

Provider Education

Quality Documentation & Coding Pearls

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DIABETES MELLITUS TYPE II

Diabetes mellitus type II affects 25% of people age 65 and older, and the prevalence is rising as our population ages. Many cases go undetected, so the true burden of the disease is unknown. The cost of care for a patient with diabetes is 2.3 times higher than for those without the disease. In 2015, diabetes was the 7th leading cause of death in the United States.



Morbidity and mortality in diabetes is due to microvascular and macrovascular complications related to elevated glucose levels. The prevalence of complications increases with the duration and severity of the disease. Complications are often present at time of diagnosis and can develop insidiously, so routine examination and screening is imperative.

Complications of DM include:

- **Renal** – 40% will develop nephropathy, and DM is the leading cause of ESRD
- **Ophthalmic** – 50-80% will have retinopathy after 20 years, and it is the leading cause of new onset blindness in people 25-74 years old
- **Cataracts** – more likely to develop cataracts and at an earlier age due to elevated sugar in the aqueous humor causing the lens to swell and opacify
- **Neurological** – 70% will develop neuropathy which can be painful and lead to ulcers, reduced function, and a decrease in quality of life
- **Peripheral circulatory** – 60% of nontraumatic lower extremity amputations occur in diabetic patients
- **Ulcers** – caused by both vascular and neurological dysfunction and complicated by poor wound healing
- **Oral** – periodontal disease is more severe and occurs in almost 1/3 of patients with diabetes
- **Skin** – wide range of skin changes from infections to dry, discolored skin patches
- **Hypoglycemia** – serious short term complication that can be fatal; episodes increase the risk of CV death and dementia
- **Hyperglycemia** – directly linked to short and long term morbidity and mortality
- **Cardiovascular disease** – 70% of diabetics will die from heart disease or stroke
- **HTN** – due to diabetic nephropathy, an increase in extracellular fluid volume expansion, and an increase in arterial stiffness
- **Dyslipidemia** – related to the severity of insulin resistance which causes elevated LDL, triglycerides (2° excess glucose & free fatty acids), and low HDL
- **Depression** – more than 2x as likely to suffer from depression which in turn makes glucose management more difficult; screen with a PHQ-9 at least yearly
- **Cancer** – associated with an ↑ risk of certain cancers (liver, colorectal, & lung)
- **Erectile dysfunction** – one of the most common causes is DM due to vascular and neurological compromise
- **Fatty liver** – most common form of liver disease and caused by insulin resistance

CODING TIPS

Managing a patient with diabetes is difficult. As the patient ages, the increasing number of complication makes it even more complex. At least once a year, document all of a patient's complications. Pick the most specific and accurate code in each category, and validate it in your assessment and plan.

See reverse side for codes

STAR MEASURES

HbA1c goal: ≤ 9.0%

BP goal: < 140/90

Statin goal: All diabetics should be on a statin (any dose)

Yearly Nephropathy Screen

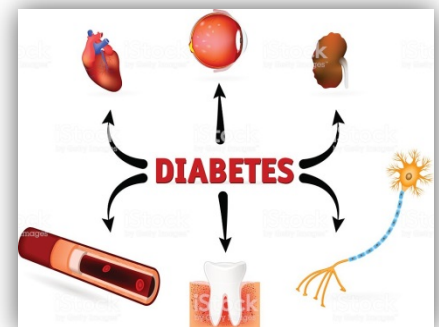
Yearly Retinal Eye Exam

Statin, ACE/ARB and DM Oral

Medication Compliance:

Ensure patient takes their medication at least 80% of the prescription time period

Prescribe patients a 90 day supply



Don't forget to **VALIDATE: DIAGNOSIS, STATUS & PLAN**

DIABETES MELLITUS TYPE II

**Diagnose and Validate the most specific code for every complication a person has
Document AND Link all “other” conditions to diabetes**

E11.2 with kidney complications	
E11.21	with diabetic nephropathy
E11.22	with diabetic chronic kidney disease (Diagnose CKD with stage: N18.1-N18.6)
E11.29	with <i>other</i> diabetic kidney complication
E11.3 with ophthalmic complications	
E11.311	with unspecified diabetic retinopathy with macular edema
E11.319	with unspecified diabetic retinopathy without macular edema
E11.321	with mild nonproliferative diabetic retinopathy with macular edema
	Right eye: E11.3211 Left eye: E11.3212 Bilateral: E11.3213 Unspecified eye: E11.3219
E11.329	with mild nonproliferative diabetic retinopathy without macular edema
	Right eye: E11.3291 Left eye: E11.3292 Bilateral: E11.3293 Unspecified eye: E11.3299
E11.331	with moderate nonproliferative diabetic retinopathy with macular edema
	Right eye: E11.3311 Left eye: E11.3312 Bilateral: E11.3313 Unspecified eye: E11.3319
E11.339	with moderate nonproliferative diabetic retinopathy with macular edema
	Right eye: E11.3391 Left eye: E11.3392 Bilateral: E11.3393 Unspecified eye: E11.3399
E11.341	with severe nonproliferative diabetic retinopathy with macular edema
	Right eye: E11.3411 Left eye: E11.3412 Bilateral: E11.3413 Unspecified eye: E11.3419
E11.349	with severe nonproliferative diabetic retinopathy without macular edema
	Right eye: E11.3491 Left eye: E11.3492 Bilateral: E11.3493 Unspecified eye: E11.3499
E11.351	with proliferative diabetic retinopathy with macular edema
	Right eye: E11.3511 Left eye: E11.3512 Bilateral: E11.3513 Unspecified eye: E11.3519
E11.359	with proliferative diabetic retinopathy without macular edema
	Right eye: E11.3591 Left eye: E11.3592 Bilateral: E11.3593 Unspecified eye: E11.3599
E11.36	with diabetic cataract
E11.39	with <i>other</i> diabetic ophthalmic complication
E11.4 with neurological complications	
E11.40	with diabetic neuropathy, unspecified
E11.41	with diabetic mononeuropathy
E11.42	with diabetic polyneuropathy
E11.43	with diabetic autonomic (poly)neuropathy
E11.44	with diabetic amyotrophy
E11.49	with <i>other</i> diabetic neurological complication
E11.5 with circulatory complications	
E11.51	with diabetic peripheral angiopathy without gangrene
E11.52	with diabetic peripheral angiopathy with gangrene
E11.59	with <i>other</i> circulatory complications
E11.6 with other specified complications	
E11.610	with diabetic neuropathic arthropathy
E11.618	with <i>other</i> diabetic arthropathy
E11.620	with diabetic dermatitis
E11.621	with foot ulcer (also diagnose ulcer)
E11.622	with <i>other</i> skin ulcer (also diagnose ulcer)
E11.628	with <i>other</i> skin complications
E11.630	with periodontal disease
E11.638	with <i>other</i> oral complications
E11.649	with hypoglycemia without coma
E11.65	with hyperglycemia (use this code if uncontrolled)
E11.69	with <i>other</i> specified complication (specify and link the condition)
E11.9 without complications	