An Overview of DSM-5 & ICD Codes – What is the Relationship?

Background

In May 2013, the American Psychiatric Association (APA) held their annual meeting and released the new DSM-5. This was the first update in almost 20 years since DSM-IV was released. APA recommended all insurance companies have DSM-5 implemented by January 1, 2014.

Summary of ValueOptions® DSM-5 Implementation Plan

Phase I

In January 2014, ValueOptions began Phase I of the DSM-5 transition. During Phase I, ValueOptions began to accept information for clinical purposes using the DSM-5 framework. At that time, the DSM-IV screen layout still existed in ProviderConnect®; however both DSM-IV and DSM-5 clinical diagnoses were accepted. Basically, providers were no longer forced into the standard Axis 1-5 layout, but were able to enter any behavioral diagnosis in the ProviderConnect system under the old axis 1 header.

All in all, Phase I of the DSM-5 transition was established in response to provider feedback regarding variable states of readiness to comply with the DSM-5 changes. ValueOptions adopted a timeline to make the DSM-IV to DSM-5 transition as minimally disruptive as possible for our provider community. To further assist providers during the Phase I, a guide for accommodating DSM-5 in ProviderConnect was made available on the ValueOptions website.

Phase II

On June 28, 2014, Phase II of the DSM-5 transition begins. During Phase II, the ProviderConnect screen layout will be modified to support the sun setting of axis I-V framework. At that time, the new DSM-5 screen fields will become available within ProviderConnect. Careful consideration was done to make the change as seamless as possible to end users while allowing us to begin to collect data in the new format.

During the ProviderConnect screen enhancement process, any authorization requests in draft form on ProviderConnect will be deleted. To ensure data is not lost, we encourage providers to complete and submit all draft authorization requests prior to Friday, June 27, 2014. Furthermore, a guide outlining the new ProviderConnect DSM-5 screen modifications is available online along with information on how to utilize new screen fields.

DSM-5 & ICD-10 Codes Relationship

Over the past month, providers have expressed concern around the ICD-10 implementation date being pushed back and how that impacts DSM-5. ValueOptions does not feel that the date change for ICD-10 has a direct impact on the DSM-5 transition. To fully understand the relationship between DSM-5 and ICD codes, it is important to know that DSM-5 is not a coding system used for billing. For billing and payment purposes, Valueoptions continues to use Revenue codes, CPT codes and HCPCs codes. Mainly, DSM-5 is a set of diagnostic criteria providers use to select the appropriate ICD codes. DSM-5 was written so APA would not have to create their own coding, but instead crosswalk to ICD-9 or ICD-10 codes. Taking all of this into account, the
changes APA made to DSM-5 has very little impact on providers since DSM-IV coding already mirrored the ICD9 coding.

Once again, ValueOptions will be accepting the new diagnostic descriptions and gathering data as recommended by APA for clinical processes and accepting the appropriate ICD-9 codes for those diagnoses for the remainder of 2014 and onward. At the time that CMS moves the industry to ICD-10, ValueOptions will update our coding on the clinical workflows to reflect ICD-10 coding. To further clarify, the changes summarized above will not impact claims payment. Claims payment is always dictated by CMS based on the date of service.

Resources

As achieved over the past year, ValueOptions will continue to provide DSM-5 and ICD updates to our provider community through the ValueOptions DSM-5 website, the ICD-10 website, the ValueOptions provider newsletter, Giving Value Back to the Provider webinars, FAQ documents and training guides. If providers have additional information after reviewing the above named communications, please call the ValueOptions Provider Services Line at 800.397.1630 Monday – Friday 8 a.m. to 8 p.m. ET.

Recorded Video Tutorials are also available for providers to learn more about the ProviderConnect screen updates:

- How do I View and Submit an Authorization?
- How do I Submit an Inpatient or Higher Level of Care Request?

For additional information on DSM-5, visit the following external websites:

- http://www.psychiatry.org/dsm5
- http://www.dsm5.org/Pages/Default.aspx
- http://www.dsm5.org/about/Pages/faq.aspx