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CLINICAL DOCUMENTATION

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 ACRONYMS

DEEP Diagnosis Elements

Include elements of DEEP in documentation to clinically support bipolar disorder.

Diagnosis: Bipolar Disorder

Evidence: DSM-5 shows moderate depression

Evaluation: Moderate bipolar disorder, currently depressed

Plan: Continue Depakote, start fluoxetine, rtc 1 month or call if symptoms worsen

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

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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) **specificit**y with associated complications (with or without psychotic features) and **status** (active, in partial remission or in full remission.)

- Documentation should **always include DEEP elements** to show clinical evidence of bipolar disorder by documenting 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