

## ***Coding Spotlight — Pregnancy***

### **A provider's guide to diagnose and code for pregnancy**

Pregnancy demonstrates a woman's amazing creative and nurturing powers while providing for the future. Early and regular prenatal care is vital to the health of the baby and the mother.

#### **Pregnancy facts**

- In 2016, 7.2 percent of women who gave birth smoked cigarettes during pregnancy. Prevalence of smoking during pregnancy was highest for women aged 20-24 (10.7 percent), followed by women aged 15-19 (8.5 percent) and 25-29 (8.2 percent).<sup>1</sup>
- Hypertensive disorders affect up to 10 percent of pregnancies in the United States.<sup>2</sup>
- Ectopic pregnancy affects 1-2 percent of all pregnancies and is responsible for 9 percent of pregnancy-related deaths in the United States.<sup>3</sup>

#### **Risk factors**

- **Existing health conditions:** Pregnant women with high blood pressure, diabetes or who are HIV-positive may experience a complicated pregnancy.<sup>4</sup>
- **Overweight and obesity:** According to the American College of Obstetricians and Gynecologists (ACOG), more than 50 percent of pregnant women in the United States are overweight or obese.<sup>5</sup> Being obese raises the risk for cardiac problems, sleep apnea, pre-eclampsia, gestational diabetes and venous thromboembolism (VTE).<sup>5</sup>
- **Multiple births:** Women with more than one fetus face a higher risk of complications. Typical issues include pre-eclampsia, premature labor and preterm birth.<sup>4</sup>
- **Young or old maternal age:** The age of the mother is one of the common factors. Those who are in their teens or age 35 or over have a higher risk for pre-eclampsia and gestational high blood pressure.<sup>4</sup>
- **Previous fetal loss:** Previous fetal death poses a risk for subsequent pregnancy.<sup>4</sup>
- **History of complications with previous pregnancies:** Complications experienced during a previous pregnancy are more likely to recur.<sup>4</sup>

#### **HEDIS® quality measures for prenatal and postpartum care**

Prenatal and postpartum care is a measure that focuses on women who delivered a live birth between November 6 of the year prior to the measurement year and November 5 of the measurement year.<sup>6</sup>

**Timeliness of prenatal care:** the percentage of deliveries that received a prenatal care visit as a member in the first trimester on the enrollment start date or within 42 days of enrollment as a member<sup>6</sup>

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Documentation of when prenatal care was initiated or the date of the member's first prenatal visit should be reflected in the medical record documentation. Evidence of at least one of the following needs to be documented:<sup>6</sup>

- A basic physical obstetrical exam (auscultation for fetal heart tone, pelvic exam with obstetric observations, measurement of fundus height)
- Prenatal care visits with screening test/obstetric panel, TORCH antibody panel alone, a rubella antibody test/titer with an Rh incompatibility blood typing, ultrasound/echography of a pregnant uterus
- Last menstrual period or estimated due date with either prenatal risk assessment and counseling/education or complete obstetrical history<sup>6</sup>

**Postpartum care:** a percentage of deliveries that had a postpartum visit on or between 21 and 56 days after delivery<sup>6</sup>

Documentation must indicate visit date and evidence one of the following:

- Pelvic exam
- Evaluation of weight, blood pressure, breasts and abdomen (Notation of breastfeeding is acceptable for the evaluation of breasts component.)
- Notation of postpartum care (e.g., six-week check, postpartum care, PP care, PP check)<sup>6</sup>

### **Tips for providers**

- The ACOG recommends a minimum of 14 prenatal visits for a 40-week pregnancy. To ensure regular care, members need to get reminders to schedule all required visits, including:
  - One visit every four weeks until 28 weeks' gestation (at least six visits)
  - One visit every two weeks until 36 weeks' gestation (at least four visits)
  - One visit every week after 36 weeks until delivery (at least four visits)<sup>6</sup>
- If the patient comes in one or two weeks after delivery for an incision check, the patient needs to be educated on the importance of coming back for a visit 21-56 days after discharge from the hospital. The visit needs to be scheduled, and the purpose should be explained.
- A follow-up cesarean section postoperative visit 1-2 weeks after delivery does not count as a postpartum visit. <sup>6</sup>
- Patients should get phone calls about scheduling the postpartum visit and should also get reminders about the date and time of the appointment.
- Appointments that were missed need to be rescheduled.
- All services should be documented using the ACOG forms.<sup>6</sup>

### **ICD-10-CM: general coding and documentation**

- Conditions that affect the management of pregnancy, childbirth and the puerperium are classified in categories O00 through O9A in Chapter 15 of the ICD-10-CM.
- If the pregnancy is incidental to an encounter for a different reason, code Z33.1 (pregnant state, incidental) is assigned in place of any Chapter 15 codes.
- When treating the pregnant member, the codes in Chapter 15 of the ICD-10 codes set are applied before codes from other chapters. However, codes from other chapters may be used to report additional conditions when needed to provide more specificity.

