



Employee Spotlight



Dora I., CCS

HIM Consultant

In the mid-1980s life was very hard for me – that is when I decided to come to the United States from my country. I wanted something better for myself. Then one day my life changed dramatically when I had a gallbladder attack. As I recovered in the hospital after my surgery, I decided that I would like to work there.

Previously I worked in an office, so after I recuperated I applied for a clerical position in the Medical Records Department. While working there I became interested in coding and asked my manager about it. She gave me all the information I needed and I submitted an application to enroll at Loma Linda University in Loma Linda, California. It was difficult to be a wife and mother of three young children, all while studying and working. Now I look back and realize that the sacrifices I made over the years

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Ask The Expert

BMI—What's the Big Deal?

The body mass index (BMI) is a measure for human body shape based on an individual's mass and height. The BMI is used in a wide variety of contexts as a simple method to assess how much an individual's body weight departs from what is normal or desirable for a person of his or her height; however, a debate exists regarding which value on the BMI scale should be the threshold for 'overweight' and 'obese.' In 1998, the U.S. National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) brought the U.S. definition in line with the World Health Organization (WHO) guidelines. Calculation of adult BMI is:

$$= \frac{\text{mass(lb)}}{(\text{height(in)})^2} \times 703$$

BMI has been used by the WHO as the standard for recording obesity statistics since the early 1980s. In the United States, BMI is also used as a measure of underweight, owing to advocacy on behalf of those suffering with eating disorders, such as anorexia nervosa and bulimia nervosa. Overweight and obese individuals are at increased risk for many diseases and health conditions, including hypertension, dyslipidemia, type 2 diabetes, coronary artery disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, and respiratory problems.

When Should I Query?

It's interesting to note that it is not necessarily the diagnosis code that impacts reimbursement, rather, it's the BMI code. This information when captured by coding professionals can reflect a better picture of the patient's severity of illness and their associated risk of mortality, as well as impact the MS-DRG assignment when coded on an inpatient claim. Capturing this significant co-morbidity is not easy because the documentation of the BMI must be present since we cannot calculate it ourselves. We *should* use the calculation provided by the MD, nurse, or dietitian only *IF* an associated diagnosis is provided by the physician. Therefore, in the instance where a coder sees the BMI documented (less than 19 or greater than 40) and there isn't a correlating diagnosis documented—one should query the provider for that diagnosis. Conversely, if the diagnosis of morbid obesity or malnutrition (or similar terms of significance) are

Do You Have 'Sitting Disease'?

Published by: Jennifer K. Nelson, R.D., L.D. and Katherine Zeratsky, R.D., L.D.

How many hours each day do you sit? At work? In the car? At meals? In front of the TV?

You might be surprised to learn that:

- 50 to 70 percent of people spend six or more hours sitting a day
- 20 to 35 percent spend four or more hours a day watching TV

These numbers come from a recent study looking at sedentary behavior. The study looked at the most recently available data from the National Health and Nutrition Examination Surveys — a program of studies designed to assess the health and nutritional status of adults and children in the United States. This survey examines a nationally representative sample of about 5,000 people each year.

This study went on to reveal that Americans' sedentary lifestyle shortens their life expectancy. If Americans would cut their sitting time in half, their life expectancy would increase by roughly:

- 2 years (by reducing sitting to less than 3 hours a day)
- 1.4 years (by reducing TV time to less than 2 hours a day)

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documented and the BMI is not—one should query the provider for the BMI.

ICD-10 brings with it smaller divisions to the BMI scores and will continue to delineate the adult BMI from the pediatric (ages 2-20). Pediatric BMI percentiles are based on the growth charts published by the CDC.

Category	BMI	ICD-10 code
Very severely underweight	less than 15	Z68.1 BMI 19 or less, adult
Severely underweight	from 15.0 to 16.0	
Underweight	from 16.0 to 18.5	
Normal (healthy weight)	from 18.5 to 25	Z68.20-Z68.29 BMI 20-29, adult
Overweight	from 25 to 30	
Obese Class I (moderately obese)	from 30 to 35	Z68.30-Z68.39 BMI 30-39, adult
Obese Class II (severely obese)	from 35 to 40	
Obese Class III (very severely obese)	over 40	Z69.40-Z68.45 BMI 40 or greater, adult

Category	ICD-10 code
Pediatric less than 5 th percentile	Z68.51
Pediatric less than 5 th percentile to less than 85 th percentile	Z68.52
Pediatric 85 th percentile to less than 95 th percentile	Z68.53
Pediatric 95 th percentile or greater	Z68.54

References

- International Journal of Obesity. (2003), 28.
- National Institutes of Health. (n.d.). Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. In *The Evidence Report*.
- *Wikipedia.org*. (n.d.). Retrieved January 19, 2014, from [wiki/Body_mass_index: http://en.wikipedia.org/wiki/Body_mass_index](http://en.wikipedia.org/wiki/Body_mass_index)

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made it all worthwhile. When I graduated from the coding program the hospital hired me as an outpatient coder. Later, I transferred to their sister hospital to get as much experience as I could as an inpatient coder. Since then, I've also worked in Trauma 1 and 2. Working with On Assignment HIM as a remote coder has been a wonderful experience!

Employee Of The Month



Daniel Silverstein

Recruiter

My name is Daniel Silverstein and I'm a recruiter based in the San Diego office. I have been with On Assignment HIM since May 2013.

I was born and raised here in San Diego. I graduated from Sonoma State University, majoring in Business Administration with a concentration in Marketing. I was a member of the Sonoma State lacrosse team and worked as a campus recreation center supervisor. While at Sonoma, I was offered an opportunity at Disney to intern for a semester – it was one of the best experiences of my life. I went straight into a management position at Target after graduating, where I worked until attaining this position with On Assignment HIM.

I enjoy being physically active and participating in outdoor activities. I like dining out and trying new things. As a true San Diegan, my favorite food is Mexican. I'm happy to be a part of such a great team and am excited to see what the future has to offer us!



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From previous studies we also know that a sedentary lifestyle is associated with increased risk for type 2 diabetes, heart disease, and certain cancers (breast and colon).

Physical activity seems to reduce risks by increasing insulin sensitivity, reducing body fat, inflammation, and certain hormonal imbalances. So becoming more active also makes life — in general — healthier and easier.

Experts are beginning to agree that being more active simply means moving more during the day. So how can we fight "sitting disease"? Here are some thoughts:

- Stand more (set a timer and stand hourly)
- Change traditional video games into activity promoting ones — or buy an exercise video
- Walk while on the phone
- Get a pedometer and count your steps — increase from your baseline
- Take stairs up one floor or down two (consider more)

These solutions seem simple, but the effects may be profound. In addition to increasing your life expectancy, you may lose a few pounds and stress less.

Read more: <http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/expert-blog/sitting-disease/bgp-20056238>

Who Knows?

Name the intestinal wall deficiency affecting its permeability caused by age, stress, infections, and toxins. This results in an invasion of particles and microbes into the bloodstream that triggers an immune system response leading to digestive system disturbances, seasonal allergies or asthma, hormonal imbalances, autoimmune disease, chronic fatigue or fibromyalgia, mood and mind issues (depression, anxiety, ADD or ADHD), skin issues (acne, rosacea, or eczema), candidiasis, and food allergies/intolerances.

**December 2013 WHO KNOWS?
And the winner is...
Gaylia W!**

Answer: Dopamine

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!

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"It's a multimedia slide presentation explaining how I can live a happy, healthy, and productive life without broccoli."