



# Risk Adjustment Coding Academy- Coding Focus

## Diabetic Renal Disease



According to the CDC’s National Chronic Kidney Disease Fact Sheet, it is estimated that more than 10% of adults in the United States (more than 20 million people) may have CKD, of various severity levels.<sup>1</sup> Diabetes and hypertension are the leading causes of End Stage Renal Disease (ESRD).

### Kidney’s Function

Kidneys are part of the body’s urinary tract system. Inside the kidneys are millions of tiny blood filtering units called nephrons. In each nephron, blood is continually filtered through a microscopic cluster of looping blood vessels called a glomerulus.

The kidney’s primary function is to filter the blood for removal of waste products that become part of the urine. Useful substances such as protein and red blood cells stay in the blood as they are too big to pass through the filter.

Diabetes can cause damage to this process as high levels of blood sugars cause the kidneys to have to filter too much blood. This additional work leads

to leakage and loss of protein into the urine. Small amounts of protein in the urine is called microalbuminuria; larger amounts of protein is called macroalbuminuria.<sup>2</sup>

### Treatments and Tests

The most important treatment for kidney disease (nephropathy) is to maintain control of blood glucose and blood pressure. If unable to lower blood pressure with weight loss, decreased salt consumption, avoidance of alcohol and tobacco, and regular exercise- an ACE inhibitor such as captopril and enalapril may be prescribed.

Routine urine and blood tests listed below may be used to evaluate kidney disease and to monitor kidney function<sup>3</sup>:

- Urine albumin, urinalysis, or urine total protein (urine protein to creatinine ratio)
- Estimated glomerular filtration rate (eGFR)
- Urea (urea nitrogen or BUN)- included in Basic and Comprehensive Metabolic Panels (BMP and CMP)
- Creatinine- included in BMP and CMP

When the kidneys lose their filtering ability, waste products begin to build up in the blood leading to kidney failure. ESRD requires dialysis (to have blood filtered by a machine) or a kidney transplant.

### Coding Reference

ICD-9 code category 583 (Nephritis and nephropathy, not specified as acute or chronic) includes “renal disease” with stated pathology or cause. For renal disease or insufficiency documented as *related to* diabetes, it would be

appropriate to code 583.81 secondary to the underlying disease of diabetes code 250.4-<sup>4</sup>

ICD-10 contains combination codes that include the type of diabetes mellitus, the body system affected, and the complication(s) affecting that body system. Diabetes with an unspecified renal complication leads to category E08-E13 (diabetes, by type) with subcategory of .29 for diabetic kidney complication.<sup>5</sup>

Below is the ICD-10 Mapping for the diagnostic statement of type II diabetic renal disease.

ICD-10 Mapping	
ICD-9 Code	ICD-10 Code
250.40 (HCC18)- DM with renal manifestations	E11.29 (HCC 18)- Type II DM with other diabetic kidney complication
583.81 (no HCC)- Nephropathy in diseases classified elsewhere	

1. Centers for Disease Control and Prevention, National Chronic Kidney Disease Fact Sheet 2014: [cdc.gov/diabetes/pubs/pdf/kidney\\_factsheet.pdf](http://cdc.gov/diabetes/pubs/pdf/kidney_factsheet.pdf)
2. American Diabetes Association website: Kidney Disease (Nephropathy) (accessed February 2015): [diabetes.org](http://diabetes.org)
3. Lab Tests Online website: Kidney Disease (accessed February 2015): [labtestsonline.org](http://labtestsonline.org)
4. 2012 Professional: International Classification of Diseases, 9th revision, Clinical Modification. Eden Prairie, MN: OptumInsight.
5. Anita Schmidt, K.K., & P.W. (2016). ICD-10- CM Expert for Physicians. Optum360