



## Employee Spotlight



### Scott B., CCS, RHIT

My name is Scott and I have been with On Assignment HIM for close to two years now. I was introduced to traveling at a very young age. As a result, On Assignment HIM seemed to be a perfect fit.

I grew up in Florida, Oklahoma, Tennessee, and West Virginia, where I am currently residing. I graduated from Kaplan University with an associate's degree in Network Systems Programming and Health Information Management. I have been coding for five years and I absolutely love it!! On Assignment HIM has allowed me to see places that I wouldn't normally get to see.

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## Ask The Expert

### Osteopenia versus Osteoporosis

So, maybe you're thinking, 'To-may-to, to-mah-to,' what's the difference between these two? Quite a big difference, actually. Osteopenia is more accurately viewed as a test result, whereas, osteoporosis is a disease process. Osteopenia represents a less-than-stellar bone mineral density (BMD). Over time, a diminishing bone density will result in lower bone mass. Osteoporosis is the loss of bone matrix *and* minerals resulting in weak or fragile bones.

Only women are at risk, right? Wrong. While it is true there is an increased rate of osteoporosis in postmenopausal women, everyone is at risk. Since there are no symptoms, you may be unaware of the danger. Much of this condition is related to the aging process. Throughout our lives, bones are constantly remodeling. During the growth phase and up to age 30 or so, bone formation exceeds bone resorption. Eventually these processes reverse in both men and women, resulting in the loss of bone mineral density leading to Primary Osteoporosis. Secondary osteoporosis results from other causes such as hormonal disturbances, dietary insufficiency, immobilization, drugs, or tumors.

You can control the decline of bone mass and even prevent osteoporosis. It requires maintaining healthy habits, such as avoiding drinking sodas, smoking, and alcohol; maintaining a regular exercise program (including resistance training); and increasing dietary intake of vitamin D and calcium.

### Coding pathological fractures in ICD-10

Let's say you are trying to code a case where the patient has been diagnosed with a vertebral fracture after moving furniture in his home. You noticed the radiologist documented osteoporosis in the spinal x-rays, but it is not noted in the history. Should you query for a pathological fracture?

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## 5 Holiday Shopping Tips To Stay On Budget

Published by: [BusinessInsider.com](http://BusinessInsider.com) Article by: Jenna Goudreau

This year, holiday sales are expected to climb 3.9% to \$602.1 billion, according to the National Retail Federation.

With spending estimated at about \$800 per person – a full week's pay for most Americans – it's important to get started early and come up with a plan for staying on budget.

Below, we've excerpted five simple shopping tips from the NRF:

- 1. Plan ahead.** Make a list of absolutely everyone you need to buy for and how much you plan to spend on them before visiting any store. Be sure to remember any coworkers, teachers, and other non-family and friends. If you know who you need to buy for and how much you can afford to spend, you can make the best use of retailers 'Buy Two Get Third Free' type deals.

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## Ask The Expert *(Continued from page 1)*

Yes! Query the physician for a possible correlation between osteoporosis and the fracture. Significant changes to osteopathy coding in I-10 will require that such a relationship be documented. There are new combination codes designed to capture some bone disorders such as osteoporosis *with* current pathological fracture and *without* current pathological fracture. Coders will need specific documentation to code appropriately. Furthermore, new guidelines for Chapter 13: "Diseases of the Musculoskeletal System and Connective Tissue" have placed a spotlight on what we have been coding for years as acute fractures. Please note this new guideline I.C.13.d.2 Osteoporosis with current pathological fracture:

*"A code from category M80, not a traumatic fracture code, should be used for any patient with known osteoporosis who suffers a fracture, even if the patient had a minor fall or trauma, if that fall or trauma would not usually break a normal, healthy bone."*

It is imperative coders make careful note of the circumstances of the injury, the patient's history, radiological findings, along with the physician's documentation to make a decision on code choice. Successful transition of coding after October 1, 2014, will require communication with your ED and orthopedic surgeons on the differences in documentation of pathological fractures and the associated disease processes versus traumatic fractures.

### How is BMD measured?

DEXA scanner (Dual Energy X-ray Absorptiometry) scores are reported as T-scores and Z-scores. "The **T-score** is a comparison of a person's bone density with that of a healthy 30-year-old of the same sex. The **Z-score** is a comparison of a person's bone density with that of an average person of the same age and sex. Lower scores (more negative) mean lower bone density.

