

DSM-5-TR

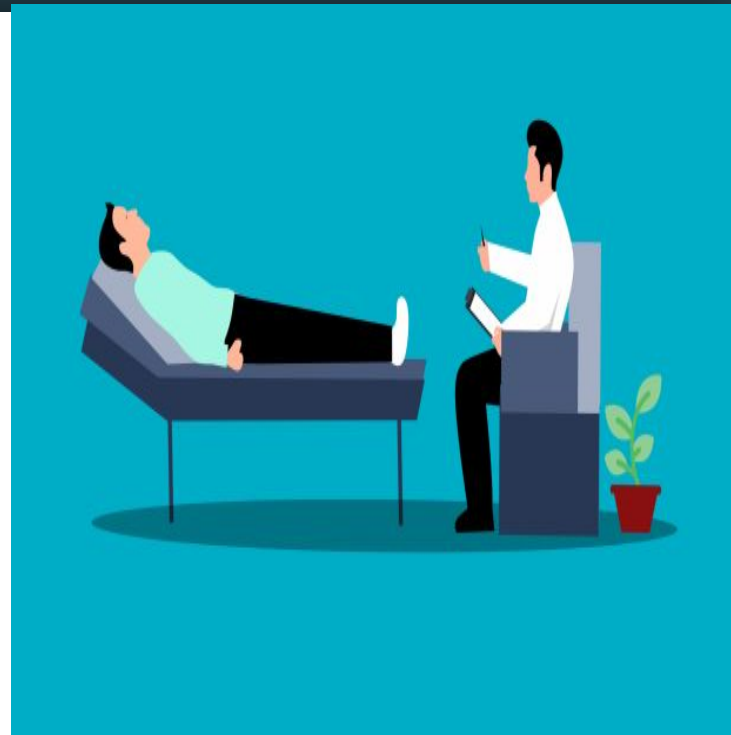
- DSM stands for Diagnostic and Statistical Manual of mental disorders.
- The DSM is updated every 10-15 years and is currently on the 5th addition.
- The DSM-5 went through a text revision or TR in March 2022 and is the most up to date version.



The DSM is important because it standardizes diagnosis and treatment guidelines for psychiatric practices as well as allowing reimbursements from government entities and insurance companies.

Importance

- The DSM is created by the American Psychiatric Association (APA) through collaboration from experts across many fields
- Psychiatry is an ever evolving field with changing diagnosis, diagnostic criteria, and treatment options. The first DSM published in 1952 and did not include PTSD, and borderline personality disorder which are commonly seen across practices today.
- Along those lines homosexuality was removed from the DSM-2 in 1973



- The most recent update includes a new diagnosis of prolonged grief disorder.
- As well as updating terminology and cultural terminology to reflex cultural sensitivity such as Latinx instead of Latino or Latina

How to Use

- Psychiatrist and other doctors will use International classification of Diseases (ICD) codes for classifying and coding medical conditions. For example the ICD code for Major Depressive disorder is F32.9
- V codes come from the DSM-5 and ICD-9 and are used for identifying stressful situations that may negatively impact health. For example V61.8 -Sibling Relational problem. These are not diagnoses but rather tools for helping make diagnoses.
- Z codes come from ICD-10 and cover a wider range of psychosocial problems. Example Z63.7 is for ill family member. They are used to improve the health and communities of people.

