

Documentation and coding guidance

- Document the condition in the assessment portion of the progress note
- Incorporate final results from diagnostic studies into the progress note
- Document risk factors that affect/exacerbate the condition
- Document any associated conditions and/or complications
- Document the treatment plan

ICD-10-CM Metabolic Disorder and Syndrome

E88.81	Dysmetabolic syndrome X – <i>use additional codes for associated manifestations</i>
E88.89	Other specified metabolic disorder – Launois-Bensaude adenolipomatosis
E88.9	Metabolic disorder, unspecified

Definitions of Metabolic Syndrome E88.81

	NCEP ATP III (2005 revision)	WHO (1998)	EGIR (1999)	IDF (2005)
Absolutely required	None	Insulin resistance* (IGT, IFG, T2D or other evidence of IR)	Hyperinsulinemia (plasma insulin >75 th percentile)	Central obesity (waist circumference): ≥ 94 cm (M), ≥80 cm (F)
Criteria	Any three of the five criteria below	Insulin resistance or diabetes, plus two of the five criteria below	Hyperinsulinemia, plus two of the four criteria below	Obesity, plus two of the four criteria below
Obesity	Waist circumference:>40 inches (M), >35 inches (F) Fasting glucose ≥100 mg/dl or Rx	Waist/hip ratio: >0.90 (M), >0.85 (F); or BMI >30 kg/m ²	Waist circumference:≥94cm (M), ≥80cm (F)	Central obesity already required
Hyperglycemia	Fasting glucose ≥100 mg/dl or Rx	Insulin resistance already required	Insulin resistance already required	Fasting glucose ≥100 mg/dl
Dyslipidemia	TG≥150 mg/dl or Rx	TG≥150 mg/dl or HDL-C: <35 mg/dl (M), <39 mg/dl (F)	TG≥177 mg/dl or HDL- C<39 mg/dl	TG≥150 mg/dl or Rx
Dyslipidemia (second, separate criteria)	HDL cholesterol:<40 mg/dl (M) <50 mg/dl (F) or Rx			HDL cholesterol: <40 mg/dl (M), <50 mg/dl (F); or Rx
Hypertension	>130 mmHg systolic or >85 mmHg diastolic or Rx	≥140/90 mmHg	≥140/90 mmHg or Rx	>130 mmHg systolic or >85 mmHg diastolic or Rx
Other criteria		Microalbuminuria		

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2675814/>