

# HEALTH AND BEHAVIOR ASSESSMENT SERVICES

Antonio E. Puente, Ph.D.

University of North Carolina at Wilmington

CPT 2002 Coding Symposium

Chicago, Illinois

11.16.01

# Outline of Presentation

- Acknowledgements
- Overview of Codes
- Rationale for Codes
- Assessment Explanation
- Intervention Explanation
- Diagnoses
- Related Codes
- Actual Codes
- Relative Values for Codes

# Outline (continued)

- Sample Questions
- Specific Description of Procedural Code
- Specific Description of Vignettes

# Acknowledgements

- American Psychological Association
- American Medical Association
- Supporting Societies

# Rationale: General

- Acute or chronic (health) illness may not meet the criteria for a psychiatric diagnosis
- Avoids inappropriate labeling of a patient as having a mental health disorder
- Increases the accuracy of correct coding of professional services
- May expand the type of assessments and interventions afforded to individuals with health problems

# Rationale: Specific Examples

- Patient Adherence to Medical Treatment
- Symptom Management & Expression
- Health-promoting Behaviors
- Health-related Risk-taking Behaviors
- Overall Adjustment to Medical Illness

# Overview of Codes

- New Subsection
- Six New Codes
  - Assessment
  - Intervention
- Established Medical Illness or Diagnosis
- Focus on Biopsychosocial Factors

# Assessment Explanation

- Identification of psychological, behavioral, emotional, cognitive, and social factors
- In the prevention, treatment, and/or management of physical health problems
- Focus on biopsychosocial factors (not mental health)



# Assessment (continued)

- May include (examples);
  - health-focused clinical interview
  - behavioral observations
  - psychophysiological monitoring
  - health-oriented questionnaires
  - and, assessment/interpretation of the aforementioned

# Intervention Explanation

- Modification of psychological, behavioral, emotional, cognitive, and/or social factors
- Affecting physiological functioning, disease status, health, and/or well being
- Focus = improvement of health with cognitive, behavioral, social, and/or psychophysiological procedures

# Intervention (continued)

- May include the following procedures (examples);
  - Cognitive
  - Behavioral
  - Social
  - Psychophysiological

# Diagnosis Match

- Associated with acute or chronic illness
- Prevention of a physical illness or disability
- Not meeting criteria for a psychiatric diagnosis or representing a preventative medicine service

# Related Psychiatric Codes

- If psychiatric services are required (90801-90899) along with these, report predominant service
- Do not report psychiatric and these codes on the same day

# Related Evaluation & Management Codes

- Do not report Evaluation & Management codes the same day

# Code X Personnel (examples)

- Physicians (pediatricians, family physicians, internists, & psychiatrists)
- Psychologists
- Advanced Practice Nurses
- Clinical Social Workers
- Other health care professionals within their scope of practice who have specialty or subspecialty training in health and behavior assessments and interventions

# Health & Behavior Assessment Codes

- 96150
  - Health and behavior assessment (e.g., health-focused clinical interview, behavioral observations, psychophysiological monitoring, health-oriented questionnaires)
  - each 15 minutes
  - face-to-face with the patient
  - initial assessment
- 96151
  - re-assessment



# Health & Behavior Intervention Codes

- 96152
  - Health and behavior intervention
  - each 15 minutes
  - face-to-face
  - individual
- 96153
  - group (2 or more patients)
- 96154
  - family (with the patient present)
- 96155
  - family (without the patient present)

# Relative Values for Health & Behavior A/I Codes

- 96150 = .50
- 96151 = .48
- 96152 = .46
- 96153 = .10
- 96154 = .45
- 96155 = .44

# Sample of Commonly Asked Questions

- When Are These Codes to be Used for Psychotherapy Codes?
  - Depends on the disorder
  - DSM = psychotherapy
  - ICD = health and behavior

# Samples Questions (continued)

- Do These Codes Include Neuropsychological Testing?
  - No
  - Formal testing should be coded between 96100 and 96117, depending on the situation

# Sample Questions (continued)

- Who Can Perform These Services?
  - Contrary to the symposium materials, Physicians can perform these services
  - Application of these codes will vary according to licensure/credentialing requirements of the state, area, providence and/or institution
  - Payment may also vary

# 96150 Clinical Example

- A 5-year-old boy undergoing treatment for acute lymphoblastic leukemia is referred for assessment of pain, severe behavioral distress and combativeness associated with repeated lumbar punctures and intrathecal chemotherapy administration. Previously unsuccessful approaches had included pharmacologic treatment of anxiety (ativan), conscious sedation using Versed and finally, chlorohydrate, which only exacerbated the child's distress as a result of partial sedation. General anesthesia was ruled out because the child's asthma increased anesthesia respiratory risk to unacceptable levels.

# 96150 Description of Procedure

- The patient was assessed using standardized tests and questionnaires (e.g., the Information-seeking scale, Pediatric Pain Questionnaire, Coping Strategies Inventory) which, in view of the child's age, were administered in a structured format. The medical staff and child's parents were also interviewed. On the day of a scheduled medical procedure, the child completed a self-report distress questionnaire. Behavioral observations were also made during the procedure using the CAMPIS-R, a structured observation scale that quantifies child, parent, and medical staff behavior.
- An assessment of the patient's condition was performed through the administration of various health and behavior instruments.

