



## Employee Spotlight

### Barbara Manny, *HIM Consultant*

Barb earned a bachelor's degree in Health Information Management from the University of Illinois and started her professional career as a coder in Chicago. She's spent most of her professional career as a healthcare consultant and has a master's in health care risk management from the Rosalind Franklin School of Medicine in North Chicago. Barb recently relocated from the state of Illinois in 2013 and moved to Texas, where the weather is a big improvement over that in Chicago. (Tornados excepted.) She also, *finally*, made the move out of the hospital.

Barb feels extremely happy coding for Oxford HIM, and very fortunate in her recruiter and client. Life is good!

## Panel: Launching Information Governance Harder Than Landing on the Moon

By: Mary Butler for [Journal of Ahima](#)

Convincing an organization to implement an information governance program is a lot like the Apollo missions to put a man on the moon—except for one thing: getting IG off the ground is much, much harder. At least that's the thesis of a presentation delivered in Chicago, IL on Monday during the National Conference on Managing Electronic Records.

During the keynote session "Making the Moonshot: Launching Your Information Governance Program," a panel of information governance experts argued that the federal government, the American public, and key stakeholders were united behind the same goal of launching a successful Apollo mission during the space race. By contrast, only a handful of stakeholders within any organization typically see the need for information governance, and they face an uphill battle in establishing their own mission control. In healthcare, this job has fallen to health information management (HIM) professionals.

The panel, which was moderated by Contoural President and CEO Mark Diamond, agreed that successful information governance implementation requires a positive attitude and interdisciplinary collaboration. The biggest hurdle to interdisciplinary cooperation is convincing the business unit in charge of funding an implementation program that there is tangible return on investment (ROI).

"One of the strongest ROIs is 'how much time will this save us,'" Diamond says. "A good information governance program can save four hours per person per week," of time spent looking for information or a record that isn't readily available, Diamond notes. "But that's a 'squishy'

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## Ask the Expert

### Eat More Fiber!

By Philip Battiade on [www.infusio.org](http://www.infusio.org)

Fiber is often called nature's broom because it helps sweep out our intestines and keep our digestion moving. If you complain of bloating, constipation, and abdominal discomfort, it's possible that you may benefit from additional fiber in your diet.

The modern trend of low-carb diets (such as Atkins, Paleo Diet, and others), combined with our fast-track lives, leaves us with just enough time to snack throughout the day, which maybe a reason why we don't eat enough fiber. The average American eats 15g of fiber or less per day, which is about half the amount they should be eating. Moreover, individuals on a low-carb, high-protein diet may be consuming even less! No wonder we all complain about our bellies!

Studies show that irritable bowel syndrome (IBS), Crohn's disease, colitis, chronic constipation, and other digestive issues may be eliminated by eating more fiber. As always, however, there's a catch. It's important to know that fiber is not just fiber. There are different kinds of fiber – some soluble, some insoluble.

Greens, beans, and whole wheat contain fiber, but this might not always be the best for our insides.

Many processed foods contain inulin as a form of "dietary fiber." Advertised to help grow the healthy bacteria in your intestine – a so-called prebiotic – inulin does just that. But it also feeds the unhealthy bacteria and can aggravate intestinal problems. Psyllium husk is a form of soluble fiber and has been shown to

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# Set the Record Straight

## Employee of the Month

June 2015



**Keeton Leisure**  
*Associate Recruiter*

I was born in Hartford, Connecticut and lived there until I was nine and my family moved to Ponte Vedra Beach, Florida. Growing up in Florida explains my love for sunshine and the beach! Because we still had extended family back in Connecticut, we spent summers there to escape the Florida heat. I grew up sailing on Niantic Bay during the summers and love spending time on the water. My love of New England convinced me to attend college there.

I recently graduated from Boston University, where I majored in Psychology and was on the sailing team. After graduating, my best friend and I decided to move to San Diego to see what the West Coast has to offer. I could not be happier to be working at Oxford HIM and am excited for all that is ahead!

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

support improvement of many intestinal diseases. It helps move things along as well as reduces inflammation and bowel discomfort.

