

WHAT'S DSM-5 TR?

- Diagnostic and Statistical Manual of Mental Disorders Fifth edition provides descriptions of diagnostic categories and was also based off of the International Classification of Diseases from 1978. It was later modified according to USA standards. It went through a revision on March 2022.
- The DSM is composed of 3 components: Diagnostic classifications, diagnostic criteria and the descriptive texts.
- This manual is used by mental health professionals country wide to help diagnose mental disorders with an objective assessment of symptom presentations in different clinical settings.
- The DSM-5 also helps establish a diagnostic code for each condition, for data collection and insurance billing purposes.

CHANGES MADE TO DSM-5 TR

- The DSM-5 TR includes a new diagnosis for prolonged grief disorder, along with 70 more disorders, and symptoms to help recognize any suicidal behavior and self injury.
- Includes how racism and discrimination can affect the diagnosis.
- Updated language regarding to gender
- Removed checkboxes for male and female
- Changed the terminology for Gender Dysphoria to “gender-affirming medical procedure” and Delirium to “reduced awareness of the environment”.

ICD CODES

- ICD stands for International Classification of Diseases. These codes are used to diagnose conditions and bill them accordingly. These codes were created by WHO.
- The new coding system is said to be more specific about conditions not covered in the previous system.
- V Code- mainly used to identify stressful situations that may impact mental health. Sometimes physician can use these codes when the patient is presenting with significant impairment but no obvious mental disorder as well.
- Ex: V61.20 for Parent-child relational problem.