



Value-based Care Chronicle: Guide to Improving Performance

July 2024

Diabetes Quality Measures

Among chronic diseases, diabetes has been a focus of quality performance measurement for many years. Key quality measure indicators for monitoring and managing diabetes include:

- Glycemic Status Assessment for Patients with Diabetes
- Kidney Health Evaluation for Patients with Diabetes
- Eye Exam for Patients with Diabetes
- Statin Use in Persons with Diabetes
- Medication Adherence for Diabetes Medications
- Blood Pressure Control for Patients with Diabetes

HEDIS Measure	Definition	Tips & Best Practices
<i>Kidney Health Evaluation for Patients with Diabetes (KED)</i>	The percentage of members 18–85 years of age with diabetes (type 1 and type 2) who received a kidney health evaluation, defined by an eGFR and a uACR, during the measurement year.	<ul style="list-style-type: none">• Educate patients about effects of diabetes on kidneys and importance of annual testing• Emphasize importance of medication adherence• Consult with CHESS Pharmacy team to support medication management• Order labs prior to patient appointments• Utilize Care Coordination teams for patient outreach• Coordinate diabetic care with specialists as needed• Utilize appropriate coding and documentation to reflect care provided
<i>Diabetes: Eye Exam</i>	Percentage of patients ages 18-75 with diabetes (Type 1 and 2) who had a retinal or dilated eye exam by an optometrist or ophthalmologist during the measurement period OR had a negative retinal or dilated eye exam by an optometrist or ophthalmologist during the measurement period or year prior.	<ul style="list-style-type: none">• Exam must be performed by ophthalmologist or optometrist• List date of service, test, result, and eye care professional's name and credentials when documenting• The medical record must indicate a dilated or retinal exam was performed
<i>Diabetes: Hemoglobin A1c (HbA1c) Poor Control (>9%)</i>	Percentage of patients 18-75 years of age with diabetes who had hemoglobin A1c > 9.0% during the measurement period.	<ul style="list-style-type: none">• Adjust appointment frequency for out-of-range patients, ensuring patients with insulin or uncontrolled diabetes are seen quarterly• Educate on the importance of diet and exercise to manage health• Consider referring patients with uncontrolled diabetes to the CHESS Pharmacy team for medication review or to your care coordination team for additional chronic condition support• Ensure office staff are knowledgeable about appropriate documentation of A1c results within the medical record

KIDNEY HEALTH EVALUATION FOR PATIENTS WITH DIABETES



KED improves rates of evaluations for CKD, enabling earlier detection and intervention in diabetic patients.

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DIABETES QUALITY MEASURES: CHANGES, ADDITIONS, AND PRIORITIES



Diabetes quality measures are used in Medicare, Medicaid, and commercial health plans as a driver towards value-based care.

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COMPREHENSIVE DIABETES MANAGEMENT: DIABETIC EYE EXAMS



Diabetic eye exams are a crucial aspect of comprehensive diabetes care, aiding in the early detection and prevention of vision-related complications.

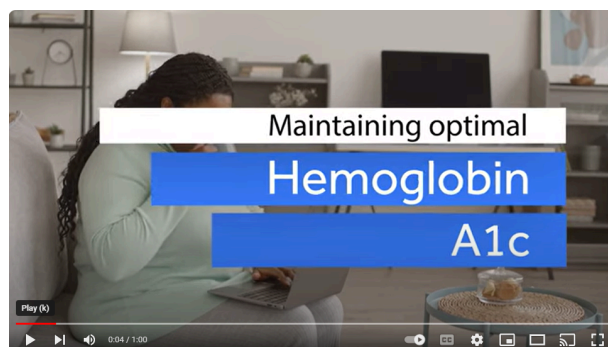
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MOVE TO VALUE PODCAST: DIABETES MEDICATION MANAGEMENT



Today, we hear part one of the presentation from CHESS Director of Pharmacy, who shares information, updates, and reminders around Diabetes Medication Management.

