

# Bipolar Disorder

Bipolar disorder (formerly called manic-depressive illness or manic depression) is a mental illness that causes unusual shifts in a person's mood, energy, activity levels, and concentration.

## ICD-10 CODES

**F31.0** Bipolar Disorder, current episode hypomanic

**F31.1-** Bipolar Disorder, current episode manic without psychotic features

**F31.2** Bipolar Disorder, current episode manic severe with psychotic features

**F31.3-** Bipolar Disorder, current episode depressed, mild or moderate severity

**F31.4** Bipolar Disorder, current episode depressed, severe, without psychotic features

**F31.5** Bipolar Disorder, current episode depressed, severe, with psychotic features

**F31.6-** Bipolar Disorder, current episode mixed

**F31.7-** Bipolar Disorder, currently in remission

**F31.8-** Other bipolar disorders

**F31.9** Bipolar disorder, unspecified

## DOCUMENTATION ELEMENTS

### MEAT

Include elements of MEAT in SOAP note documentation to clinically support Metastatic Cancer.

**Monitor:** Labs, psychiatric history, co-morbid and general medical disorders

**Evaluation:** Mental status and physical examination, risk factors, suicidal thoughts, impulsive or risk taking behaviors, DSM-5-TR

**Assessment:** Final diagnosis including episode, severity, specificity and status

**Treatment:** Medication adjustments, ECT, psychotherapy referral

### Final Assessment Details

Include DSP for each addressed condition impacting treatment and patient care.

#### Diagnosis

##### Type of episode

- Manic
- Depressed
- Mixed

##### Severity

- Mild
- Moderate
- Severe
  - With psychotic features
  - Without psychotic features

#### Status

##### Control status

- Currently active
- Currently in remission
  - Partial remission
  - Full remission

#### Plan

- Mental Health interventions
  - Medical management
  - Therapies
  - Referrals
- Control of secondary conditions

### BEST PRACTICES & TIPS

- **Avoid** using terms such as “probable”, “suspected”, “likely”, “questionable”, “possible” with a confirmed diagnosis of bipolar disorder.
- Documentation should **be consistent** and avoid synchronously documenting multiple types or statuses of bipolar disorder.
- Always indicate the **episode**, (manic, depressed or mixed) **severity** (mild, moderate or severe) **specificity** with associated complications (with or without psychotic features) and **status** (active, in partial remission or in full remission.)
- Documentation should **always include** any signs and the severity of symptoms. The present status of the final bipolar diagnosis should be supported by the documentation.
- **Clearly document** any treatment or therapy for the bipolar disorder along with the final clinical diagnoses of the disease.



For more resources go to:

[HIOSCAR.COM/PROVIDERS/RESOURCES](https://HIOSCAR.COM/PROVIDERS/RESOURCES)