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Psychotherapy

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Comprehensive Psychiatry Section Update

Last major section update, **CPT 1998:**

27 New Codes

9 Code Revisions

8 Code Deletions

New major section update, **CPT 2013:**

11 New Codes

4 Code Revisions

27 Code Deletions

Impetus for Change

- Increased Intensity of Services due to increase in number of patient co-morbidities and complications without adequate codes
- Inadequate Psychotherapy Code Structure (eg, non-quantifiable levels of E/M service), New coding structure incorporates varying levels of E/M with varying levels of psychotherapy to address variations in work
- Interactive Psychotherapy/Diagnostic Interview Examination codes 90801, 90802 narrowly defined and inefficient
- Need to accurately reflect the different work performed by physicians and QHCP

Impetus for Change (cont'd)

- Account for dramatic changes in the practice of psychiatry and mental health since 1998 including:
 - Shift from treating single disorders to management of multiple disorders and medical co-morbidities
 - Drastic reductions in inpatient beds have shifted site of service from inpatient to outpatient, with more complex, higher risk patients being seen in outpatient settings

Comprehensive Psychiatry Section Update

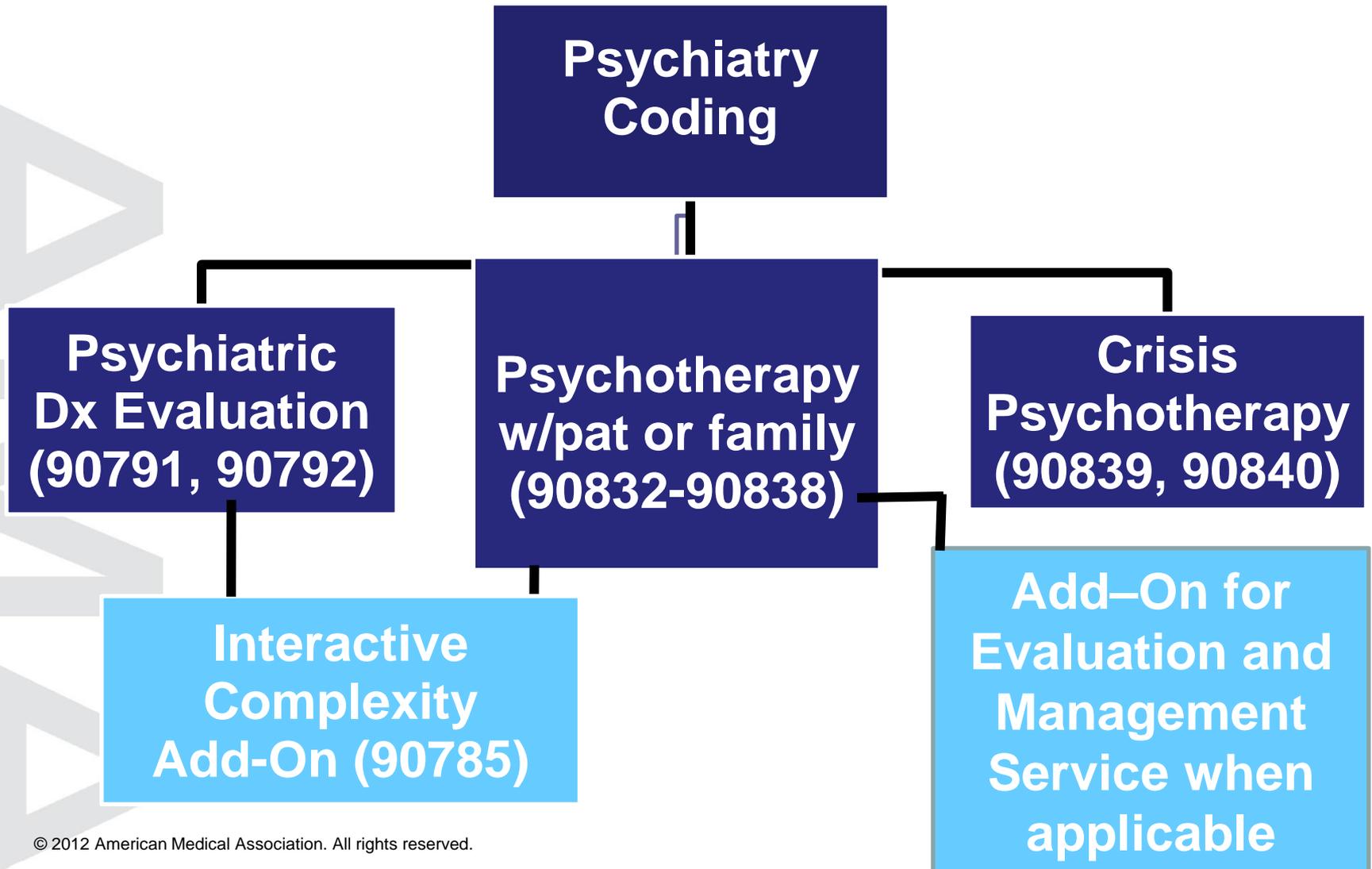
What's Different About the Update Process vs. 15 years ago:

