

## **New ICD-10 Code for ME/CFS (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome)**

Effective October 1, 2022, the ICD-10-CM, the disease tracking system used in the US, has been updated to provide a unique code, **G93.32**, for “**myalgic encephalomyelitis,**” “**chronic fatigue syndrome,**” and “**myalgic encephalomyelitis/chronic fatigue syndrome**”. (1,2)

CDC’s National Center for Health Statistics (NCHS) made the recommendations based on a proposal from seven ME/CFS patient advocate organizations. The change should provide more precise tracking of ME/CFS morbidity and mortality and ME/CFS- related healthcare utilization.

Previously, the US had coded ME/CFS the same as *the symptom of unspecified chronic fatigue*. This made it impossible to separately track ME/CFS cases. This update also specifies that “post COVID-19 condition, unspecified” (**U09.9**) should be coded when present. This enables the tracking of ME/CFS associated with COVID.

### **What can providers do?**

EMR systems should have incorporated the revision as of October 1, 2022. The EMR system will automatically assign the code of **G93.32** when the provider types in any of the terms “**chronic fatigue syndrome,**” “**myalgic encephalomyelitis,**” and “**myalgic encephalomyelitis/chronic fatigue syndrome.**” Nothing more is necessary.

(Instead of the name, some providers may have been typing in R53.82, the old code for CFS, or G93.3, the old code for ME.) These providers will just need to type in the new code, **G93.32**.

Of course, the first step to accurately tracking ME/CFS is accurately diagnosing it. Providers can help by including ME/CFS in their differential diagnosis of patients presenting with prolonged functional impairment, exertional intolerance, fatigue, cognitive and orthostatic issues, and other symptoms, including those with prolonged illness post COVID. Please refer to the updated clinical guidance from Bateman et al (3) and the CDC ME/CFS website(4).

#### References:

1. Summary of ME/CFS ICD-10-CM code changes: [https://bit.ly/MECF5\\_ICDCode](https://bit.ly/MECF5_ICDCode)
2. Background of request by 7 ME/CFS organizations: [https://bit.ly/MECF5\\_ICD\\_Background](https://bit.ly/MECF5_ICD_Background)
3. Bateman et al. Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: Essentials of Diagnosis and Management. Mayo Clinic Proceedings. Nov 2021. [https://www.mayoclinicproceedings.org/article/S0025-6196\(21\)00513-9/](https://www.mayoclinicproceedings.org/article/S0025-6196(21)00513-9/) Additional information on diagnosis and management can be found on the ME/CFS Clinician Coalition website <https://mecfscliniciancoalition.org/>
4. Centers for Disease Control and Prevention ME/CFS website <https://www.cdc.gov/me-cfs/>