

Major Depressive Disorder

Major depressive disorder is a severe form of depression where in addition to a depressed mood and loss of interest, the patient also experiences changes in weight or appetite, too much or too little sleep, slowed motor function, loss of energy, indecisiveness, and feelings of worthlessness that may be accompanied by suicidal thoughts. A single episode can last a minimum of two weeks with persistent symptoms. An individual can experience only one single depressive episode during his or her lifetime; however, in most cases, the depressive episodes are recurrent.

ICD-10 CODES

- | | |
|---|--|
| F32.0 Major depressive disorder, single episode, mild | F33.1 Major depressive disorder, recurrent, moderate |
| F32.1 Major depressive disorder, single episode, moderate | F33.2 Major depressive disorder, recurrent, severe
-without psychotic features |
| F32.2 Major depressive disorder, single episode, severe
-without psychotic features | F33.3 Major depressive disorder, recurrent, severe
-with psychotic features |
| F32.3 Major depressive disorder, single episode, severe
-with psychotic features | F33.40 Major depressive disorder, recurrent, in remission, unspecified |
| F32.4 Major depressive disorder, single episode, in partial remission | F33.41 Major depressive disorder, recurrent, in partial remission |
| F32.5 Major depressive disorder, single episode, in full remission | F33.42 Major depressive disorder, recurrent, in full remission |
| F32.81 Premenstrual dysphoric disorder | F33.8 Other recurrent depressive disorders |
| F32.89 Other specified depressive episodes | F33.9 Major depressive disorder, recurrent, unspecified |
| F32.9 Major depressive disorder, single episode, unspecified | |
| F32.A Depression, unspecified | |
| F33.0 Major depressive disorder, recurrent, mild | |

DOCUMENTATION ACRONYMS

DEEP Diagnosis Elements

Include elements of DEEP in documentation to clinically support major depressive disorder.

Diagnosis: Depression

Evidence: PHQ9 shows moderate, has been recurrent for 15 years, patient reports loss of interest in hobbies and increased sleeping

Evaluation: MDD, recurrent, moderate

Plan: Continue Zoloft, start Wellbutrin, RTC 2 weeks

Final Assessment Details

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

Diagnosis:

Major Depressive Disorder Diagnosis

- Episode
 - Single
 - Recurrent
- Severity
 - Without psychotic features
 - With psychotic features

Status:

Active

- Controlled
- Uncontrolled

Remission

- Partial remission
- Full remission

Plan:

- Depression
 - Pharmacologic
 - Referrals
 - Symptom Control
 - Therapy
 - Counseling

BEST PRACTICES & TIPS

- **Specificity is key!** Always indicate the episode of major depressive disorder, the severity, and the status of the condition along with the method of control as these details cannot be assumed.
- **DEEP elements should be documented** to show clinical evidence of MDD and support its current status. Incorporate tests, signs and symptoms and document any and all associated treatments with each corresponding final diagnosis.
- If MDD is not active it is important to document this as **in remission** as it may impact future care.
- Avoid using **uncertain terms** for present and active conditions, which include: probable, suspected, likely, questionable, possible, still to be ruled out, compatible with, or consistent with.
- **Avoid** documenting MDD as a "history of" as this suggests that it is resolved and may cause conflict with documentation of remission status.
- Documentation of 'depression' without further specificity is **not equivalent** to a diagnosis of major depressive disorder.



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