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Risk Adjustment Coding Academy – Coding Focus

Sedative, Hypnotic or Anxiolytic Use Disorder

Sedative, Hypnotic & Anxiolytic

Sedatives, hypnotics and anxiolytics refer to a class of drugs that are used primarily to relieve anxiety, provide aid with sleep disorders or to produce a calming effect on the central nervous system. They may also be used to treat seizures or as anesthesia for surgical procedures.

They include drugs like benzodiazepines, SSRIs (selective serotonin reuptake inhibitors), tricyclic antidepressants and buspirone. Barbiturates also fall into this category, though they are not widely used today due to their limited window of effectiveness before toxicity occurs[1].

Substance Use Disorders

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), now refers to substance use disorders, rather than using the previous terminology of substance abuse and substance dependence. Substance use disorders are further defined as mild, moderate or severe[2]. The level of severity depends upon the number of criteria that are met, which include:

- Using larger amounts for longer than intended
- Having cravings and urges to use the substance
- Continuing to use the substance even when it causes social or relationship problems

- Continued use despite awareness that the substance causes worsening physical or psychological problems
- Developing withdrawal upon stopping use of the substance

Complications and Treatment

Many of the drugs found in this classification are considered generally safe for short term use, when taken as prescribed. However, as the body becomes accustomed to the effects of the drug, tolerance can develop and larger doses are needed to achieve the same effect. Continued use may result in dependence or withdrawal if the drug is abruptly reduced or stopped.

Although very unpleasant, the withdrawal symptoms from benzodiazepines are rarely life threatening. Conversely, withdrawal from barbiturates can have life-threatening complications[3]. Therefore, patients should consult with a physician when discontinuing the use of sedatives.

Coding Guidance

Diagnosis codes for sedative, hypnotic or anxiolytic related disorders are located in chapter five of ICD-10-CM, under code category F13 and include subcategories which indicate use, abuse and dependence. Additional fifth and sixth character specifiers are used to indicate specific complications. Coding guidance is included in sections 5b1 and 5b2, which provide instructions for designating remission status and provide the hierarchy for proper code assignment based on the documented pattern of use respectively[4].

The CMS-HCC Risk Adjustment Model (V23) lists diagnoses for sedative, hypnotic or anxiolytic related psychosis under HCC 54 and diagnoses for sedative, hypnotic or anxiolytic dependence under HCC 55. For risk adjustment purposes, sedative, hypnotic or anxiolytic abuse, uncomplicated (F13.10) and unspecified sedative, hypnotic or anxiolytic use, uncomplicated (F13.90) are not included in the model.

**Sedative, Hypnotic or Anxiolytic Use Disorders
(HCC 54/55)**

F13.1_* - abuse
F13.2_* - dependence
F13.9_* - use

Subcategories include:
*._0 – uncomplicated
*._1 – in remission
*._2 – with intoxication∞
*._3 – with withdrawal
*._4 – with induced mood disorder
*._5 – psychotic disorders∞
*._6 – persisting amnestic disorder
*._7 – persisting dementia
*._8 – other induced disorders∞
*._9 – unspecified induced disorder

∞sixth character is required

Resources:

[1] Drugs.com. (n.d.) Anxiolytics, sedatives, and hypnotics. Retrieved July 20, 2017 from drugs.com
[2] SAMHSA (n.d.) Substance Use Disorders. Retrieved July 20, 2017 from samhsa.gov
[3] National Institute on Drug Abuse. (2016). Misuse of Prescription Drugs. Retrieved July 20, 2017 from drugabuse.gov
[4] Schmidt, A., Kenney, A., Krawzik, K., & Willard, P. (2016). ICD-10-CM expert for physicians 2017: The complete official code set. Place of publication not identified: Optum360°