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JULY 2024

DIABETES MELLITUS

Diabetes mellitus is a metabolic disease that affects how your body utilizes blood sugar, also known as glucose. There are currently 137 million adults worldwide, living with diabetes and 541 million adults with an impaired glucose level placing them at risk for type 2 diabetes.

Type 1 diabetes is an autoimmune disease in which the pancreas produces little to no insulin. Insulin is a hormone that allows glucose to produce energy. This condition typically appears in adolescence but can be diagnosed at any age.

Type 2 diabetes is a chronic condition that affects the way the body processes blood glucose. This is the most common form of diabetes in which the body either does not produce enough insulin, or it resists insulin.

Although type 1 and type 2 diabetes are the most common types of diabetes, there are other reasons someone may develop diabetes. Diabetes can be caused by an underlying condition such as Cushing syndrome, cancer, or a disease of the pancreas or having the pancreas removed. Some medications such as steroids and antipsychotics can also induce high blood glucose levels causing type 2 diabetes.

When high blood glucose levels are left untreated, it can cause many health complications. Under the ICD-10-CM Official Guidelines for Coding and Reporting, there is an assumed cause-and-effect relationship under the "rule" guideline that allows coders to link certain conditions together when documented. The "rule" guideline allows coders to link these conditions together, using combination codes, unless the documentation clearly specifies the conditions are unrelated.

ICD-10-CM defines combination codes as a single code used to classify two diagnoses, a diagnosis with an associated secondary process (manifestation) or a diagnosis with an associated complication.

Documentation & Coding

For conditions that are not assumed related, the guideline requires that a linkage between the two conditions be documented. Therefore, providers must link these conditions together to code them as related.

When documenting a cause-and-effect relationship between two conditions, it is best practice that providers use linking language to establish the relationship between the two conditions. Below are a few examples:

- Diabetic Hyperlipidemia
- CAD due to Diabetes
- Diabetes with Cardiovascular Disease
- Onychomycosis secondary to Diabetes

Below are some of the common conditions that are assumed related to diabetes and should be linked together with an ICD-10-CM combination code unless documentation specifies a different cause.

Type 2 Diabetes	ICD-10	Additional ICD-10
Nephropathy	E11.21	None
CKD	E11.22	Stage of CKD
Retinopathy	E11.319	None
Cataract	E11.36	Type of Cataract
Neuropathy	E11.41	H25.1
Polymyopathy	E11.42	None
Gastroparesis	E11.43	None
PVD	E11.51	None
Dermatitis	E11.620	None
Foot Ulcer	E11.621	Ulcer Site & Stage
Periodontal Disease	E11.630	L97.-, L97.5.-
Hypertension	E11.640	None
Hyperglycemia	E11.65	None

*a, each (-) indicates an incomplete code**

Resources:
[Diabetesinfo.org](#), [Diabetes.org](#), [ICD-10-CM Guidelines](#)

[Download Diabetes Coding Corner](#)

Patient Education Pointer of the Month

Zone tools are one-page reference tools used to assist patients in managing common health conditions at home.

These guides use the colors of a spotlight to guide self-management and symptom awareness. For each zone (green zone - all clear; yellow zone - caution; and red zone - medical alert), the tool provides signs, symptoms, and specific instructions for managing the condition, including guidance on when to seek medical assistance.

Encourage patients to hang these Zone Tools in a prominent place where they are frequently during the day to help them know what they're looking for and what to do once they find something out of the ordinary.

By teaching symptom awareness and self-management, we can empower patients and increase confidence in managing their health.

Download the Zone Tool template and learn more about these reference tools:
<https://www.chesshealthsolutions.com/2022/09/28/patient-education-tools-zone-tools/>

Additional Resources

- [Moving Towards Patient Centered Care](#)
- [The Economic Case for Ambulatory Surgery Centers in Value-based Care](#)

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