

Medical Risk Adjustment M-E-A-T

A common acronym utilized by coders to identify documentation that supports coding accuracy is M-E-A-T, which stands for Monitor, Evaluate, Assess or Address and Treat. Including **one or more** of the M-E-A-T details at a face-to-face or telehealth visit for each condition that requires or affects patient care treatment or management will put you on the path to success in capturing risk!

M

monitor

signs, symptoms, ordering or reviewing and referencing of tests/labs, disease progression or disease regression.



E

evaluate

test results, medication effectiveness, physical exam findings and response to treatment.



A

assess or address

by discussion, acknowledging, reviewing records, documenting status/level conditions and counseling.



T

treat

with prescribing/continuation of medications, referral to specialist for treatment/consultation, surgical/other therapeutic interventions and plan for management of condition(s).



Comprehensive Documentation Examples

CONGESTIVE HEART FAILURE (CHF)-STABLE. CONTINUE SAME DOSE OF BISOPROLOL, LISINAPRIL, AND LASIX.

MAJOR DEPRESSIVE DISORDER (MDD)-CONTINUED FEELING OF HOPELESSNESS. WILL INCREASE PAXIL TO 50 MG/DAY.

ATRIAL FIBRILLATION (A.FIB)-PATIENT ON COUMADIN. INR MANAGED BY DR. JONES.

UPPER RESPIRATORY TRACT INFECTION (URI)-LIKELY VIRAL. DISCUSSED SYMPTOMATIC TREATMENT OPTIONS. RECOMMENDED SUGAR-FREE COUGH SYRUP DUE TO T2DM.

TIPS

- Document each patient encounter as if it is the only encounter of the year.
- All chronic and complex conditions should be reviewed and documented annually.
- Review and document conditions managed by a specialist.
- Avoid using only acronyms in your documentation. Instead, spell out the full health condition to assist with proper coding of diagnosis codes.
- Review and update the patient's active problem list at each visit.
- Avoid documenting and using the phrases "past medical history" or "history of" in the progress note for a condition that is chronic but **currently stable**. Example: "Congestive Heart Failure, stable. Will continue same dose of Lasix and ACE inhibitor."