- Increased Viability and Accountability
- RUC Recommendations and Input Received
- CPT Editorial Panel Workgroup Created
- Unbiased (No Practice Affiliations or Outside Interests) CPT Editorial Workgroup Chairs Appointed
- Consensus Process including Workgroup Surveys
- Workgroup Members Representative from all key Medical Specialty and Professional Groups

Comprehensive Psychiatry Section Workgroup

- American Academy of Child and Adolescent Psychiatry
- American Academy of Pediatrics
- American Nurses Association
- American Psychiatric Association
- American Psychiatric Nurses Association
- American Psychological Association
- National Association of Social Workers

New Structure of Psychiatry Coding



Psychiatric Diagnostic Evaluation

- 90801 (Diagnostic Interview Exam) replaced with 2 codes to differentiate between diagnostic evaluation with medical services (●90792) and without medical services (●90791)
- 90802 (Interactive Diagnostic Interview Exam) replaced with new add-on concept of “Interactive Complexity” (+●90785)

Psychiatric Diagnostic Evaluation

Deleted:

90801 Psychiatric diagnostic interview examination

New:

● **90791**

Psychiatric diagnostic evaluation

➔ *CPT Changes: An Insider's View 2013*

● **90792**

Psychiatric diagnostic evaluation with medical services

➔ *CPT Changes: An Insider's View 2013*

Psychiatric Diagnostic Evaluation

●90791, ●90792 *Components:*

- History and Mental Status
- Review and Order of Diagnostic Studies as needed
- Recommendations (including communication with family or other sources)

●90792 *Medical Services Components, (includes above) plus the following:*

- Examination (CMS psychiatric specialty examination)
- Prescription of Medications when appropriate
- Ordering of Laboratory Tests as needed

Psychiatric Diagnostic Evaluation

Coding Tips ●90791, ●90792

- Use for reassessment(s) if required
- Report more than once for the patient when separate diagnostic evaluations are conducted with the patient and other informants
- Do **not** report on the same day as psychotherapy or crisis psychotherapy
- Do **not** report on the same day as an E/M service performed by the same individual for the same patient

Interactive Complexity (+●90785)

Deleted:

90802

Interactive Psychiatric Diag. Interview Exam

90810-90815

Office/Outpat IA Psychotherapy

90823-90829

Inpat/Hosp IA Psychotherapy Codes

New:

+● 90785

Interactive complexity (List separately in addition to the code for primary procedure)

➔ *CPT Changes: An Insider's View 2013*

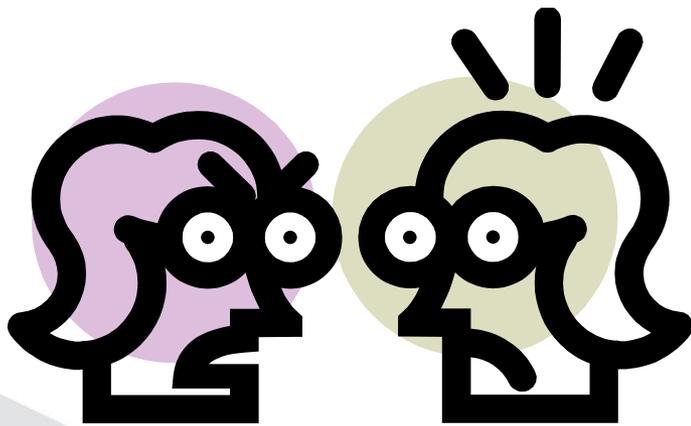
▶(Use 90785 in conjunction with codes for diagnostic psychiatric evaluation [90791, 90792], psychotherapy [90832, 90834, 90837], psychotherapy when performed with an evaluation and management service [90833, 90836, 90838, 99201-99255, 99304-99337, 99341-99350], and group psychotherapy [90853])◀

