first occurrence	At least 2 previous episodes that lasted at least 2 weeks and were separated by several months

In Remission (occurs while being treated)
Partial Remission: <ul style="list-style-type: none">• Diminished symptoms• Complete resolution of symptoms < 2 months
Full remission: Complete resolution of symptoms > 2 months

Common ICD-10 Codes

ICD-10	Description
F32.0	Major depressive disorder, single episode, mild
F32.1	Major depressive disorder, single episode, moderate
F32.2	Major depressive disorder, single episode, severe without psychotic features
F32.4	Major depressive disorder, single episode, in partial remission
F32.5	Major depressive disorder, single episode, in full remission
F32.9	Depression, unspecified (note: this code is not an HCC)
F33.0	Major depressive disorder, recurrent, mild
F33.1	Major depressive disorder, recurrent, moderate
F33.2	Major depressive disorder, recurrent, severe without psychotic features
F33.41	Major depressive disorder, recurrent, in partial remission
F33.42	Major depressive disorder, recurrent, in full remission
F33.8	Other recurrent depressive disorders
F33.9	Major depressive disorder, recurrent, unspecified

Other Common Associated Codes

ICD-10	Description
F34.89	Other specified persistent mood disorders
F34.9	Persistent mood (affective) disorder
F31.31	Bipolar disorder, current episode depressed, mild
F31.32	Bipolar disorder, current episode depressed, moderate
F31.9	Bipolar disorder, unspecified
F41.9	Anxiety disorder, unspecified

Keeping Compliant Documentation

- Completeness and accuracy is always our goal!
- Never document or bill diagnoses that are not present or currently being treated
- Never up-code diagnoses to achieve a higher risk score
- Do not document a resolved or historical medical condition as current if it is no longer being treated
- Correct any errors in diagnoses previously reported or that no longer apply
- Keep accurate, specific problem lists to easily pull the most appropriate codes into encounter notes
- Avoid using abbreviations unless the condition is previously established in the documentation within the same OV note.