Osteoporosis – T-score of -2.5 or lower

### Reference:

*Pathology for the Health Professions, 4th Edition*, by Ivan Damjanov  
<http://www.webmd.com/osteoporosis/living-with-osteoporosis-7/tests>

## Employee Spotlight *(Continued from page 1)*

In my off time, I enjoy traveling around and visiting family and friends. I also enjoy anything outdoors, camping, photography, reading, and archery.

I want to thank Susan Gray for believing in me and supporting me through this career. I am looking forward to many more years with her and On Assignment HIM.

## Employee Of The Month



**Brandon Bautista**  
*Associate Account Executive*

Hello, my name is Brandon and I've been with On Assignment's HIM division for approximately six months. Graduating from California Polytechnic State University, San Luis Obispo, with a BS in the Biological Sciences, I decided to move to San Diego and pursue a career that not only benefits others, but would be affiliated with the healthcare arena. Not only has it been a pleasure, but a privilege to work with a group of individuals who share the same passion as I do.

Aside from work responsibilities, I enjoy fitness, music production, and hanging out with friends. San Diego's weather and activity selections have allowed me to maintain my health and enjoy the beautiful scenery. If I am not outdoors, I am most likely brushing up on my piano skills and producing music compositions for my enjoyment. Residing in San Diego and working with On Assignment HIM have been great opportunities and I look forward to what the future has in store.



## Main Article *(Continued from page 1)*

- 2. Comparison shop.** Use the Internet to compare prices and products before setting foot in a store. Not only will you save time by researching ahead of time, you'll also save money on gas by not driving all over town.
- 3. Nail the timing.** Shop after 6:00 p.m. the evening before a sale is advertised to begin. Many retailers program the registers the night before, so the sale may already come up in the register even if they have not changed out signs on the selling floor yet. Ask the associate in advance for any possible upcoming sales, especially on big-ticket items.
- 4. Know retailers' return and exchange policies.** Return policies vary, so knowing ahead of time whether or not you will have to ship back returns or exchanges or if you can return them to the physical store in your area will help in the long run. Also be sure to find out who covers the cost of shipping if you need to return or exchange an item.
- 5. Buy gift cards.** Save yourself the guesswork and buy gift cards, especially for babysitters, newspaper carriers, doormen, teachers, and other recipients of smaller-value gifts. Gift cards are a great way to let gift recipients choose what they want and it's an easy way to stick to a budget.

Read more:

<http://www.businessinsider.com/holiday-shopping-tips-to-stay-on-budget-2013-11>

## Who Knows?

This immune system boosting extract can be ingested for treatment of intestinal parasites, allergies, sinus pain, cold/flu, fatigue, and arthritis. When applied externally it can treat skin conditions and can even be used topically as an insect repellent.

September 2013 ?WHO KNOWS?  
And the winner is...  
Katherine M.!

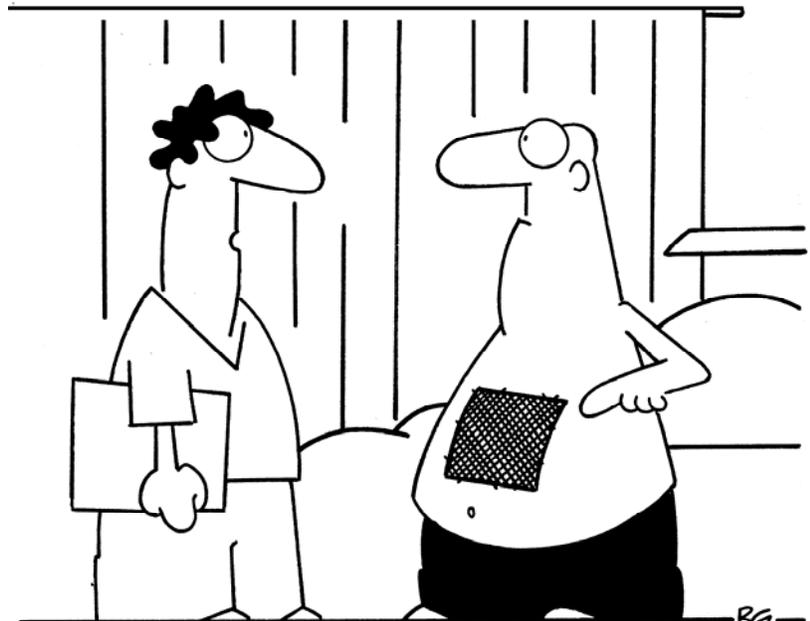
Answer: Scleroderma

Send your answers to:

[kristin.walsh@onassignment.com](mailto:kristin.walsh@onassignment.com)

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

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"Most surgeons sew, but knitting relaxes me."