



## Employee Spotlight

**Wilfredo L., CCS, CDIP, CCDS**

*HIM Consultant*

My name is Willie, and I have been coding for 20 years. I have my CCS, CDIP, and CCDS credentials. I have worked for local and national coding agencies and enjoyed the opportunities to code for community, teaching, county, and children's hospitals. I am a foreign medical graduate; licensed as a physician in the Philippines—my native country. After immigrating from the Philippines we moved to California which gave me great opportunities in my personal and professional life.

When I started coding two decades ago, I never would have imagined I would get to work from home in a position that continually challenges me. I appreciate getting to work within the field of healthcare. I really like working for On Assignment HIM because they treat me well, especially Geoff who recruited me.

## No Is The New Yes: 5 Tips For Scaling Back Your Busy Life

By: Susie Moore, Life Coach, New York City

Much of the fun in life is getting stuck in things -- parties, dating, working out, work itself, shopping, brunch, online research, social media... the list is endless. Sometimes these things are extremely useful, valuable and satisfying. Our spirit knows when this is the case, as we feel refreshed, content and rewarded. It makes us happy -- like the time we have coffee with the friend we have a soul connection with, the barre class we take where we love the music and really stretch ourselves, or the day we take a staycation and find a fantastic book store or restaurant.

Then there's the rest of the crap we do. This "stuff" often isn't useful or valuable, and instead of feeling satisfied, we're left feeling neutral, indifferent, even hollow.

Picture an awesome day you had in your life. I bet it included people you love, an activity you love, or both. Sometimes, in the day-to-day of doing "stuff," we lose sight of the valuable and confuse it with the non-valuable. We say yes to things that don't necessarily serve us, connect with people who take our energy rather than energize us, and spend hours of our precious time doing things out of habit or to please others. When we attach perspective to time, our time on the planet, we remember that time is more than precious. For this reason, time is one of my favorite topics. It's a completely non-renewable resource, and when used and planned correctly, it's our friend, not our enemy

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## Ask The Expert

### Fetal Alcohol Syndrome (FAS)

Today, expecting mothers are warned about the effects of smoking cigarettes, drug abuse, and consuming alcohol during pregnancy due to the known birth defects associated with them. However, this was not always the case. Sadly, it's only since the late 20<sup>th</sup> century that enough data was collected to prove this. Recent research has provided evidence of the anomalies associated with fetal alcohol exposure, and has been the impetus behind a new terminology to better describe the range of effects of alcohol to the fetus/newborn.

A diagnosis of full FAS is made if the following three primary defining features are present:

1. Documentation of facial characteristics (these include low nasal bridge, minor ear abnormalities, indistinct philtrum, micrognathia, epicanthal folds, short palebral fissures, flat midface/short nose, and thin upper lip)
2. Documentation of prenatal and post-natal growth deficits; and
3. Documentation of central nervous system (CNS) abnormalities (i.e., structural, neurological, or behavioral, or a combination thereof).

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## Employee Of The Month



Victor Sanchez

**Associate Recruiter**

I grew up in Norwalk, CA with my mother Frankie, father George and three older brothers David, Louie, and George. Being the youngest and smallest of four boys, my childhood was always a competition. At the age of four, baseball became my sport of choice and has been a constant in my life ever since. Baseball has shaped my life and opened many doors giving me opportunities to travel all over the country and play the game I love.

The hard work and dedication that I put into baseball from a young age paid off during my sophomore year of high school when I was offered a full scholarship to the University of San Diego to start as their third baseman. In 2007, my senior year of high school, I was drafted in the 25<sup>th</sup> round by the Chicago Cubs. After a summer of negotiations with the Cubs I decided to opt out of signing a contract and instead attended the University of San Diego where I played three seasons including a short sophomore season due to a torn labrum in my left shoulder. Despite injury, I was still drafted in the 26<sup>th</sup> round of the 2010 MLB Draft by the St. Louis Cardinals. I decided that I was ready to pursue my dream of becoming a major league baseball player and accepted the offer. After two seasons playing in the Cardinals organization, I sustained another injury which cut my dream short. I went back to the University of San Diego to finish my degree.

