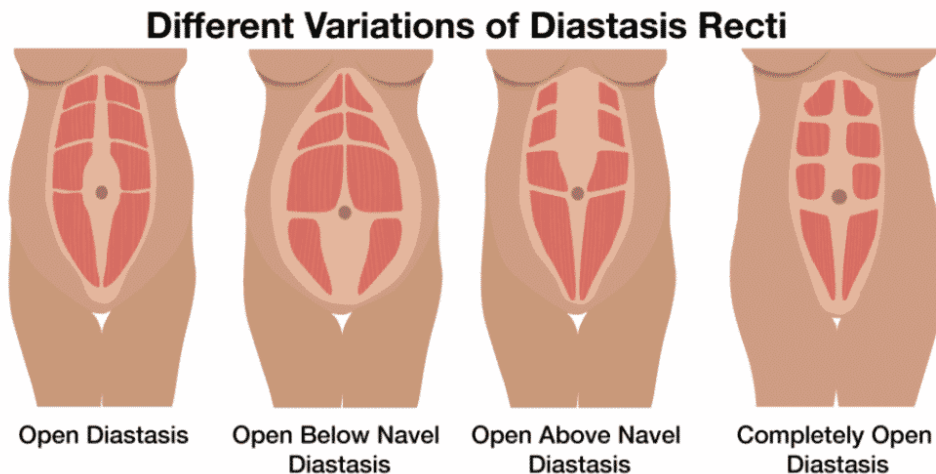


# O71.82 *Diastasis of recti abdominal muscle in pregnancy or delivery* (DRAM)

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Diastasis recti is the partial or complete separation of the rectus abdominis, or “six-pack” muscles, which meet at the midline of your stomach. Diastasis recti is very common during and following pregnancy. This is because the uterus stretches the muscles in the abdomen to accommodate a growing baby.<sup>1</sup>



For diagnosis code O71.82 *Diastasis of recti abdominal muscle in pregnancy or delivery* to be assigned for an episode of admitted patient care, the requirements of Australian Coding Standard (ACS) 0001 *Principal diagnosis*, 0002 *Additional diagnoses* or 1521 *Conditions and injuries in pregnancy* must be met.

## Scenario 1:

An admitted obstetric patient (post vaginal delivery) is assessed by a physiotherapist and the separation of the rectus abdominus is assessed as being 1 cm. The clinical notes include “Recti abdominus 1cm due to delivery, management discussed with patient and plan developed”.

As there was a clinical assessment, diagnosis and a care plan developed for the recti abdominus documented (Australian Coding Standards (ACS) 0001 *Principal diagnosis* and ACS 0002 *Additional diagnoses*), diagnosis code O71.82 *Diastasis of recti abdominal muscle in pregnancy or delivery* is assigned for the episode of admitted patient care with Condition onset flag 2 - Condition arose during the episode of care.

<sup>1</sup> Diastasis Recti: What Is It, and How Is It Treated?, retrieved 18 April 2020, [www.healthline.com/health/diastasis-recti](http://www.healthline.com/health/diastasis-recti)

**Scenario 2:**

An admitted obstetric patient (post caesarean deliver) is assessed by a physiotherapist and the separation of the rectus abdominus is assessed as being 4 cm. The clinical notes include “Pre delivery recti abdominus 4 cm, brace and tubigrip fitted. Exercises recommended”

As the requirements for ACS 0002 *Additional diagnoses* are met, diagnosis code O71.82 *Diastasis of recti abdominal muscle in pregnancy or delivery* is assigned for the episode of admitted patient care with Condition onset flag 1 - Condition present on admission to the episode of care.

**Scenario 3:**

An admitted obstetric patient (pre delivery) is assessed by a physiotherapist and the separation of the rectus abdominus is assessed as being 1 cm. The clinical notes include “Pre delivery recti abdominus 2 cm noted”.

As the requirements for ACS 0002 *Additional diagnoses* have not been met, diagnosis code O71.82 *Diastasis of recti abdominal muscle in pregnancy or delivery* is not assigned for the episode of admitted patient care.