

Provider Education

Quality Documentation & Coding Pearls

Ineke M. Ayubi-Moak, MD

MAJOR DEPRESSION



Clinical depression affects 1-5% of the general elderly population but often goes undiagnosed. Diagnosing depression in seniors is difficult because they often present differently, and symptoms are attributed to other illness or side effects from medication. They may also be reluctant to discuss their feelings and suffer in isolation. Major depression is associated with an increased risk of cardiac disease and can complicate treatment of other illnesses. Only 10% of seniors receive

treatment, and when left untreated, major depression leads to a decrease in quality of life and functional status and an increase in overall suffering.

Screen your patients at least once a year or after a change in health or a life altering event. The PHQ-9 is an easy to use, validated tool that patients can fill out while waiting to be seen. A score of ≥ 10 is 88% sensitive and specific for major depression. A score of < 10 has a 99% negative predictive value for major depression.

Using the PHQ-9

- There has to be at least 5 ✓'s in the shaded section
- One ✓ must be for question number 1 or 2
- The last question must be marked at least "somewhat difficult"
- There should be no physical cause for the depression
- Normal bereavement should be ruled out

Diagnose patient with Major Depression if:

- Patient is on an antidepressant for depressed mood
- Meets criteria by DSM V
- Scores ≥ 10 on a PHQ-9

Specify:

- Single (first episode and can resolve)
- Recurrent (second episode and considered life long and chronic)
- Severity of the disease
 - Mild
 - Moderate
 - Severe with or without psychotic features
 - In remission (partial or full)

Diagnose "in remission" if patient is asymptomatic

CODING TIPS

F32 = SINGLE EPISODE:

- F32.0 mild
- F32.1 moderate
- F32.2 severe without psychotic features
- F32.3 severe with psychotic features
- F32.4 in partial remission
- F32.5 in full remission

****Diagnose as active even if patient is asymptomatic on treatment or refuses treatment**

F33 = RECURRENT EPISODE: considered lifelong & chronic

- F33.0 mild
- F33.1 moderate
- F33.2 severe without psychotic features
- F33.3 severe with psychotic features
- F33.41 in partial remission
- F33.42 in full remission
- F33.9 unspecified

****Diagnose yearly even if asymptomatic on or off treatment or refuses treatment**



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

Revised 09/11/18 Questions? Call (480) 499-8700 ext. 8205 or email provider.education@azprioritycare.com

 **Arizona**
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Patient Health Questionnaire (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

(use a "✓" indicate your answer)

None

0

Several Days

1

More than half
the Days

2

Nearly
Every Day

3

1. Little interest or pleasure in doing things

2. Feeling down, depressed, or hopeless

3. Trouble falling or staying asleep, or sleeping too much

4. Feeling tired or having little energy

5. Poor appetite or overeating

6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down

7. Trouble concentrating on things, such as reading the newspaper or watching television

8. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual

9. Thoughts that you would be better off dead or of hurting yourself in some way

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people? (use a "✓")

Not
difficult

Somewhat
Difficult

Very Difficult

Extremely
Difficult

Total Score _____

Total Score	Depression Severity	Interpreting Score
0-4	Minimal depression	May not need treatment
5-9	Mild depression	Use clinical judgment about treatment based on duration of symptoms & functional impairment
10-14	Moderate depression	
15-10	Moderately severe depression	Warrants treatment using medication, psychotherapy both
20-27	Severe depression	