In an effort to aid Health Information Management Coding Professionals with ICD-10 readiness, the following anatomy and physiology tip is provided with an educational intent. The nervous system regulates the body’s responses to internal and external stimuli and consists of two major divisions, central and peripheral.

**Central Nervous System (CNS)**
- Brain, optic nerve, and spinal cord
- Processing center

**Peripheral Nervous System (PNS)**
- Cranial nerves and spinal nerves
- Communication lines between the CNS and the rest of the body

**Sensory (afferent) neurons**
- Somatic and visceral sensory nerve fibers
- Conducts impulses from receptor to the CNS

**Motor (efferent) neurons**
- Motor nerve fibers
- Conducts impulses from the CNS to muscles and glands

**Sympathetic division**
- Mobilizes body systems during activity (fight or flight)

**Parasympathetic division**
- Conserves energy (rest and digestion)

**Autonomic Nervous System**
- Visceral (internal organs) motor (involuntary)
- Conducts impulses from the CNS to cardiac muscles and vital organs in the body

**Somatic Nervous System**
- Somatic motor (voluntary)
- Conducts impulses from the CNS to skeletal muscles

Reference: Anatomy of the Nervous System, My-MS.org
This Anatomy and Physiology tip sheet was developed by the CHIA Coding and Data Quality Committee as an educational resource 2013.
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