

Asthma

Asthma is a chronic inflammatory lung disease in which the airways narrow, swell, and extra mucus is produced, making it harder to move air in and out of the lungs.

ICD-10 CODES

- | | |
|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| J45.909 Unspecified Asthma | J45.30 Mild Persistent Asthma Uncomplicated |
| J45.909 Unspecified Asthma Uncomplicated | J45.31 with (Acute) Exacerbation |
| J45.901 with (Acute) Exacerbation | J45.32 with Status Asthmaticus |
| J45.902 with Status Asthmaticus | J45.40 Moderate Persistent Asthma Uncomplicated |
| J45.990 Exercise Induced Bronchospasm | J45.41 with (Acute) Exacerbation |
| J45.991 Cough Variant Asthma | J45.42 with Status Asthmaticus |
| J45.998 Other Asthma | J45.50 Severe Persistent Asthma Uncomplicated |
| J45.20 Mild Intermittent Asthma Uncomplicated | J45.51 with (Acute) Exacerbation |
| J45.21 with (Acute) Exacerbation | J45.52 with Status Asthmaticus |
| J45.22 with Status Asthmaticus | Z87.09 Personal history of other diseases of the respiratory system
- Personal history of childhood asthma |

DOCUMENTATION ACRONYMS

DEEP Diagnosis Elements

Include elements of DEEP in documentation to clinically support asthma.

Diagnosis: Asthma

Evidence: Complaints of symptoms worsening since allergy season, using PRN inhaler daily

Evaluation: Mild persistent asthma

Plan: Start Advair daily, rtc 2 weeks

Final Assessment Details

Include DSP for each addressed condition impacting treatment and patient care

Diagnosis:

Asthma Severity

- Mild
- Moderate
- Severe

Asthma Occurrence

- Intermittent
- Persistent
- Childhood
- Exercise Induced

Status:

Active

- Without Exacerbation
- With Exacerbation

Historical

Plan:

- Medical Management
- Trigger Avoidance

BEST PRACTICES & TIPS

- **Avoid** using terms such as “probable”, “suspected”, “likely”, “questionable”, “possible”, or “history of” with a confirmed and active diagnosis of asthma.
- **Specificity is key.** Always indicate the type & specificity of the disease such as mild, moderate, severe, persistent, intermittent, exacerbation, or with status asthmaticus.
- Documentation should always **include DEEP elements to show evidence** of asthma by incorporating tests, imaging results, and signs or symptoms. Document any associated treatment for the asthma, along with the final diagnosis.
- If asthma is documented as childhood and no longer receiving treatment, it is appropriate to document as a **personal history**.