

DSM-V – ICD-10

Benjamin F. Miller, PsyD

Assistant Professor

Department of Family Medicine

University of Colorado School of Medicine

Context

HEALTHCARE LANDSCAPE

Context

- Fragmentation is driving inefficiency and ineffectiveness in healthcare
- The divide between mental health and physical health is closing
- The DSM-V has just recently been released leaving many questions for the field

Mental health classification

- Currently mental health professionals have two classification systems to use for coding mental disorders: (1) the International Classification of Diseases (ICD) and (2) the Diagnostic and Statistical Manual of Mental Disorders (DSM)
- The DSM-IV provides diagnostic codes solely for mental disorders; whereas the ICD-10-CM has codes for both physical and mental disorders
- CMS has addressed DSM/ICD connection

DSM-V & ICD-10

COMPARISON

Depression

DSM-V

Depressed mood and/or loss of interest or pleasure in life activities for at least **2 weeks** and at least **five of the following** symptoms that cause clinically significant impairment in social, work, or other important areas of functioning almost every day:

- 1. Depressed mood most of the day.
- 2. Diminished interest or pleasure in all or most activities.
- 3. Significant unintentional weight loss or gain.
- 4. Insomnia or sleeping too much.
- 5. Agitation or psychomotor retardation noticed by others.
- 6. Fatigue or loss of energy.
- 7. Feelings of worthlessness or excessive guilt.
- 8. Diminished ability to think or concentrate, or indecisiveness.
- 9. Recurrent thoughts of death

ICD-10

In typical depressive episodes of all three varieties described below (mild (F32.0), moderate (F32.1), and severe (F32.2 and F32.3)), the individual usually suffers from depressed mood, loss of interest and enjoyment, and reduced energy leading to increased fatigability and diminished activity. Marked tiredness after only slight effort is common. Other common symptoms are:

- (a) reduced concentration and attention;
- (b) reduced self-esteem and self-confidence;
- (c) ideas of guilt and unworthiness (even in a mild type of episode);
- (d) bleak and pessimistic views of the future;
- (e) ideas or acts of self-harm or suicide;
- (f) disturbed sleep
- (g) diminished appetite.

Other differences

DSM-V

- Produced by a single national professional association for psychiatrists (the American Psychiatric Association)
- Generates revenue for the American Psychiatric Association
- DSM is developed primarily by U.S. psychiatrists
- DSM is approved by the assembly of the American Psychiatric Association

ICD-10

- Produced by a global health agency with a public health mission to help countries reduce the disease burden of mental disorders
- ICD is available free on the Internet (WHO not for profit)
- ICD's development is global, multidisciplinary, and multilingual
- ICD is approved by the World Health Assembly

What role for the DSM in mental health?

CONNECTION

Summary

- ICD is the HIPAA compliant code set
- DSM-V was released at the APA annual meeting May 18th and ICD 9/10 codes listed in DSM-V
- The DSM continues to predominately be used by mental health providers
- It remains unclear as to how the DSM-V will be received in healthcare
- There appears to be some confusion about the role of DSM-V and ICD-10 for mental health professionals

Thank you

- Benjamin F. Miller, PsyD
- Benjamin.miller@ucdenver.edu