ICD-10-CM Documentation and Coding Best Practices

Metabolic Diseases

Overview

Metabolic diseases disrupt normal metabolism, the process of converting food to energy on a cellular level. Thousands of enzymes participating in numerous interdependent metabolic pathways carry out this process. Metabolic diseases affect the ability of the cell to perform critical biochemical reactions that involve the processing or transport of proteins (amino acids), carbohydrates (sugars and starches) or lipids (fatty acids). Metabolic diseases are typically hereditary.

Symptoms

- Diabetic symptoms (increased thirst, urination, fatigue, blurred vision)
- Large waist
- High blood sugar

Causes

- Overweight or obesity
- Inactivity
- Insulin resistance

Risk factors

- Obesity/improper diet/insufficient physical activity
- Aging
- Hyperinsulinemia/impaired glucose tolerance
- Previous myocardial infarction

Complications

- Coronary artery disease
- Diabetes
- Hyperlipidemia

History

- High low-density lipoproteins (LDL) and triglyceride levels
- Low high-density lipoproteins (HDL) levels
- Abdominal obesity/sedentary lifestyle/poor diet
- Hypertension
- Family history

Diagnostic tools

- High blood glucose levels
- High LDL and triglyceride levels
- Low HDL levels
- Hyperinsulinemia
- Elevated serum uric acid level
- Blood pressure is greater than 130/85 mmHg

Treatment

- Weight-reduction program
- Low alcohol intake
- Low-cholesterol diet
- Medication (oral antidiabetic agents, antihypertensive, statins)
- Daily physical activity
- Diet high in complex carbohydrates

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Documentation and coding guidance

- Document the condition in the assessment portion of the progress note
- Incorporate final results from diagnostic studies into the progress note
- Document risk factors that affect/exacerbate the condition
- Document any associated conditions and/or complications
- Document the treatment plan

ICD-10-CM Metabolic Disorder and Syndrome	
E88.81	Dysmetabolic syndrome X – *use additional codes for associated manifestations*
E88.89	Other specified metabolic disorder – Launois-Bensaude adenolipomatosis
E88.9	Metabolic disorder, unspecified

Definitions of Metabolic Syndrome E88.81

	NCEP ATP III (2005 revision)	WHO (1998)	EGIR (1999)	IDF (2005)
Absolutely required	None	Insulin resistance* (IGT, IFG, T2D or other evidence of IR)	Hyperinsulinemia (plasma insulin >75th percentile	Central obesity (waist circumference): ≥ 94 cm (M), ≥80 cm (F)
Criteria	Any three of the five criteria below	Insulin resistance or diabetes, plus two of the five criteria below	Hyperinsulinemia, plus two of the four criteria below	Obesity, plus two of the four criteria below
Obesity	Waist circumference:>40 inches (M), >35 inches (F) Fasting glucose ≥100 mg/dl or Rx	Waist/hip ratio: >0.90 (M), >0.85 (F); or BMI >30 kg/m²	Waist circumference:≥94cm (M), ≥80cm (F)	Central obesity already required
Hyperglycemia	Fasting glucose ≥100 mg/dl or Rx	Insulin resistance already required	Insulin resistance already required	Fasting glucose ≥100 mg/dl
Dyslipidemia	TG≥150 mg/dl or Rx	TG≥150 mg/dl or HDL-C: <35 mg/dl (M), <39 mg/dl (F)	TG≥177 mg/dl or HDL-C<39 mg/dl	TG≥150 mg/dl or Rx
Dyslipidemia (second, separate criteria)	HDL cholesterol:<40 mg/dl (M) <50 mg/dl (F) or Rx			HDL cholesterol: <40 mg/dl (M), <50 mg/dl (F); or Rx
Hypertension	>130 mmHg systolic or >85 mmHg diastolic or Rx	≥140/90 mmHg	≥140/90 mmHg or Rx	>130 mmHg systolic or >85 mmHg diastolic or Rx
Other criteria		Microalbuminuria		

Source: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2675814/