Implications of a Sarcopenia ICD-10 Code for Further Research and Physicians in Practice

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Agenda

• What are the benefits of an ICD-10 Code for Sarcopenia?
• Sarcopenia: Areas of Agreement among definitions
• Use by Clinicians
• Use by Researchers
• Next Steps
Why an ICD-10 Code?

• Government recognition that sarcopenia is an important problem
• Increase clinician awareness and attention to the problem
• Progress toward acceptance of sarcopenia as specific condition which is an indication for treatment
• Potential to influence public health and health policy
Sarcopenia Definitions: Areas of Agreement

- Shared conceptual framework
- The condition involves low lean mass and weakness, with concurrent or future functional consequences
- Requires a measure of lean mass, often by DEXA
- Requires a measure of strength, by dynamometer or functional strength test
- Diagnosis code for services during visit
- Patient and family education for prevention and treatment
- Code justifies evaluation for differential diagnostic possibilities
- Diagnosis code for ordering tests (DXA, lab, EMG, further imaging..)
- Diagnosis code for referrals (PT, nutrition..)
- Approval for management in HMOs
- Lean and fat mass by DEXA already available on many summaries
Code Use by Researchers

• If coded, data would be available on Electronic Medical Records, Death Certificates and other system data sources
• Permits population estimates of epidemiology (incidence, prevalence, natural history by various demographic groups, relationships to conditions and health events)
• Permits population estimates of outcomes (mortality, health care use)
• Permits possible verification of code versus medical record information
Next Steps

• Comparisons and validation of various definitions in a wide range of populations who vary in setting, health status and function.

• Develop estimates of meaningful change

• Create valid indicators of muscle quality from tissue, imaging and functional data.

• Pursue further mechanistic work on causation and mechanisms to support novel treatments and evidence-based differential diagnosis.

• Work with professional organizations to develop practice guidelines.