

# BIPOLAR DISORDER

- Specify type of bipolar disorder and the nature of the current episode – hypomanic, manic, depressed, mixed
- Assess and document the severity or status of symptoms – mild, moderate, severe, in remission
- Document bipolar disorder when the condition impacts care, even when asymptomatic or stable

## Clinical Concepts

Bipolar disorder is classified into types based on the severity and pattern of mood episodes, consisting of mania, hypomania, and major depression.

**Bipolar I Disorder:** This type is defined by at least one manic episode, which lasts for a minimum of one week and involves elevated mood and energy, significantly impairing daily functioning. Major depressive episodes are common but not required for diagnosis.

**Bipolar II Disorder:** This type involves experiencing both hypomanic episodes (a milder, shorter form of mania) and at least one major depressive episode. Hypomania does not cause the same severe impairment as mania.

Classifications are primarily based on the severity and pattern of mood episodes.

Severity	Manic or Mixed Episode
Mild	Minimal symptoms
Moderate	Significant increase in activity or impairment of judgment
Severe	Requires near constant supervision to prevent harm to self and others
Severity	Major Depressive Episode
Mild	Symptoms are manageable, resulting in minor impairment in responsibilities (PHQ score 5-9)
Moderate	A level of symptoms or functional impairment that is between mild and severe (PHQ score 10-19)
Severe	Symptoms are unmanageable, contributing to social and occupational dysfunction (PHQ score 20-27)

Remission in bipolar disorder is characterized by a significant reduction or absence of mood symptoms. It is possible for individuals to experience **full remission**, where no symptoms are present, or **partial remission**, where some minor symptoms persist but do not significantly disrupt daily activities.

## Documentation Matters

**History** – document the date of onset, presence or absence of current bipolar symptoms, and any previous medical interventions or mental health hospitalizations and any social or environmental factors that may be influencing mood.

**Exam** – document the presence of objective findings such as restlessness, excessive talking, sadness, weight loss/gain, somatic symptoms, and related assessment results, such as Rapid Mood Screener or PHQ-9 scores.

**Assessment** – document the bipolar diagnosis to the highest level of specificity known. Include the current status/severity of the condition and link any contributing factors or comorbidities impacting mood.

**Plan** – document the treatment or management and the timeframe for reevaluation or follow-up. Link associated prescription medications, specialist referrals, and lifestyle management recommendations.

## Coding Guidance

When documenting bipolar disorder, specify:

- **Type**
  - Bipolar I or II
- **Episode**
  - Hypomanic, manic, depressed, or mixed
- **Severity**
  - Mild, moderate, or severe
- **Clinical Status (if applicable)**
  - Partial or full remission

To be coded, documentation should show that bipolar disorder was discussed during the encounter or that the condition influenced patient care or management.

Bipolar disorder and major depression should not be coded or billed together. Depression is considered inclusive of bipolar disorder.

## References

[ICD-10-CM Official Guidelines for Coding & Reporting Up to Date: Bipolar Disorder in Adults](#)

**Bipolar Disorder Diagnoses**

Type	Current Episode	Severity	ICD-10-CM	HCC Model
Bipolar I	Hypomanic	Any	F31.0	CMS/HHS
		In partial remission	F31.71	CMS/HHS
		In full remission	F31.72	HHS
	Manic	Unspecified	F31.10	CMS/HHS
		Mild	F31.11	CMS/HHS
		Moderate	F31.12	CMS/HHS
		Severe	F31.13	CMS/HHS
		Severe with psychotic features	F31.2	CMS/HHS
		In partial remission	F31.73	CMS/HHS
		In full remission	F31.74	HHS
	Depressed	Unspecified	F31.30	CMS/HHS
		Mild	F31.31	CMS/HHS
		Moderate	F31.32	CMS/HHS
		Severe	F31.4	CMS/HHS
		Severe with psychotic features	F31.5	CMS/HHS
		In partial remission	F31.75	CMS/HHS
		In full remission	F31.76	HHS
	Mixed	Unspecified	F31.60	CMS/HHS
		Mild	F31.61	CMS/HHS
		Moderate	F31.62	CMS/HHS
Severe		F31.63	CMS/HHS	
Severe with psychotic features		F31.64	CMS/HHS	
In partial remission		F31.77	CMS/HHS	
In full remission		F31.78	HHS	
Unspecified	Unspecified	F31.9	CMS/HHS	
Bipolar II	N/A	N/A	F31.81	CMS/HHS

**Additional Diagnoses to Consider**

ICD-10-CM	Code Description	HCC Model
F10*- F19*	Substance use disorders • Specify substance, severity, and clinical status	CMS/HHS
F34.0	Cyclothymic disorder	-
F90*	Attention-deficit hyperactivity disorders	-
Z59*	Problems related to housing and economic circumstances	-
Z60*	Problems related to social environment	-
Z62*	Problems related to upbringing	-
Z63*	Problems related to primary support group, including family circumstances	-
Z91.A*	Personal history of psychological trauma, not elsewhere classified	-
Z91.51	Personal history of suicidal behavior	-
Z91.52	Personal history of non-suicidal self-harm	-

\*Additional characters needed to complete code