Interactive Complexity (+●90785)

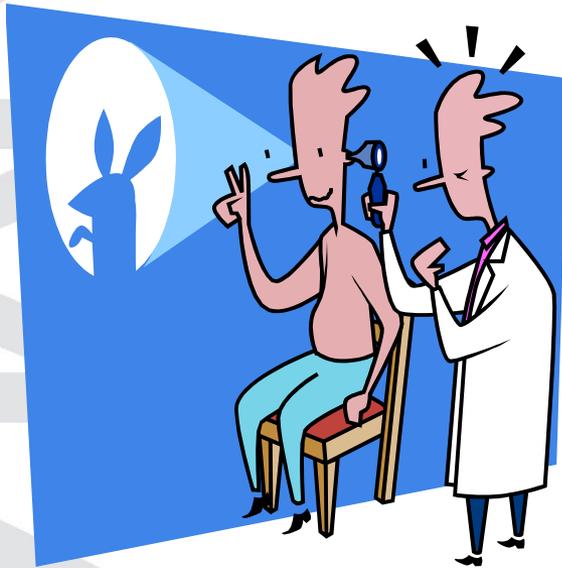
Rationale:

Need existed to expand “interactive” concept to include specific and recognized effort required for communication difficulties for various types of patients and situations that represent significant complicating factors that increase the intensity of the primary psychiatric procedure.

When to Use Interactive Complexity (1 of the following must exist):



1. Maladaptive Communication
(eg, high anxiety, high reactivity, repeated questions, or disagreement)
2. Emotional or Behavioral Conditions Inhibiting Implementation of Treatment Plan
3. Mandated Reporting/Event Exists (eg, abuse or neglect)
4. Play equipment, devices, interpreter, or translator required due to inadequate language expression or different language spoken between patient and professional



**Interactive
Complexity (Add-On)
+90785**

**Psych
Diag
Eval
90791,
90792**

**Psycho-
therapy
90832
90834
90837**

**Psycho-
therapy
performed
with E/M
+90833
+90836
+90838**

**Group
Psycho-
therapy
90853**

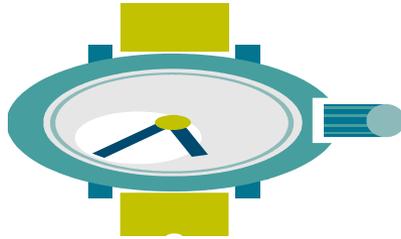
Interactive Complexity (+●90785)

Coding Tips

- Interactive Complexity Relates to the Psychotherapy Service Only
- Interactive Complexity is not Factored into E/M

Interactive Complexity (+●90785)

Coding Tip



The amount of time spent by a physician or other qualified health care professional providing interactive complexity services should be reflected in the timed service code for psychotherapy (90832, 90834, 90837) or the psychotherapy add-on code performed with an evaluation and management service (**+90833, +90836, +90838**).

Psychotherapy with Patient or Family

Rationale:

- Site of service is no longer a criterion for code selection
- Time specifications are changed to be consistent with CPT convention
- “Individual” is not in the code titles and psychotherapy time may include face-to-face time with family members as long as the patient is present for part of the session

Psychotherapy with Patient or Family

Rationale (cont'd):

- Codes for psychotherapy with medical evaluation and management services have been replaced with psychotherapy add-on codes **+**90833, **+**90836, **+**90838 to be reported in conjunction with codes for E/M services

Psychotherapy with Patient or Family

Intra-service work:

Face-to-face therapeutic communication is conducted with the patient and/or the patient's family. Objective information and an interval history are obtained. The patient's mental state is examined, including an evaluation and exploration of the intensity and complexity of the patient's symptoms, feelings, thoughts, and behaviors in the context of the patient's psychosocial and health stressors and coping styles. A range of psychotherapy approaches are used to reduce the patient's distress and morbidity, and ongoing behavioral and mental status changes in the patient are addressed.