Adding a tablespoon of psyllium husk to your morning shake can do a lot to improve digestive health. Remember: 30 grams a day keeps the doctor away!

Read the article at <http://en.infusio.org/eat-more-fiber>.

*Philip Battiade, HP, is a respected Medical Practitioner (Heilpraktiker) of alternative medicine in Germany, with over 20 years of medical experience. In 2009, he founded Infusio, which operates multiple health clinics in Beverly Hills and clinics around the world.*

## Coding Corner

### Digestive system codes get a facelift in I-10

I-10 introduces new combination codes that represent both the disease and its manifestation. For example, I-9 codes capture gastric ulcer codes that are bleeding/perforating/obstructing, or hernia codes with obstruction and/or gangrene. But here are some more examples of new I-10 combination codes:

- Colitis is full of new combination codes to represent manifestations such as bleeding/obstruction/fistula/abscess.
- Alcoholic liver disease also combines the hepatitis and cirrhosis with ascites in one combination code.
- Diverticular disease with abscess/hemorrhage/perforation. In I-9, if you wanted to code diverticulitis with perforation, you couldn't. (Note: No worries for losing the CC with the additional abscess code, the DRGs are designed to note the abscess and include the CC automatically when coded.)

With these kinds of gems hidden in the new code set, why not take the time to discover more on your own!

## Upcoming Events

Stop by the Oxford HIM booth at these upcoming events. We'd love to chat with you about HIM!

### [TxHIMA 2015 Annual Convention](#)

Booth #208  
June 28 – 30, 2015  
San Marcos, TX

### [FHIMA 2015 Annual Convention & Exhibit](#)

Booth #402  
July 13 – 16, 2015  
Champions Gate, FL

### [2015 AHIMA Convention](#)

Booth #737  
September 26 – 30, 2015

## Refer a Colleague to Oxford HIM

Increase your cash flow by referring other HIM professionals to Oxford HIM. You can earn **\$500** for every qualified contract or direct hire candidate. The bonus will be paid to you after the referred contract employee has worked 120 hours or the direct hire employee has completed 90 days.

Please ask your recruiter for more details, or email referrals to [Sarah.Pedersen@oxfordcorp.com](mailto:Sarah.Pedersen@oxfordcorp.com).



# Set the Record Straight

Main Article (Continued from page 1)

June 2015



ROI. Come up with four or five ROIs.”

Robust information governance can lead to:

- A reduction in hours spent on a given task
- Lowering legal fees and reducing litigation risk
- A reduction in the high costs associated with staff turnover

The panel also discussed the various definitions of information governance created by The Sedona Conference, Gartner, and ARMA.

But, it is not all about the definition, Diamond added. “Your definition is not going to get you to the moon. The more successful approach is not getting the definition but deciding what it’s going to do for you,” he said.

Successful information governance programs can be measured by improvements in the following areas: having defensible disposition of records; having well managed records; having strong privacy policies; and seeing a reduction in the time spent looking for information.

“Your mission should be maximizing the value of your information,” said panelist Kenneth J. Withers, deputy executive director of The Sedona Conference. “You can have all the metrics you want, but what’s going to make the difference in selling data governance and information governance to CEOs is maximizing the value of information.”

Article source:

<http://journal.ahima.org/2015/05/18/panel-launching-information-governance-harder-than-landing-on-the-moon/>

## Hot Jobs

- ◇ **CDI – Full-time, travel to TX and CA**
- ◇ **Full-time IP Remote Coders**
- ◇ **Part-time IP Remote Coders**
- ◇ **OP Remote Coders (must know SDS, OBS, ED, & ANC)**

Contact your recruiter today to learn more about these opportunities or refer a friend!

## Who Knows?

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**What eye disorder is characterized by a thinning of the cornea, causing cone-shaped bulges resulting in visual disturbances?**

**February / March 2015 WHO KNOWS?**

**And the winner is... ROBIN KEENEY!**

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 On Assignment HIM!



**“I clawed my way to the top of the corporate ladder, but I couldn’t get back down and they had to call the Fire Department.”**