



Focus on Major Depressive Disorder

January is Mental Wellness Month

Facts about Major Depression

- Suicide rates are almost twice as high in the elderly, with the rate highest in white men over 85 years of age.
- Older adults who commit suicide had seen a clinician within the previous month.
- Treatment of depression can have beneficial effects on health outcomes in the elderly. Accordingly, the Centers for Medicare & Medicaid Services (CMS) will reimburse for annual depression screening (G0444).^{1,2}

Major Depressive Disorder

According to the American Psychiatric Association, Major Depressive Disorder can be seen in patients who have suffered a depressive episode lasting at least two weeks, as manifested by at least five (5) of the following symptoms: depressed mood, loss of interest or pleasure in most or all activities, insomnia or hypersomnia, change in appetite or weight, psychomotor retardation or agitation, low energy, poor concentration, thoughts of worthlessness or guilt, and recurrent thoughts about death or suicidal ideation.

ICD-9-CM ^{3,4}	
First Three Digits	
296.xx	Episodic mood disorders category
<i>Fourth Digit:</i>	<i>Indicates the description of the current episode</i>
296.2x	Single depressive episode
<i>Fifth Digit:</i>	<i>Indicates the severity of the condition</i>
296.x0	Unspecified
296.x1	Mild
296.x2	Moderate
296.x3	Severe without psychotic features
296.x4	Severe with psychotic features

ICD-10-CM ⁵	
First Three Digits	
F32.x	Major depressive disorder, single episode
<i>Fourth Digit:</i>	<i>Indicates the severity of the condition</i>
F32.0	Mild
F32.1	Moderate
F32.2	Severe without psychotic features
F32.3	Severe with psychotic features
F32.8	Other
F32.9	Unspecified

Recurrent Major Depression

Major depression is highly recurrent, with recurrent episodes occurring in 50 percent or more of patients.

ICD-9-CM³:

- **296.3x** Recurrent depressive episode, unspecified

ICD-10-CM⁵:

- **F33.9** Recurrent depressive episode, unspecified

Chronic Major Depression

An episode persisting for at least two years is deemed chronic.

Remission and Recovery from Major Depression

Whether or not a patient is being treated for depression (i.e., counseling and/or medication), remission can be defined as a level of depressive symptoms basically indistinguishable from that of someone who has never been depressed.

When reporting history of major depressive disorder, instead of coding V11.1, Personal history of affective disorders, "A code from the mental disorders chapter, with an in remission fifth digit, should be used."⁴

ICD-9-CM ³	
296.x5	In partial remission
296.x6	In full remission

ICD-10-CM ⁵	
F33.41	Major depressive disorder, recurrent, in partial remission
F33.42	Major depressive disorder, recurrent, in full remission

Documentation Tips^{1,3}

When documenting **major depressive disorder**, it is important to document the episode (single or recurrent), the severity (mild, moderate, severe without psychotic features or severe with psychotic features) and the clinical status of the current episode (in partial/full remission).

Code **296.20**: Major depressive disorder, single episode, unspecified – is used when a provider documents "major depression."

Code 311: Depressive disorder, not elsewhere classified – is used when a provider documents "depression."

Code 300.4: Dysthymic disorder – is used when a provider documents "anxiety

depression," "depression with anxiety," "depressive reaction," "depressive anxiety," "neurotic depressive state" or "reactive depression."

Code 309.0: Adjustment disorder with depressed mood – is used when a provider documents "grief reaction" (acute/brief) or "situational depression" (acute/brief)

¹ American Psychiatric Association. "Diagnostic & Statistical Manual of Mental Disorders, 4th Ed., Text Revision (DSM-IV-TR)." Arlington, VA: APA Publishing, 2000. p. 369-376

² <http://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/Screening-for-Depression-Booklet-ICN907799.pdf> and/or <http://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNMattersArticles/downloads/MM7637.pdf>

³ World Health Organization, Professional: ICD-9-CM for Physicians—Volumes 1 & 2. 2013 Alexandria, VA: Optum, 2012.

⁴ The Centers for Medicare & Medicaid Services (CMS) and the National Center for Health Statistics (NCHS). "ICD-9-CM Official Guidelines for Coding and Reporting." Department of Health and Human Services. DHHS, 2012, October. Web.

⁵ Optum 2013 ICD-10 The Complete Official Draft Code Set <www.optumcoding.com/ICD10>