Psychotherapy with Patient or Family

Coding Tips

- To report both an E/M code and a psychotherapy add-on code (+●90833, +●90836, +●90838), the two services must be significant and separately identifiable.
- The type and level of E/M service is selected first based upon the key components of history, examination, and medical decision making.

Psychotherapy with Patient or Family

Coding Tips



- Psychotherapy must be 16 minutes or more face-to-face with patient and/or family.
- Time associated with activities used to meet criteria for the E/M service is not included in the time used for reporting the psychotherapy service (i.e., time spent on history, examination, and medical decision making when used for the E/M service is not psychotherapy time).
- Time (Counseling and Coordination of Care) may not be used as the basis of E/M code selection.
- The E/M service and the psychotherapy service may be for the same diagnosis.

Psychotherapy with Patient or Family

Deleted Codes:

**Psychotherapy
Outpatient, Non IA
90804, 90806, 90808
Inpatient, Non IA
90816, 90818, 90821**

Replacement Codes:

**Psychotherapy
All Sites of Service
●90832, ●90834, ●90837**

Deleted Codes:

**Psychotx, w/E/M
Outpatient, Non IA
90805, 90807, 90809
Inpatient, Non IA
90817, 90819, 90822**

Replacement Codes:

**Psychotherapy
All Sites of Service
+●90833, +●90836, ●+90838
***Add E/M Code Level of Service
Code*****

Psychotherapy with Patient or Family

Deleted Codes:

Psychotx, INTERACTIVE

Outpt 90810, 90812, 90814

Inpat 90823, 90826, 90828

Replacement Codes:

Psychotherapy

●90832, ●90834, ●90837

All Sites of Service

Add +●90785 for Interactive Complexity Component

Deleted Codes:

Psychotherapy w/E/M

INTERACTIVE

Outpt 90811, 90813, 90815

Inpat 90824, 90827, 90829

Replacement Codes:

Psychotherapy w/E/M

+●90833, +●90836, +●90838

All Sites of Service

Add +●90785 for Interactive Complexity Component

Add E/M Level of Service Code

Psychotherapy w/patient or family

**Psychotherapy:
90832 (30 Minutes)
90834 (45 Minutes)
90837 (60 Minutes)**

**E/M with Psychotherapy
Add-on:**

**+90833 (30 Minutes)
+90836 (45 Minutes)
+90838 (60 Minutes)**

**When a Medical E/M Service is
Provided on Same Day Report:
99201-99255, 99304-99337,
99341-99350**

**Select Type & Level of E/M
based on: History, Exam and
Med Decision Making**

**Select Psychotherapy Add-on
based on: Time**

**Note: Same diagnosis may
exist for both Psychotx
& E/M Services**

Psychotherapy with Patient or Family

- **90832** Psychotherapy, 30 minutes with patient and/or family member
➔ *CPT Changes: An Insider's View 2013*
- + ● **90833** Psychotherapy, 30 minutes with patient and/or family member when performed with an evaluation and management service (List separately in addition to the code for primary procedure)
➔ *CPT Changes: An Insider's View 2013*
▶(Use 90833 in conjunction with 99201-99255, 99304-99337, 99341-99350)◀
- **90834** Psychotherapy, 45 minutes with patient and/or family member
➔ *CPT Changes: An Insider's View 2013*
- + ● **90836** Psychotherapy, 45 minutes with patient and/or family member when performed with an evaluation and management service (List separately in addition to the code for primary procedure)
➔ *CPT Changes: An Insider's View 2013*
▶(Use 90836 in conjunction with 99201-99255, 99304-99337, 99341-99350)◀
- **90837** Psychotherapy, 60 minutes with patient and/or family member
➔ *CPT Changes: An Insider's View 2013*
- + ● **90838** Psychotherapy, 60 minutes with patient and/or family member when performed with an evaluation and management service (List separately in addition to the code for primary procedure)
➔ *CPT Changes: An Insider's View 2013*
▶(Use 90838 in conjunction with 99201-99255, 99304-99337, 99341-99350)◀

CPT “Time Rule”



- “A unit of time is attained when the mid-point is passed”
- “When codes are ranked in sequential typical times and the actual time is between two typical times, the code with the typical time closest to the actual time is used.”