- Codes from Chapter 15 refer to the mother only and are assigned only on the mother’s record. They are never assigned on the newborn’s record.<sup>7</sup>

**Final character for trimester**

- The majority of codes in Chapter 15 of ICD-10-CM have a final character indicating the trimester of pregnancy. It is the provider’s responsibility to document the number of weeks of gestation and/or trimester in the medical record. The time frames for the trimesters are indicated at the beginning of Chapter 15 and are defined by ICD-10 as follows:

Trimester	Length in weeks
<b>First trimester</b>	less than 14 weeks, 0 days
<b>Second trimester</b>	14 weeks, 0 days less than 28 weeks, 0 days
<b>Third trimester</b>	28 weeks, 0 days until delivery

- Assignment of the final character for trimester is based on the provider’s documentation for the current encounter (number of weeks or trimester). Not every single code in Chapter 15 has a trimester component. If trimester is not a component of a code, it is because the condition always occurs in a specific trimester or the concept of trimester of pregnancy is not applicable.<sup>8</sup>

**Seventh character**

Many codes in Chapter 15 of ICD-10-CM require a seventh character. If the pregnancy is a single gestation, the seventh character 0 is reported. However, when there is more than one fetus, the documentation needs to indicate which specific fetus is having a problem. For example:

- O41.03x4 — Oligohydramnios, third trimester, fetus 4<sup>8</sup>

**Normal pregnancy**

When coding routine visits for the pregnant member who has no complications, Z codes are assigned from Chapter 21 of ICD-10-CM. These codes are only chosen when a healthy, pregnant woman has neither a current illness nor a current injury. For example:

- Z34.01 — encounter for supervision of normal first pregnancy, first trimester
- Z34.82 — encounter for supervision of other normal pregnancy, second trimester<sup>8</sup>

**Supervision of high-risk pregnancy**

Codes from category O09 (supervision of high-risk pregnancy) are intended for use only during the prenatal period.<sup>8</sup>

For routine prenatal outpatient visits for patients with high-risk pregnancies, a code from category O09 (supervision of high-risk pregnancy) should be reported as the first listed diagnosis on the claim.

ICD-10-CM provides codes for the supervision of the following types of high-risk pregnancies:

ICD-10 code categories	Code descriptions
O09.00-O09.03	Pregnancy with history of infertility
O09.10-O09.13	Pregnancy with history of ectopic pregnancy
O09.A0-O09.A3	Pregnancy with history of molar pregnancy
O09.211-O09.299	Pregnancy with other poor reproductive or obstetric history

ICD-10 code categories	Code descriptions
O09.30-O09.33	Pregnancy with insufficient antenatal care
O09.40-O09.43	Pregnancy with grand multiparity
O09.511-O09.529	Elderly primigravida and multigravida
O09.611-O09.629	Young primigravida and multigravida
O09.70-O09.73	High-risk pregnancy due to social problems
O09.811-O09.899	Other high-risk pregnancies (includes pregnancy resulting from assisted reproductive technology O09.81- and pregnancy with history of in utero procedure during previous pregnancy O09.82-)

### **Fetal conditions affecting management of pregnancy**

Codes from categories O35 (maternal care for known or suspected fetal abnormality and damage) and O36 (maternal care for other fetal problems) are assigned only when the fetal condition is actually responsible for modifying the mother's care. These codes are used when the listed condition in the fetus is the reason for hospitalization or other obstetric care to the mother or for termination of pregnancy.<sup>8</sup>

### **Other conditions complicating pregnancy, childbirth or the puerperium**

Certain categories in Chapter 15 of the ICD-10-CM distinguish between conditions of the mother that existed prior to pregnancy and those that are a direct result of pregnancy:

- Conditions such as edema; proteinuria; and hypertensive disorders in pregnancy, childbirth and the puerperium are classified in categories O10-O16.
- Other maternal disorders, such as hemorrhage, hyperemesis gravidarum, venous complications, genitourinary infections, diabetes mellitus, malnutrition and liver disorders are classified in categories O20-O29.
- Certain infectious diseases such as HIV disease, viral hepatitis, viral diseases (Zika infection), tuberculosis and venereal disease are classified in category O98.<sup>8</sup>

### **Hypertension**

Pre-existing hypertension is classified in category O10 as follows:

