

Malaise and Fatigue

In an effort to aid Health Information Management Coding and Medical Billing Professionals with ICD-10, the following training tip is provided with an educational intent.

- Malaise and Fatigue are feelings of general discomfort or uneasiness, of being “out of sorts,” often the first indication of an infection or other disease. Malaise is often defined in medical literature as a “general feeling of being unwell.”
- Malaise is a highly non-specific symptom and causes can range from the slightest ailment, such as an emotion (causing vasovagal response) or hunger (light hypoglycemia), to the most serious (cancer, stroke, heart attack, internal bleeding, etc.).
- Fatigue can be described as the lack of energy and motivation (both physical and mental). There are numerous causes of fatigue symptoms. Examples of some treatable causes of fatigue include anemia, diabetes, thyroid disease, heart disease, Chronic obstructive pulmonary disease and sleep disorders.

R53- Malaise and fatigue coding in ICD-10-CM

- R53.0 Neoplastic (malignant related fatigue)
Note: Code first associated neoplasm
- R53.1 Weakness
- R53.2 Functional quadriplegia
Note: **ICD-10-CM Official Guidelines:** Functional quadriplegia is the lack of ability to use one’s limbs or to ambulate due to extreme debility. It is not associated with neurologic deficit or injury, and code R53.2 should not be used for cases of neurologic quadriplegia. It should only be assigned if functional quadriplegia is specifically documented in the medical record.
- R53.81 Other malaise: Includes Chronic debility, Debility NOS, General physical deterioration
- R53.82 Chronic fatigue, unspecified: Includes Chronic fatigue syndrome NOS
- R53.83 Other fatigue: Includes Fatigue NOS, Lack of energy, Lethargy, Tiredness

*References: 2014 ICD-10-CM Official Coding Guidelines; Malaise/Fatigue -Wikipedia.org. Medicinenet.com
Coding Clinic is the official resource and authority for ICD-10 coding rules and conventions.*

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California Health Information Association, AHIMA Affiliate, 2014.