With the Psychotherapy Codes:

30 minutes (16-37 mins)

45 minutes (38-52 mins)

60 minutes (53+ mins)

- “Psychotherapy” **never** less than 16 minutes

CPT “Time Rule”



Examples

- Patient is seen for 40 minutes in the office for psychotherapy
Use code ●90834 (45 minutes psychotherapy)
- Pat is seen in the office for an E/M visit with psychotherapy. The nature of the patient’s presenting problem and documentation meets criteria for a 99212 level E/M code. In addition to time spent on the E/M portion of the visit, 20 minutes is spent providing psychotherapy services
Both 99212 and +●90833 (30 mins add-on) are reported

Psychotherapy with Patient or Family

Example of psychotherapy “with patient and/or family”

12-year-old with Attention Deficit Disorder presents for scheduled psychotherapy session with her parents. Her parents request to speak with the psychiatrist alone to discuss their concerns about possible substance abuse with their daughter. Part of the session is spent with the parents, followed by time spent with the patient.

Interim history is obtained from both the parents and the patient, relevant components of a mental status examination are completed with the patient, and the parents' concerns are explored with the patient along with providing education regarding effects of substance use. The effects that symptoms of ADD are having on the patient's relationships at school and home are discussed and a strategy for dealing with them is agreed upon. Specific recommendations are made to both the patient and her parents. **Code: ●90837**

Psychotherapy with Patient or Family

Example of E/M visit with psychotherapy

48-year old man was recently discharged from a brief inpatient psychiatric hospitalization after an overdose attempt. He has Bipolar disorder, mixed type and is currently on mood stabilizing, antidepressant, and antipsychotic medications, as well as an antihypertensive and medicine for GERD.

E/M: He is evaluated for suicide risk, manic and depressive behavior, and symptoms; beneficial effects, side effects, and med-med interactions; with concerns about elevations in his blood pressure since dosage changes on his psychiatric medications. A psychiatric specialty exam is completed and decisions made about modifications in his medication regimen. Risks and benefits are discussed.

Psychotherapy with Patient or Family

Example of E/M visit with psychotherapy (cont'd)

Psychotherapy:

Psychotherapy focuses on his concerns about his ability to return to work and “face his co-workers” as well as concerns that his children will “look down upon [him]” for being “weak.” Cognitive Behavioral Therapy (CBT) strategies are reviewed and agreed upon.

Coding:

The nature of the presenting problem and documentation of the elements meets criteria for 99213

Time spent in psychotherapy was 25 mins

Codes: 99213,+●90833

Psychotherapy with Patient or Family

Example of E/M visit with psychotherapy and interactive complexity

13-year-old in treatment for depression and alcohol abuse, on an antidepressant and an inhaler for her asthma, presents with both parents, who are divorced and arguing over how to address the patient's recent alcohol binge. One parent wants to "send her away" to a boarding school. The other parent wants to follow the previously agreed upon course of treatment.

E/M: An interval history is obtained from parents and the patient, including details of recent alcohol use, along with exploration of other drug use, medication compliance, side effects, and beneficial effects. Suicide risk is explored. A psychiatric specialty exam is completed and decisions made about her medications. Risks and benefits are discussed.

Psychotherapy with Patient or Family

Example of E/M visit with psychotherapy and interactive complexity (cont'd)

Psychotherapy:

Psychotherapy focuses on her feelings about her father's "new rules" at home during her weekends with him, and her anger at him for "embarrassing" her in front of her friend when he was drunk.

Interactive Complexity:

The intensity of work during the session is increased by the parents arguing with each other over the treatment recommended by the psychiatrist.

