

Set the Record Straight with *On Assignment*

Health Information
Management

OA Employee Spotlight

**Deborah S.,
MA, CCS**

HIM Consultant

I was born in Savannah, Georgia, and grew up in Columbus, Georgia.

I married a military man and traveled for a few years before settling in Oklahoma. After moving to Oklahoma, I completed my undergraduate degree in sociology, then received a stipend from the University of Oklahoma toward a master's degree in sociology. While I was completing my thesis, I was hired by a local hospital to work in their coding department in 1983 when DRGs were first implemented.

That was the beginning of a long career in coding. I passed the first CCS exam and have completed the AHIMA trainers course for ICD-10.

I have been working for On Assignment HIM since April 2012, and I'm extremely happy with the company. The professionalism and quality of work is beyond compare. My recruiter, David Solarsh, has always been supportive and an advocate for anything I have needed or wanted. The communication and dedication is always exceptional, as well as positive.

This is a company that offers great benefits to their employees through bonuses and raises; and in turn inspires me to do my best for them.

Thank you for this esteemed honor of the employee spotlight.

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5 Tips to Overcome Exercise Apathy

By Matthew Rowe

We all know the importance of exercise. From reducing major health risks to boosting mood, vitality and even brain power! Yet the sad fact remains that less than 80% of the developed world achieve the recommended level of exercise every week, with many people still doing no structured exercise at all. Obesity levels continue to rise and cardiac disease remains a major killer in the Western world. The fact is, we all need to overcome our exercise apathy and make positive steps if we want to live longer and fuller lives. So what tips will help you to get active and stay more consistent?

Aim For Shorter, More Intense Workouts

The most common excuse given for not exercising is lack of time. We all lead busy lives, have demanding jobs and hectic social commitments. But what if you could burn fat, improve your cardiovascular health and feel better with just 4 minutes of exercise a day? Surely we could all manage that.

The fact is that lack of time is no longer a valid excuse for not exercising. As exercise scientists have revealed, shorter more intense workouts can be just as effective, if not more so than longer exercise sessions. In fact some of the world's leading celebrity personal trainers now recommend short "power workouts" to their clients lasting as little as 4 minutes at a time!

These short, intense workouts are based upon the principle of interval training that can provide many of the benefits of prolonged exercise but in a fraction of the time. Scientists at McMaster University in Ontario found that just a few minutes of exercise when working at one's maximum capacity produced changes within the muscles similar to those produced with several hours of prolonged low-intensity jogging or cycling.

Shorter workouts are also easier to fit into our schedule and don't go on long enough for boredom to set in. Evidence shows that we are also more likely to stick to exercise by keeping each session shorter.

(Continued on page 2)

DID YOU KNOW?

Robotic Surgery – A Giant Leap Forward in Surgery

Science fiction becomes nonfiction in front of our very eyes. For those of you who haven't had the opportunity to learn about the use of advanced surgical technologies in robotic surgery yet, let me try to paint a picture for you. Think the know-it-all maid from *The Jetsons* plus Atari joysticks meets NASA. Use of robot-assisted surgery is becoming more common in the United States as surgeons are provided specialized training in the use of *da Vinci*® Surgical System created by Intuitive Surgical.

In short, the *da Vinci*® unit consists of a control station where the surgeon manipulates the robotic arms of the machine that are placed within the patient. These arms mirror the tools currently used in laparoscopic and thoracoscopic surgery. Currently, the machine is being used for a variety of general, gynecological, genitourinary, and thoracic surgeries.

(Continued on page 2)

**Visit us at the
2013 AHIMA
Annual Convention**

**October 26-30
in Atlanta, Georgia**

**Stop by Booth #1613
to meet the team!**



OA Employee of the Month



Rachel Wortsman

Associate Recruiter

Hello! My name is Rachel and I've worked for On Assignment HIM at the San Diego branch

for a little over six months now. I've liked working here since day one and it just keeps getting better. I moved to San Diego from Los Angeles about six years ago to go to college at San Diego State University. I graduated with a bachelor's degree in psychology and enjoyed the subject very much. I love that I'm able to translate my major into a profession because I get to talk to people all day!

