MEAT

One of the most critical and basic requirements in coding a medical record is proper documentation of a diagnosis to capture the most accurate Hierarchal Condition Category (HCC code). To establish the presence of a diagnosis during an encounter and ensure proper documentation, providers should validate each diagnosis via MEAT.

M

Monitor - Signs and symptoms, disease progression, ongoing surveillance of chronic condition.

Example:

"HTN stable, continue current dose of lisinopril"

"AFIB controlled on warfarin, followed by cardiology"

E

Evaluate - Current state of chronic condition, physical exam findings, test results, medication effectiveness, response to treatment.

Example:

"Recurrent major depressive disorder, now moderate. Persistent feelings of sadness despite increase in Zoloft"

"Diabetic peripheral neuropathy – decreased sensation of BLE by monofilament test"

A

Assess - Discussion of chronic condition, review of records, counseling, ordering further testing.

Example:

"Ultrasound reviewed, AAA remains stable"

"Stage II pressure ulcer on right buttock increased in size"

T

Treat - Care of chronic condition, prescribing medication, referral to specialist, therapeutic services.

Example:

"Blood sugars remain elevated, refer to endocrinology for DM II treatment"

"Morbid obesity with BMI of 45 – advised patient monitor calorie intake"

All HCC diagnoses must be documented and coded at least once per year.