Psychotherapy with Patient or Family

Example of E/M visit with psychotherapy and interactive complexity (cont'd)

Coding:

The nature of the presenting problem and documentation of the elements meets criteria for a 99212

50 minutes is spent providing psychotherapy

The delivery of the service is complicated by the maladaptive communication involving the parents during the session

Codes: 99212,+●90836,+●90785

Family Psychotherapy 90846, 90847, 90849

- Unchanged from 2012
- The focus of family psychotherapy is the family or subsystems within the family, e.g. the parental couple or the children, although the service is always provided for the benefit of the patient.
 - This is a distinguishing characteristic from the Psychotherapy with Patient or Family codes where the focus is on the individual patient with possible occasional involvement of family members.

Family Psychotherapy

- Use **90846** to report a service when the patient is not physically present.
- Use **90847** to report a service that includes the patient some or all of the time. Couples therapy is reported with code 90847.
- Use **90849** to report Multiple-Family Group Psychotherapy.
- Use **90853** to report Group Psychotherapy.

Group Psychotherapy

- Use Interactive Complexity add-on code +●90785 with 90853 to report for 1 or more group members

Examples:

- A group of 4 pre-school children, all of whom have witnessed traumatic events, are being treated in a group setting through the use of play therapy techniques

All participants may be billed as 90853,+●90785

- A group of 8 adults is being seen in a CBT Group, with the addition of an interpreter for one patient with a hearing impairment who utilizes a sign-language interpreter.

Only the one patient utilizing an interpreter may be billed 90853,+●90785

Group Psychotherapy (cont'd)

- Do **NOT** use Interactive Complexity (90785) in Multi Family Group Psychotherapy (90849) setting

