

# CDI ICD-10-CM Documentation Tips: Asthma

- Most adults with asthma will NOT require an inpatient admission
  - Look for indicators of acute respiratory failure
- Be sure to clarify the relationship between COPD, bronchitis, and asthma
  - ICD-10 distinguishes between uncomplicated cases and those in exacerbation
    - Acute exacerbation is a worsening or decompensation of a chronic condition
    - An acute exacerbation is not equivalent to an infection superimposed on a chronic condition
- An additional code can be used regarding exposure to or use of tobacco

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- Incorporate the following scales into documentation templates or queries
  - The National Heart, Lung, and Blood Institute (NHLBI) asthma severity classification scale accounts for the progressive nature of asthma by measuring it across the dimensions of types of symptoms and lung function
    - Mild intermittent
    - Mild persistent
    - Moderate persistent
    - Severe persistent

# Severity of Asthma Classification

## Presentation of Asthma before (without) Treatment

Type of Asthma	Symptoms	Nighttime Symptoms	Lung Function
Severe persistent	<ul style="list-style-type: none"> <li>•Continual symptoms</li> <li>•Limited physical activity</li> <li>•Frequent exacerbations</li> </ul>	Frequent	<ul style="list-style-type: none"> <li>• FEV<sub>1</sub> or PEF ≤ 60% predicted</li> <li>•PEF variability &gt; 30%</li> </ul>
Moderate persistent	<ul style="list-style-type: none"> <li>•Daily symptoms</li> <li>•Daily use of inhaled short-acting beta<sub>2</sub>-agonist</li> <li>•Exacerbation of affect activity</li> <li>•Exacerbation ≥ 2 times/week ≥ 1 day(s)</li> </ul>	> 1time/week	<ul style="list-style-type: none"> <li>• FEV<sub>1</sub> or PEF 60-80% predicted</li> <li>•PEF variability &gt; 30%</li> </ul>
Mild persistent	<ul style="list-style-type: none"> <li>•Symptoms &gt; 2 times/week but &lt; 1 time/day</li> <li>•Exacerbation may affect activity</li> </ul>	> 2 times/month	<ul style="list-style-type: none"> <li>• FEV<sub>1</sub> or PEF ≥ 80% predicted</li> <li>•PEF variability 20-30%</li> </ul>
Mild intermittent	<ul style="list-style-type: none"> <li>•Symptoms ≤ 2 times/week</li> <li>•Asymptomatic and normal PEF between exacerbations</li> <li>•Exacerbations of varying intensity are brief (a few hours to a few days)</li> </ul>	≤ 2 times/month	<ul style="list-style-type: none"> <li>• FEV<sub>1</sub> or PEF ≥ 80% predicted</li> <li>•PEF variability &lt; 20%</li> </ul>

FEV<sub>1</sub> = The maximal amount of air a person can forcefully exhale over one second accounting for the variables of height, weight, and race used to denote the degree of obstruction with asthma

PEF= Peak Expiratory Flow is the maximum flow of expelled air during expiration following full inspiration (big breath in and then big breath out)

Source: National Heart, Lung, and Blood Institute - <http://www.nhlbi.nih.gov/guidelines/asthma/asthgdln.htm>