ICD-10 codes	Conditions
O10.01-O10.03	Essential hypertension
O10.111-O10.13	Hypertensive heart disease
O10.211-O10.23	Hypertensive chronic kidney disease
O10.311-O10.33	Hypertensive heart and chronic kidney disease
O10.411-O10.43	Secondary hypertension
O10.911-O10.93	Unspecified

When assigning one of the O10 codes that includes hypertensive heart disease or hypertensive chronic kidney disease, it is necessary to add a secondary code from the appropriate hypertension category to specify the type of hypertensive heart disease (category I11), heart failure (category I50), chronic kidney disease (category I12), or hypertensive heart and chronic kidney disease (category I13).<sup>7</sup>

Gestational or pregnancy-induced hypertension is coded to category O13 (gestational pregnancy-induced hypertension without significant proteinuria).

## Diabetes

Category O24 distinguishes between pre-existing diabetes mellitus (type 1, type 2, other, unspecified), gestational diabetes and unspecified diabetes as follows:

ICD-10 codes	Conditions
O24.011-O24.03	Pre-existing type 1 diabetes mellitus
O24.111-O24.13	Pre-existing type 2 diabetes mellitus
O24.311-O24.319	Unspecified pre-existing diabetes mellitus
O24.410-O24.439	Gestational diabetes mellitus
O24.811-O24.83	Other pre-existing diabetes mellitus
O24.911-O24.93	Unspecified diabetes mellitus

Codes for gestational diabetes are in subcategory O24.4 (gestational diabetes mellitus). No other code from category O24 (diabetes mellitus in pregnancy, childbirth and the puerperium) should be used with the code from O24.4.<sup>7</sup>

Code Z79.4 (long-term current use of insulin) should be assigned if the pre-existing or unspecified diabetes mellitus is being treated with insulin. Code Z79.84 (long-term current use of oral hypoglycemic drugs) should be assigned if the pre-existing or unspecified diabetes mellitus is being treated with oral hypoglycemic drugs. However, neither code Z79.4 nor code Z79.84 should be assigned with codes from subcategory O24.4 (gestational diabetes).<sup>8</sup>

## HIV infection

During pregnancy, childbirth or the puerperium, a patient with HIV-related illness should receive a principal diagnosis from subcategory O98.7- (human immunodeficiency [HIV] disease complicating pregnancy, childbirth and the puerperium) followed by the code(s) for the HIV-related illness(es). Patients with asymptomatic HIV infection status should receive codes O98.7- and Z21 (asymptomatic human immunodeficiency virus [HIV] infection status). For example:

- O98.711 + B20 + Z3A.00 — first trimester pregnant female with AIDS
- O98.713 + Z21 + Z3A.30 — 30-weeks pregnant female with complicating asymptomatic HIV status<sup>8</sup>

## Alcohol and tobacco use

When the mother uses alcohol during the pregnancy or postpartum, codes from subcategory O99.31 (alcohol use complicating pregnancy, childbirth and the puerperium) should be assigned. A secondary code from category F10 (alcohol related disorders) should also be assigned to identify manifestations of the alcohol use.

Codes from subcategory O99.33 (tobacco use disorder complicating pregnancy, childbirth and the puerperium) should be assigned for a pregnancy case where a mother uses any type of tobacco product during the pregnancy or postpartum. A secondary code from category F17 (nicotine dependence) should also be assigned to identify the type of nicotine dependence.<sup>8</sup>

### Other maternal diseases

ICD-10-CM provides category O99 to describe other maternal diseases classifiable elsewhere but complicating pregnancy, childbirth and the puerperium:

ICD-10 codes	Conditions
O99.0-	Anemia
O99.1-	Other diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism
O99.2-	Endocrine, nutritional and metabolic diseases
O99.3-	Mental disorders and diseases of the nervous system
O99.4-	Diseases of the circulatory system
O99.5-	Diseases of the respiratory system
O99.6-	Diseases of the digestive system
O99.7-	Diseases of the skin and subcutaneous tissue
O99.8-	Other specified diseases and conditions

Malignant neoplasms complicating pregnancy, childbirth and the puerperium are classified to subcategory O9A.1, with additional code(s) to identify the specific neoplasm.

### Normal delivery

Code O80 (encounter for full-term uncomplicated delivery) is used when the delivery is entirely normal with a single liveborn outcome; the completed weeks of gestation code is also assigned. There can be no postpartum complications. Code O80 cannot be used if any other code from Chapter 15 is needed to describe a current complication.<sup>8</sup>

### Complications of labor and delivery

Complications of labor and delivery are classified to categories O60-O77.

