

## Employee Spotlight



Christina South, CCS  
*HIM Consultant*

Medical coding fell into my lap when I accepted my first HIM position at a behavioral health hospital in 2002. I enjoyed the coding aspect of the job and accepted a job at a rehabilitation facility where I learned rehabilitation coding. Eventually, I earned my CPC-H and went to work for an Acute Care Hospital where I learned Inpatient Coding and earned my CCS. I joined Oxford HIM in August of 2014 and look forward to the assignments ahead.

## Green Tea May Boost Our Working Memory

From: Medical News Today

Green tea has been hailed for many health benefits, including its effects against cancer, heart disease and type 2 diabetes. Now, new research suggests the beverage can enhance our brain's cognitive functions, particularly the working memory.

The research team — including Prof. Christoph Beglinger and Prof. Stefan Borgwardt of the University Hospital of Basel in Switzerland — says their findings suggest that green tea could be promising in the treatment of cognitive impairments associated with neuropsychiatric disorders, such as dementia. They recently published their findings in the journal *Psychopharmacology*.

Green tea, native to China and India, is produced from the leaves of the *Camellia sinensis* bush. Unlike other teas, green tea is made from unoxidized leaves. This minimal processing means it is rich in antioxidants.

Past research has associated the beverage with many health benefits. Last year, for example, *Medical News Today* reported on a study suggesting that green tea may reduce stroke risk, while another study found that it could help fight prostate cancer.

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January 2015



## Ask the Expert

### “Oh, the Weather Outside IS Frightful...”

This time of year for most of our readers is cold and snowy. While kids like it for sled-riding and snowman building, adults enjoy it for skiing and snowboarding. But if you're headed out for some fun or adventure, be sure to wear gloves, hats, and scarves to be safe, and also know when to go inside to warm up. There are dangers from extended exposure to cold temperatures, or worse, cold water.

What conditions can occur and how are they treated?

#### **Hypothermia (ICD-10-CM: T68.XXXA)**

Our bodies produce their own heat by their normal functioning processes. Liver and heart functions produce most of the heat and our skin is part of the regulating process to control our body temperature.

“During exposure to cold temperatures, most heat loss — up to 90% — escapes through your skin; the rest, you exhale from your lungs. Heat loss through the skin happens primarily through radiation and speeds up when skin is exposed to wind or moisture. If cold exposure is due to being immersed in cold water, heat loss can occur 25 times faster than it would if exposed to the same air temperature.”

Defense mechanisms kick in to preserve body temperature — thanks to the hypothalamus — through shivering to warm itself through muscle activity and also vasoconstriction. In a grasp at self-preservation, the body intentionally slows all activity to preserve heat at protect the brain. Severity of hypothermia range from mild hypothermia (89-95° F) to moderate hypothermia (82-89° F) to severe hypothermia (below 82° F).

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## Employee of the Month

January 2015



**Kailee Schroeder**  
**Associate Recruiter**

I am of the fifth generation born and raised in Redding, CA, a small town that is located three hours north of Sacramento. My family loves to travel and be active. Our favorite place to visit is Sayulita, Mexico and currently we are all training for a half marathon!

In May 2014, I graduated from California State University, Chico, where I majored in Health Science, with an option in Education. I was very involved with lots of clubs and student organizations. After graduation I had the privilege to go abroad and backpack through Europe. I visited Paris, Amsterdam, Rome, and Venice!

Recently, I moved to the opposite end of the state to sunny San Diego to join the Oxford HIM family. I am very excited for this new adventure and looking forward to working with great staff and the many opportunities to come!

### Ask the Expert (Continued from page 1)

#### **Frostbite (ICD-10-CM: superficial frostbite T33. / frostbite with necrosis T34.- coded to sites affected)**

Frostbite is the tissue damage that occurs from freezing “due to the formation of ice crystals within cells, rupturing the cells and leading to cell death.” Frostbite goes through several stages.

- First degree (frostnip): Only the top layers of skin are involved. However, it can lead to long-term sensitivity to heat and cold (T33.—S).
- Second degree: Skin may become frozen, hard, and will blister and turn black, but the deep tissues are spared and remain soft and normal. The area may remain permanently sensitive to heat and cold (T33.—S).
- Third and fourth degree injuries: If further freezing continues, deep frostbite occurs. All of the muscles, tendons, blood vessels, and nerves freeze. This type of severe frostbite may result in the loss of fingers and toes.

