Understanding ICD-10-CM and DSM-5:
A Quick Guide for Psychiatrists and Other Mental Health Clinicians

Among the most noticeable revisions to the Fifth Edition of *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5) is the inclusion of dual codes for every mental disorder to account for the currently used ICD-9-CM codes as well as new ICD-10-CM codes, which will be activated in October 2014. Since DSM-5 was released in May 2013, there have been questions about the need for additional clinician training related to the use of the ICD-10-CM codes. Because of the listing of the ICD-10-CM codes in the DSM-5, training that is focused solely on the ICD-10-CM is not necessary for clinicians to learn the appropriate codes for submitting insurance claims for DSM-5 mental disorder diagnoses. In the same manner that most mental health clinicians used the ICD-9-CM codes embedded in DSM-III, DSM-III-R, DSM-IV or DSM-IV-TR for submitting insurance claims, and never purchased a separate ICD-9-CM, it will also be possible to use the embedded ICD-10-CM codes in DSM-5 without the need for additional training. Please note that ICD-10-CM does not include diagnostic criteria, and the presence of documented DSM-5 diagnostic criteria in patient medical records is used by CMS and private insurance contractors for medical chart quality assessment, audit, and fraud/abuse determinations. However, it may be of benefit for clinicians to experience ICD-10-CM training in order to better understand the coding of *other medical disorders*—particularly in settings where general medical and mental health services are treated in an integrated setting. The APA will be posting a compendium of ICD-10-CM codes for frequently encountered non-mental health disorders that can be used as a reference for psychiatrists when reporting patient's comorbid medical diagnoses.

The following bullet points were developed to quickly clarify the key points of ICD-10-CM coding and implementation most relevant to mental health clinicians. We encourage all clinicians to review and ensure their familiarity with these important concepts.

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- On October 1, 2014, the entire health care system in the U.S. will change its diagnostic codes from ICD-9-CM to ICD-10-CM. Everyone is now using ICD-9-CM codes; mental health practitioners know these codes from using the DSM-IV-TR (they are also included in the DSM-5).

- **DSM-5 contains all of the information needed to assign HIPAA-compliant, valid ICD-10-CM codes to the psychiatric diagnoses that you make for your patients.**

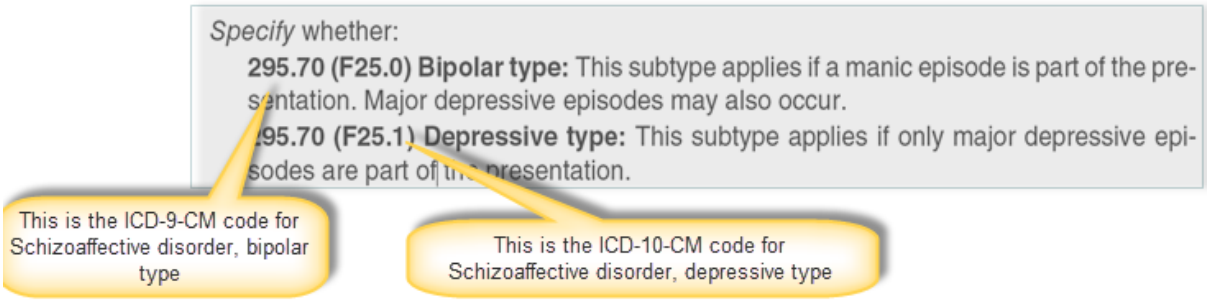
    - DSM-5 training can be helpful to clinicians. Training dedicated solely to ICD-10-CM is usually aimed at administrators, information technology specialists, and coding professionals.

- The ICD-10-CM codes are alpha-numeric. In DSM-5, they can be found ***in parentheses*** within the diagnostic criteria box for each disorder.

  - If there is only one ICD-10-CM assigned to a disorder, it can be found at the top of the criteria set. For example, Schizophrenia has an ICD-10-CM code of F20.9

  - When you look at a disorder in DSM-5, it will appear as below. Note that the ICD-9-CM code and the ICD-10-CM code have already been listed for you:

  - If more than one code can be assigned to a disorder, the codes can be found at the bottom of the diagnostic criteria box. This is the case when subtypes are coded. For example, for schizoaffective disorder, the bipolar type is coded F25.0 and the depressive type is coded F25.1. This will appear in the DSM-5 criteria as below:



  - For disorders with more complex coding, coding notes and coding tables are provided at the bottom of the criteria box. The substance/medication-induced disorders, for example, have complex coding.

- Clinicians should always check the bottom of the diagnostic criteria box for coding notes, which provide additional guidance. For example, in Schizoaffective disorder, if catatonia is present, an additional code for catatonia should be used, and will be provided in the coding note:

Specify if:

With catatonia (refer to the criteria for catatonia associated with another mental disorder, pp. 119–120, for definition).

Coding note: Use additional code 293.89 (F06.1) catatonia associated with schizoaffective disorder to indicate the presence of the comorbid catatonia.

- A section of text called “Recording Procedures” sometimes follows the diagnostic criteria box and provides even more guidance for documenting your diagnoses.

- For quick reference, ICD-10-CM codes can also be found in the “DSM-5 Classification” in the front of the manual, and as alphabetical and numerical listings in the appendices.

- For further information on the implementation of DSM-5, including ICD-10-CM coding updates, and to submit questions to DSM staff at the APA, please visit www.dsm5.org