# 96151 Clinical Example

- A 35-year-old female, diagnosed with chronic asthma, hypertension and panic attacks was originally seen ten months ago for assessment and follow-up treatment. Original assessment included extensive interview regarding patient's emotional, social, and medical history, including her ability to manage problems related to the chronic asthma, hospitalizations, and treatments. Test results from original assessment provided information for treatment planning which included health and behavior interventions using a combination of behavioral cognitive therapy, relaxation response training and visualization. After four months of treatment interventions, the patient's hypertension and anxiety were significantly reduced and thus the patient was discharged. Now six months following discharge, the patient has injured her knee and has undergone arthroscopic surgery with follow-up therapy



# 96151 Description of Procedure

- Patient was seen to reassess and evaluate psychophysiological responses to these new health stressors. A review of the records from the initial assessment, including testing and treatment intervention, as well as current medical records was made. Patient's affective and physiological status, compliance disposition, and perceptions of efficacy of relaxation and visualization practices utilized during previous treatment intervention are examined. Administration of anxiety inventory/questionnaire (e.g., Burns Anxiety Inventory) is used to quantify patient's current level of response to present health stressors and compared to original assessment levels. Need for further treatment is evaluated.
- A reassessment of the patients condition was performed through the use of interview and behavioral health instruments.

# 96152 Clinical Example

- A 55-year-old executive has a history of cardiac arrest, high blood pressure and cholesterol, and a family history of cardiac problems. He is 30 lbs. overweight, travels extensively for work, and reports to be a moderate social drinker. He currently smokes one-half pack of cigarettes a day, although he had periodically attempted to quit smoking for up to five weeks at a time. The patient is considered by his physician to be a “Type A” personality and at high risk for cardiac complications. He experiences angina pains one or two times per month. The patient is seen by a behavior medicine specialist. Results from the health and behavior assessment are used to develop a treatment plan, taking into account the patient’s coping skills and lifestyle.

# 96152 Description of Procedure

- Weekly intervention sessions focus on psychoeducational factors impacting his awareness and knowledge about his disease process, and the use of relaxation and guided imagery techniques that directly impact his blood pressure and heart rate. Cognitive and behavioral approaches for cessation of smoking and initiation of an appropriate physician-prescribed diet and exercise regimen are also employed.

# 96153 Clinical Example

- A 45-year-old female is referred for smoking cessation secondary to chronic bronchitis, with a strong family history of emphysema. She smokes two packs per day. The health and behavior assessment reveals that the patient uses smoking as a primary way of coping with stress. Social Influences contributing to her continued smoking include several friends and family members who also smoke. The patient has made multiple previous attempts to quit “on her own”. When treatment options are reviewed, she is receptive to the recommendation of an eight-session group cessation program.

# 96153 Description of Procedure

- The program components include educational information (e.g., health risks, nicotine addiction), cognitive-behavioral treatment (e.g., self-monitoring, relaxation training, and behavioral substitution), and social support (e.g., group discussion, social skills training). Participants taper intake over four weeks to a quit date and then attend three more sessions for relapse prevention. Each group sessions lasts 1.5 hrs.

# 96154 Clinical Example

- Tara is a 9-year-old girl, diagnosed with insulin dependent diabetes two years ago. Her mother reports great difficulty with morning and evening insulin injections and blood glucose testing. Tara whines and cries, delaying the procedures for 30 minutes or more. She refused to give her own injections or conduct her own blood glucose tests, claiming they “hurt”. Her mother spends many minutes pleading for her cooperation. Tara’s father refuses to participate, saying he is “afraid” of her needles. Both parents have not been able to go to a movie or dinner alone, because they know of no one who can care for Tara. Tara’s ten year old sister claims she never has any time with her mother, since her mother is always occupied with Tara’s illness. Tara and her sister have a very poor relationship and are always quarreling. Tara’s parents frequently argue; her mother complains that she gets no help from her husband. Tara’s father complains that his wife has no time for anyone except Tara.

# 96154 Description of Procedure

- A family-based approach is used to address the multiple components of Tara's problem behaviors. Relaxation and exposure techniques are used to address Tara's father's fear of injections, which he has inadvertently has been modeling for Tara. Tara is taught relaxation and distraction techniques to reduce the tension she experiences with finger sticks and injections. Both parents are taught to shape Tara's behavior, praising and rewarding successful diabetes management behaviors, and ignoring delay tactics. Her parents are also taught judicious use of time-out and response cost procedures. Family roles and responsibilities are clarified. Clear communication, conflict-resolution, and problem-solving skills are taught. Family members practice applying these skills to a variety of problems so that they will know how to successfully address new problems that may arise in the future.

# 96155 Clinical Example

- Greg is a 42-year-old male diagnosed with cancer of the pancreas. He is currently undergoing both aggressive chemotherapy and radiation treatments. However, his prognosis is guarded. At present, he is not in the endstage disease process and therefore does not qualify for Hospice care. The patient is seen initially to address issues of pain management via imagery, breathing exercises, and other therapeutic interventions to assess quality of life issues, treatment options, and death and dying issues.



# 96155 Description of Procedure

- Due to the medical protocol and the patient's inability to travel to additional sessions between hospitalizations, a plan is developed for extending treatment at home via the patient's wife, who is his primary home caregiver. The patient's wife is seen by the healthcare provider to train the wife in how to assist the patient in objectively monitoring his pain and in applying exercises learned via his treatment sessions to manage pain. Issues of the patient's quality of life, as well as death and dying concerns, are also addressed with assistance given to the wife as to how to make appropriate home interventions between sessions. Effective communication techniques with her husband's physician and other members of his treatment team regarding his treatment protocols are facilitated.