#### **Coding Corner**

The first course of treatment for patients with hypothermia is to urgently raise the patient’s core body temperature. See the root operation *Hyperthermia--Extracorporeal raising of (whole) body temperature*. **Note:** This should not be confused with the hyperthermia performed following radiation treatments of a specific body part.

It can take several months to determine how much damage has actually been done by the freezing process. For this reason, surgery to remove tissue that is not capable of surviving is frequently delayed. See root operation *Excision* of the deepest body part debrided. If amputation of fingers, toes, or limbs is necessary, see root operation *Detachment*, and build the code based on the body part removed.

[http://www.medicinenet.com/hypothermia\\_extended\\_exposure\\_to\\_cold/article.htm#what\\_is\\_hypothermia](http://www.medicinenet.com/hypothermia_extended_exposure_to_cold/article.htm#what_is_hypothermia)  
<http://www.webmd.com/a-to-z-guides/what-is-hypothermia?page=2>

## What do you think?

### Your Survey Results: ICD-10 Extension

In our December 2014 issue of Set the Record Straight, we asked readers to share their thoughts on a group’s proposition to extend the implementation date of ICD-10 to 2017 by responding to a short survey. Here are the results:

#### Are you in favor of the proposed extension for the ICD-10 code set?

**Yes = 23%**  
**No = 77%**

#### Were you in favor of this year’s extension to October 2015?

**Yes = 27%**  
**No = 73%**

#### Is the facility you work for ready for the ICD-10 implementation?

**Yes = 59%**  
**No = 23%**  
**Not sure = 18%**

Thank you to all who participated in our survey!

Main Article (Continued from page 1)

January 2015



Previous studies have also suggested that green tea may have a beneficial impact on the brain's cognitive functions. However, according to the researchers of this most recent study, the exact mechanisms behind this claim have been unclear.

### Green tea boots connectivity between parietal and frontal cortex of the brain.

To further investigate, the team conducted a study using 12 healthy male volunteers with a mean age of 24.1 years.

Participants were given a milk whey-based soft drink containing 27.5 g of green tea extract, while others were given a soft drink without the green tea extract. Volunteers were unaware of which drink they had been given. The participants were then required to carry out a series of working memory tasks. During these tasks, their brain activity was measured using magnetic resonance imaging (MRI).

The researchers found that the participants who consumed the soft drink with the green tea extract showed increased connectivity between the right superior parietal lobule and the frontal cortex of the brain. This activity correlated with improved performance on the working memory tasks.

### Green tea may help in treatment of dementia

According to the research team, since green tea appears to increase connectivity between frontal and parietal brain regions during working memory processing, it is worth testing the efficacy of green tea for the treatment of disorders involving cognitive impairments, such as dementia.

But they note there are some limitations in their study that need to be considered. They point out that, in contrast to the imaging results, there was no significant effect found between green tea consumption and task performance.

"However, we found a strong trend toward improved performance," they add, "suggesting that our study sample was too small to achieve differences on behavioral parameters."

In addition, the researchers note that the participants drank a soft drink containing green tea extract, not a pure green tea extract. They point out that if the participants drank a pure green tea extract, this would have avoided effects of other components, such as caffeine, which may have had some impact on participants' cognitive performance. Our article on the health benefits of green tea reveals some other ways in which the beverage may be good for you, as well as potential risks from drinking green tea.

Written by Honor Whiteman

[www.medicalnewstoday.com/articles/275206.php](http://www.medicalnewstoday.com/articles/275206.php)

## Who Knows?

This soluble fiber mostly comes from India and has health benefits for treating colon cancer, constipation/diarrhea, blood sugars in diabetic patients, heart disease, hemorrhoids, high blood pressure, high cholesterol (LDL), IBD/IBS, and obesity.

**December 2015 WHO KNOWS?**  
**And the winner is... Laura J.!**  
**Answer:**  
Islandic bivalve mollusk (or ocean quahog)

Send your answers to:  
[Sarah\\_Pedersen@oxfordcorp.com](mailto:Sarah_Pedersen@oxfordcorp.com)

All correct answers will be put into a raffle for a chance to win a \$25 gift card from Oxford HIM!

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**“Do you want regular bottled water, low-fat water, zero-carb water, gluten-free water, peanut-safe water or free range water?”**