● 90839 Psychotherapy for crisis; first 60 minutes

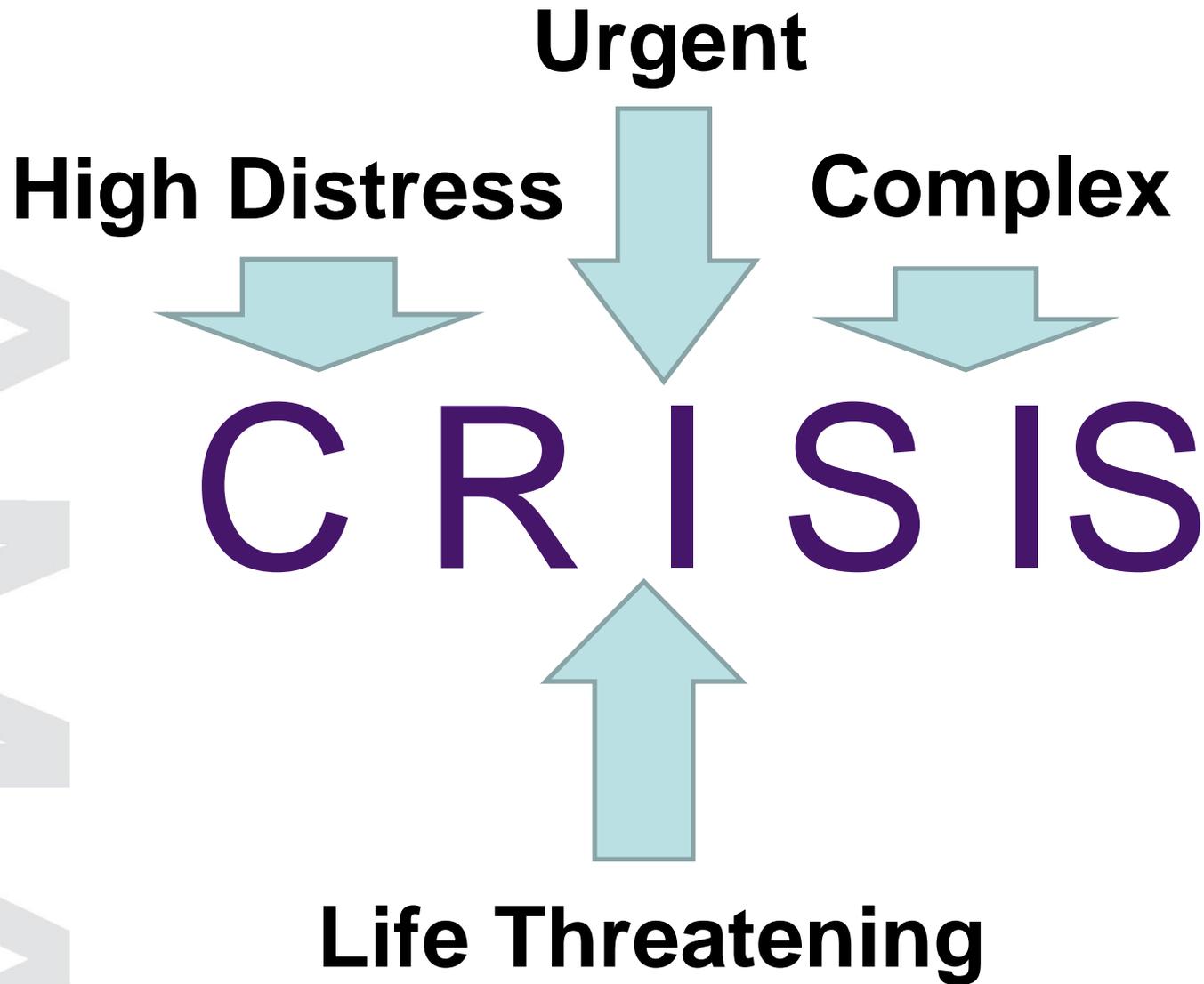
➔ *CPT Changes: An Insider's View 2013*

+ ● 90840 each additional 30 minutes (List separately in addition to code for primary service)

➔ *CPT Changes: An Insider's View 2013*

▶(Use 90840 in conjunction with 90839)◀

▶(Do not report 90839, 90840 in conjunction with 90791, 90792, psychotherapy codes 90832-90838 or other psychiatric services, or 90785-90899)◀



Crisis Psychotherapy (●90839, +●90840)

Rationale:

- New concept and addition to the psychotherapy section
- When psychotherapy services are provided to a patient who presents in high distress with complex or life threatening circumstances that require urgent and immediate attention

Crisis Psychotherapy

Rationale (cont'd):

- Do **not** report 90839, +90840 w/Dx Eval (90791, 90792), Psychotherapy (90832, 90834, 90837), or w/add-on Psychotherapy (+90833, +90836, +90838)
- Do **not** report 90839, +90840 w/Interactive Complexity (90785) or any of the procedures included in the Other Psychotherapy or Other Psychiatric Services or Procedures sections

Crisis Psychotherapy

- 90839 is a stand-alone code not to be reported with psychotherapy or psychiatric diagnostic evaluation codes, the interactive complexity code, or any other psychiatry section code.
- +90840 is an add-on code that should be reported for each additional 30 minutes of service.

Crisis Psychotherapy

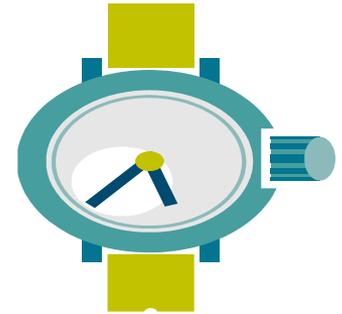
Example:

36-year-old woman being treated for a Generalized Anxiety Disorder and relationship problems with Cognitive Behavior Therapy (a form of psychotherapy), calls and leaves a message that she is planning to commit suicide because she “can’t stand it anymore.” Her therapist is able to reach her on the phone and she agrees to come in for an urgent session in one hour. She arrives with her husband. The therapist attempts to defuse the crisis, meeting individually with the patient, and jointly with the husband. The patient remains suicidal, and is in agreement with hospitalization. The therapist makes arrangements for hospitalization and the patient is transported by ambulance. Total time spent on working with the patient and arranging for hospitalization is 95 minutes.

