

Psychiatry Coding & Reimbursement Alert

Reader Question: Supportive Psychotherapy Key to Insight Encounter

Question: A patient reported to our outpatient clinic for a follow-up for medication check and progress for her depression. The psychiatrist recorded the patient's complaints about family illness and difficulties getting medications at the pharmacy. He reviewed past history, evaluated mental status, reviewed meds, which include Lexapro and Klonopin, and offered supportive psychotherapy addressing the patient's concerns and stressing ways to alleviate "negative cognitions."

He noted 296.32 (Major depressive affective disorder, recurrent episode; moderate degree); 300.4 (Dysthymic disorder); 301.81 (Narcissistic personality disorder) and spent a total of 25 minutes with the patient. What should we report for the encounter?

New York Subscriber

Answer: Based on the time documented with the patient and the evaluation provided, you would report 90805 (Individual psychotherapy, insight oriented, behavior modifying and/or supportive, in an office or outpatient facility, approximately 20 to 30 minutes face-to-face with the patient; with medical evaluation and management services) for this patient.