After graduating in May of 2013, I worked as the facility manager at a baseball and fitness facility as well as a student loan advisor. In search of a more consistent and fulltime career, I sought out opportunities to be immersed in a team environment. I was offered an associate recruiter position with On Assignment HIM in February 2014, which I felt was a good fit. I have been welcomed into this company and have enjoyed being part of a team again.

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

Additional diagnostic statements are more specific to the presentation of the newborn:

- **Fetal Alcohol Syndrome (FAS)** with a history of maternal alcohol exposure;
- **Fetal Alcohol Syndrome (FAS)** without a history of maternal alcohol exposure;
- **Partial FAS** with a history of maternal alcohol exposure, which includes people with signs and symptoms attributable to significant prenatal alcohol exposure who need medical, social services, and other attention but who would not receive a diagnosis of FAS with confirmed maternal alcohol exposure;
- **Alcohol Related Birth Defects (ARBD)** which refers to people with alcohol-related physical anomalies only
- **Alcohol related Neurodevelopmental Disorder (ARND)** manifest neurodevelopmental, cognitive, or behavioral abnormalities attributable to prenatal alcohol exposure.
- **Fetal alcohol spectrum disorders (FASD)** is an umbrella term describing the range of effects that can occur in an individual whose mother drank alcohol during pregnancy. These effects may include physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. *The term FASD is not intended for use as a clinical diagnosis.*

Reference: <http://pubs.niaaa.nih.gov/publications/arh341/4-14.htm>

### Coding Corner

In I-9-CM, the code for FAS was in the Perinatal chapter, **760.71 Noxious influences affecting fetus or newborn via placenta or breast milk: Alcohol**. In ICD-10-CM, this condition has moved to the chapter, Congenital Malformations, Deformations, and Chromosomal Abnormalities, **Q86.0 Fetal alcohol syndrome**. Since FAS is a permanent condition with lasting effects, this is the most appropriate 'home' for this condition. Q codes can be used for the life of the patient, while codes from the perinatal chapter are generally only used for the first 28 days of the newborn.



## Main Article (Continued from page 1)

There are two sayings I love about time: "Time we enjoy wasting isn't wasted time," and, "We say we are wasting time, but we are really wasting ourselves."

Paradoxically, these both make perfect sense. "Wasting time" with a loved one lying in the park reliving memories is a wonderful use of time if it serves you and feeds your soul. Trawling through tweets or Facebook pictures or online shopping sites for hours with no purpose is a waste of you. You know what's a good use of time based on how you feel doing it and how you feel afterward.

### Here are five tips for scaling down and making the best use of your precious time:

1. Before accepting an invitation, think, "Am I genuinely excited or looking forward to this?" If yes, go for it! If you're not certain, say you will let the person know. If not, politely decline. A simple, "thank you so much for the invite, so sorry I can't make it" will suffice.
2. When there are many things going on, breathe, take a moment, and let your intuition decide what makes most sense. Yoga or brunch? Movie with a friend or two hours spent on your blog? We all have 24 hours in a day -- you know the best ways to spend yours.
3. If you feel bored or restless -- before you succumb to Facebook or scrolling your contacts for someone to call, think, "What do I feel I never have time to do that I could use this time for?"
4. Enjoy your down time. It's in the quiet, white space that many creative ideas and answers come to us. Enjoy "wasting time" being with an important person: you!
5. Remember the golden rule -- don't prioritize your schedule, schedule your priorities.

Time is your friend and it is on your side. Take good care of it, and it will take care of you.

Read more: [http://www.huffingtonpost.com/susie-moore/no-is-the-new-yes-5-tips-\\_b\\_5038361.html?utm\\_hp\\_ref=healthy-living](http://www.huffingtonpost.com/susie-moore/no-is-the-new-yes-5-tips-_b_5038361.html?utm_hp_ref=healthy-living)

Follow Susie Moore on Twitter: [www.twitter.com/susiemoore](http://www.twitter.com/susiemoore)

## Who Knows?

**What is the name of the motor subdivision of the peripheral nervous system that controls the body activities automatically including the heart?**

**March 2014 WHO KNOWS?  
And the winner is...  
Marietta M!**

**Answer: Hansen's Disease or leprosy**

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!

