

# Risk Adjustment Coding Academy- Coding Focus

## Schizophrenia



Schizophrenia is a serious mental illness that affects the way a person thinks, feels and acts. It can cause hallucinations, delusions and unusual thoughts, making it difficult for a person to know what is real and what is not.

According to the National Alliance on Mental Illness (NAMI), about 1.1% of adults in the United States have schizophrenia<sup>1</sup>. It is a chronic condition that has no cure, but treatments are available which can be beneficial in managing the condition.

### Symptoms

Schizophrenia may present with many different symptoms which can vary in severity and type. The National Institute of Mental Health (NIMH) notes that schizophrenia symptoms generally fall into three different categories: positive, negative and cognitive<sup>2</sup>. Some of these symptoms include:

- Hallucinations
- Delusions
- Extremely disorganized thinking
- Movement disorders
- Flat affect or reduced speaking
- Difficulty sustaining activities
- Lack of focus
- Impaired memory

Each case is different and certain symptoms may not always be present for the affected individual.

### Causes and Treatment

The definitive cause of schizophrenia is unknown, though it is believed that genetics, environmental components and brain chemistry are all contributing factors. Additionally, those who used mind-altering drugs as a teen or young adult, have increased immune system activation such as autoimmune disease, or those who had complications during their birth such as exposure to toxins or viruses may be at an increased risk<sup>3</sup>.

Schizophrenia requires lifelong treatment that typically incorporates medication, psychotherapy and psychosocial interventions. Antipsychotic medications, which focus on easing symptoms, are often utilized in the treatment of schizophrenia. These include conventional medications like haloperidol and chlorpromazine, as well as newer medicines such as aripiprazole and lurasidone. Because schizophrenia affects the way a person thinks, it is often necessary to have a daily living support system in place to ensure medication is taken as prescribed.

During episodes of psychoses, hospitalization may be required. For adult patients who do not respond to medication that also have depression, electroconvulsive therapy (ECT) is another treatment option that may be utilized.

### Coding Guidance

There are several distinct types of schizophrenia which are categorized in

ICD-10-CM by the predominate manifestation, such as paranoid or disorganized<sup>4</sup>. Additional diagnosis codes are available for schizoaffective disorders that include a combination of schizophrenia symptoms with mood disorders, like depression. Complete and detailed documentation is required to ensure correct diagnosis code assignment.

#### Schizophrenia (HCC 57)

- F20.0 – Paranoid**
- F20.1 – Disorganized**
- F20.2 – Catatonic**
- F20.3 – Undifferentiated**
- F20.5 – Residual**
- F20.81 – Schizophreniform disorder**
- F20.89 – Other schizophrenia**
- F20.9 – Schizophrenia, unspecified**

#### Schizoaffective Disorders (HCC 57)

- F25.0 – Bipolar type**
- F25.1 – Depressive type**
- F25.8 – Other schizoaffective disorder**
- F25.9 – Schizoaffective disorder, unsp.**

### Resources:

<sup>1</sup> National Alliance on Mental Illness. (n.d.) Schizophrenia. Retrieved from nami.org

<sup>2</sup> National Institute of Mental Health. (n.d.) Schizophrenia Signs and Symptoms. Retrieved from nimh.nih.gov

<sup>3</sup> Mayo Clinic. (n.d.) Schizophrenia Symptoms & Causes. Retrieved from mayoclinic.org

<sup>4</sup> Schmidt, A., Kenney, A., Krawzik, K., & Willard, P. (2016). ICD-10-CM expert for physicians 2017: The complete official code set. Place of publication not identified: Optum360°