Codes: ●90839, +●90840

Crisis Psychotherapy

Coding Tips



- Report 90839 for the first 30-74 minutes of psychotherapy for crisis on a given date
- Psychotherapy for crisis of less than 30 min. total should be reported with 90832 or 90833
- Report 90839 only once per date even if time spent by the physician/QHCP is not continuous on that date
- When service results in additional time, report +90840 with 90839 once for every additional 30 minutes of time beyond the first 74 minutes

Psychiatric Section Revisions: Other Procedures

Deleted: 90857 Interactive Group Psychotherapy

Added: Crosswalk (Use IA code :90785 with 90853):

90853 Group psychotherapy (other than of a multiple-family group)

▶(Use 90853 in conjunction with **90785** for the specified patient when group psychotherapy includes interactive complexity)◀

Pharmacologic Management

Deleted: 90862 Pharmacological Management

Added: Crosswalk (Use E/M Codes)

Added: +90863 Pharmacologic Management add-on to Psychotherapy code - for those who cannot bill an E/M service

+ ● 90863 Pharmacologic management, including prescription and review of medication, when performed with psychotherapy services (List separately in addition to the code for primary procedure)

➔ *CPT Changes: An Insider's View 2013*

▶(Use 90863 in conjunction with 90832, 90834, 90837)◀

▶(For pharmacologic management with psychotherapy services performed by a physician or other qualified health care professional who may report evaluation and management codes, use the appropriate evaluation and management codes 99201-99255, 99281-99285, 99304-99337, 99341-99350 and the appropriate psychotherapy with evaluation and management service 90833, 90836, 90838)◀

Pharmacologic Management

Rationale:

- QHCP who are **not** authorized to report E/M codes may report the new add-on pharmacologic management code +●90863 in conjunction with psychotherapy codes (●90832, ●90834, ●90837)

- For pharmacologic management services provided by physicians and selected QHCP (i.e., psychiatric nurse practitioners), +●90863 should not be reported since **pharmacologic management** services are included in the E/M service

Pharmacologic Management

Rationale (cont'd):

- Psychotherapy services do not include pharmacologic management
- Do not count time spent on providing pharmacologic management services in the time used for selection of the psychotherapy service

Psychiatric Section Revisions: Other Procedures

Revised: 90875 and 90876 to Exclude Time Ranges

▲ **90875** Individual psychophysiological therapy incorporating biofeedback training by any modality (face-to-face with the patient), with psychotherapy (eg, insight oriented, behavior modifying or supportive psychotherapy); 30 minutes

➔ *CPT Assistant* Nov 96:15, Sep 97:11, Nov 97:41, Apr 98:14, Jun 99:5, Mar 01:5, Mar 02:4, Mar 05:16, May 05:1; *CPT Changes: An Insider's View* 2013

▲ **90876** 45 minutes

➔ *CPT Assistant* Nov 96:15, Sep 97:11, Nov 97:41, Jun 99:5, Mar 01:5, Mar 05:16, May 05:1; *CPT Changes: An Insider's View* 2013

2013 Work RVUs

✚●90785	Interactive Complexity (List separately in addition to the code for primary procedure)	0.11
●90791	Psychiatric diagnostic evaluation	2.80
●90792	Psychiatric diagnostic evaluation with medical services	2.96
●90832	Psychotherapy, 30 minutes with patient and/or family member	1.25
✚●90833	Psychotherapy, 30 minutes with patient and/or family member when performed with an evaluation and management service (List separately in addition to the code for primary procedure)	0.98

2013 Work RVUs

●90834	Psychotherapy, 45 minutes with patient and/or family member	1.89
+●90836	Psychotherapy, 45 minutes with patient and/or family member when performed with an evaluation and management service (List separately in addition to the code for primary procedure)	1.60
●90837	Psychotherapy, 60 minutes with patient and/or family member	2.83
+●90838	Psychotherapy, 60 minutes with patient and/or family member when performed with an Evaluation and Management service (List separately in addition to the code for primary procedure)	2.56

2013 Work RVUs

●90839	Psychotherapy for crisis; first 60 minutes	Carrier Price
+●90840	each additional 30 minutes (List separately in addition to code for primary service)	Carrier Price

2013 Work RVUs

90845	Psychoanalysis	1.79
90846	Family psychotherapy (without the patient present)	1.83
90847	Family psychotherapy (conjoint psychotherapy) (with patient present)	2.21
90849	Multiple-family group psychotherapy	0.59
90853	Group psychotherapy (other than of a multiple- family group)	0.59

2013 Work RVUs

+●90863	Pharmacologic management, including prescription and review of medication, when performed with psychotherapy services (List separately in addition to the code for primary procedure)	Invalid*
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** Invalid - Not valid for Medicare purposes. Medicare uses another code for the reporting of and the payment for these services.*