When I'm not at work, I enjoy being outdoors as much as possible (especially at the beach). I'm an active person and I'm always up for a hike or run. I'm also very involved in practicing yoga. I've been doing it routinely for almost two years and now it's an addiction! I also read as much as I can. I just recently finished *I Know This Much Is True* by Wally Lamb, which is definitely a new favorite. I just moved to a new apartment with one of my good friends, and I've been enjoying my new neighborhood and new job with On Assignment HIM.

(Continued from page 1, Did You Know?)

Advantages

- Surgeon's visual field is magnified for precise surgical dissection
- More precise manipulation of instrumentation than manual control resulting
- Preservation of surrounding nerves and arteries surrounding diseased tissue
- Quicker recovery for patients

Disadvantages

- Possible burn injuries to internal organs from 'escaped' monopolar energy from non-insulated areas of the arms
- Possibility for accidental puncture or laceration from parts of the arms outside of the visual field provided to the surgeon

For images and details of the unit, see www.intuitivesurgical.com

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Exercise With Others

Even some of the world's highest paid sports stars admit to having days that they would rather not train. On those kind of days its great to have a workout buddy who can help you find your mojo. Training with friends or family is a proven way of helping to stay motivated. This is one of the reasons exercise classes have become so popular, from BodyPump to Zumba there are all sorts of classes you could choose from. Even if you just want to go for a run, why not go with a friend and run together. Adding a social element to exercise can really help keep your interest level higher.

Set Yourself Specific Goals

Exercising with no goal is like sailing a boat with no real destination. Yes, the journey can be fun, but where precisely are you heading? It's proven that we are likely to stay more motivated and will stick to exercise more consistently if we have a pre-defined goal. It may be a weight loss target or perhaps a fitness goal. Try finding a picture of the kind of body you aspire to and stick this on the fridge. It's a reminder to you every day of what you're working toward. Set yourself mini goals along the way to help keep yourself focused.

Reward Yourself For Your Exercise Efforts

Remember at school when you got rewarded for good work? Didn't you feel good? It's a proven psychological trigger that helps us to want to do well and to continue to push ourselves. So why not promise yourself a reward if you achieve your fitness goals. It could be an item of clothing, a night at the movies or just an afternoon with your feet up. Setting rewards for your actions has been proven to help with exercise adherence.

Vary Your Exercise Routine

We all make time for doing the things we enjoy. That's just human nature. So why push yourself to run endlessly on a treadmill if you hate doing it! There are so many ways we can get fit from individual pursuits like running, climbing and trekking to team sports like football, tennis and volleyball. Find an activity you will enjoy and one you are likely to stick to, and don't be afraid to try new pursuits. Maybe get your family involved and go cycling together on weekends. By keeping your exercise regime less routine and more varied you will be far more likely to stick with it.

To learn more about the author or to view the article source please visit: <http://www.pickthebrain.com/blog/5-tips-to-overcome-exercise-apathy/>



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? WHO KNOWS ?

An autoimmune disease evidenced by fibrosis, this disease has two common presentations: limited systemic sclerosis (formerly CREST Syndrome) and diffuse systemic sclerosis, with the most significant complication known as pulmonary artery hypertension.

Send your answers to:

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!

August 2013 ?WHO KNOWS?
winner is...

Mary D.!

Answer:

Epigenetics or Molecular Biology

ICD-10 Corner

ICD-10-Coding Corner

For those of you who are coding at facilities where robotic surgery is being performed, you'll want to notice the proper I-10 codes to be used in addition to your surgical procedure PCS codes. See the extracted portions of the table below:

8 Other Procedures

E Physiological Systems and Anatomical Regions

0 Other Procedures

Body Region	Approach	Method	Qualifier
9 Head and Neck Region W Trunk Region	0 Open 3 Percutaneous 4 Percutaneous Endoscopic 7 Via Natural or Artificial Opening 8 Via Natural or Artificial Opening Endoscopic X External	C Robotic Assisted Procedure	Z No Qualifier
X Upper Extremity Y Lower Extremity	0 Open 3 Percutaneous 4 Percutaneous Endoscopic X External	C Robotic Assisted Procedure	Z No Qualifier

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"I'd like a garden salad, some fresh fruit and a slice of tofu carefully arranged to look like a cheeseburger, shake and fries."