- Category O60 (preterm labor) is defined in ICD-10-CM as the onset (spontaneous) of labor before 37 completed weeks of gestation. This category includes codes for cases with delivery as well as without delivery.
- Failed induction of labor is classified to category O61.
- Abnormalities of forces of labor are classified to category O62.
- For patients with long labor, ICD-10-CM provides category O63 codes.
- ICD-10-CM provides categories O64, O65 and O66 for obstructed labor due to different etiologies (due to malposition and malpresentation of fetus, due to maternal pelvic abnormality).
- ICD-10-CM also provides the following categories for labor and delivery caused by different conditions:
  - O67.0-O67.9 — intrapartum hemorrhage
  - O68 — abnormality of fetal acid-base balance
  - O69.0-O69.9 — umbilical cord complications<sup>8</sup>

### **Fetal stress**

ICD-10-CM provides different codes related to fetal problems complicating labor and delivery, such as the following:

- O68 (labor and delivery complicated by abnormality of fetal acid-base balance) — used to describe fetal acidemia, fetal alkalosis or fetal metabolic acidemia when these conditions complicate labor and delivery
- O76 (abnormality in fetal heart rate and rhythm complicating labor and delivery) — includes fetal problems such as bradycardia, heart rate decelerations, heart rate irregularity and tachycardia
- Category O77 (other fetal stress complicating labor and delivery)<sup>8</sup>

### **Routine postpartum care**

Routine postpartum care, just like routine prenatal care, is reported with Z codes from Chapter 21 of ICD-10-CM. For example:

- Z39 — encounter for maternal postpartum care and examination
- Z39.0 — encounter for care and examination of mother immediately after delivery
- Z39.1 — encounter for care and examination of lactating mother
- Z39.2 — encounter for routine postpartum follow-up<sup>7</sup>

### **Sequelae of complication of pregnancy, childbirth or the puerperium**

Code O94 (sequelae of complication of pregnancy, childbirth and the puerperium) is assigned when an initial complication of the obstetric experience develops a sequela that requires care or treatment of a later date. For example:

- A patient presents with fatigue and cold intolerance. Her history indicates that she had a severe hemorrhage during delivery of a normal liveborn seven months earlier. She was diagnosed with Sheehan's syndrome and treated with replacement hormones. Code E23.0 (hypopituitarism) is assigned for Sheehan's syndrome, followed by code O94 (sequelae of complication of pregnancy, childbirth and the puerperium).<sup>8</sup>

### **Abortive outcomes**

Abortive outcome is classified by type in ICD-10-CM as follows:

- O03 — spontaneous abortion
- O04 — complications following (induced) termination of pregnancy
- O07 — failed attempted termination of pregnancy

Category Z3A codes (weeks of gestation) should not be assigned for pregnancies with abortive outcomes (O00-O08).<sup>8</sup>

### **Ectopic and molar pregnancies**

Ectopic and molar pregnancies and other abnormal products of conception are classified to the following categories with an additional code from category O08 when any complication occurs:

- O00 — ectopic pregnancy
- O01 — hydatidiform mole
- O02 — other abnormal product of conception<sup>8</sup>

Patients with a history of an ectopic or molar pregnancy have an increased risk of having another tubal pregnancy. Assign code O09.1- for an encounter involving supervision of an obstetric patient with a previous history of ectopic pregnancy. Codes from subcategory O09.A are assigned during the prenatal period for pregnant women who are high risk because of a previous history of molar pregnancy.<sup>8</sup>

### Resources

- 1 Cigarette Smoking During Pregnancy: United States, 2016. Retrieved from <https://www.cdc.gov/nchs/products/databriefs/db305.htm>.
- 2 Hypertension in pregnancy. Retrieved from <https://www.acog.org/Clinical-Guidance-and-Publications/Task-Force-and-Work-Group-Reports/Hypertension-in-Pregnancy>.
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- 5 Ob-Gyns Continue to Fight Obesity Epidemic, Promote Exercise during Pregnancy and the Postpartum Period. Retrieved from <https://www.acog.org/About-ACOG/News-Room/News-Releases/2015/Ob-Gyns-Continue-to-Fight-Obesity-Epidemic>.
- 6 Quality Reporting and Performance Measures. Amerigroup RealSolutions in healthcare. Retrieved from <http://providers.amerigroup.com>.
- 7 ICD-10-CM Expert for Physicians: the complete official code set. (2017). Optum 360, LLC.
- 8 Leon-Chisen N. (2017). ICD-10-CM and ICD-10-PCS Coding Handbook 2018. Chicago, IL: American Hospital Association.