



Employee Spotlight



Cindy B., RHIT
HIM Consultant

I started coding in 1976 and have been coding consistently since 1994. At the beginning of my career I learned to code from "on the job training." In 2003 I graduated from college and obtained my Associate's degree and was able to sit for the RHIT exam. This opened up many opportunities for me as a coder. With my RHIT credential, I was able to code for bigger hospitals and I started teaching at a local university part-time for the HIM program. Now I have been teaching for ten years.

I started with On Assignment HIM part-time in 2013. In March of 2014, I went full-time and chose to travel. I really enjoy working with my recruiter Daniel Silverstein and traveling, although someday I would like to go back to remote coding. I want to thank everyone at On Assignment HIM for the opportunity to expand my knowledge in the world of coding.

In my spare time I like to read books, cross stitch, crochet, be with my two dogs and cat, and spend time with my family.

Tips for Working Out in the Summer Heat

By: FitSugar

Warmer, sunny days are finally here, but after exercising in cooler Spring temps, hot and humid 80-degree days can feel overwhelming. Running, biking, hiking, even walking feels harder in the heat, so here are some tips to help you get through your Summer workouts.

Be flexible about when you work out: Become obsessed with checking the weather, and find out when temps are going to be the lowest that day. Sometimes it's early in the morning, and sometimes late in the evening, so you'll need to rearrange your schedule to fit in exercise during the coolest time of day. A plus about morning workouts is many of your neighbors might be watering their lawns, so you can run through their sprinklers to stay even cooler.

In This Issue:

- Main Article: Tips for Working Out in the Summer Heat
- Employee Spotlight
- Ask the Expert
- Employee of the Month
- WHO KNOWS?

Invest in some wicking clothes: Lightweight, breathable, wicking clothes are a must. They pull moisture away from your skin, so you really do feel cooler. Wearing a hat to keep the hot sun off your head and face also helps.

Take a cold shower: I know it seems a little odd to shower *before* a workout, but the cold water will cool you down. Leave your hair wet (pop it in a bun if it's long), so when you head

(Continued on page 3)

Ask the Expert

Allergies — Nothing to Sneeze About!

With summer activities in full swing, we must be careful of those activities that lend themselves to exposure to allergens inevitably encountered in the summer months. Some of these summertime exposures include: bees and other insects, jellyfish, poison ivy, the ever-dreaded pollen, and the list goes on and on. While some exposure may cause mild reactions, others may cause a more severe reaction.

Anaphylaxis is an immunological reaction affecting multiple body systems. This reaction can be mild—hives, itching, swelling of the eyes and lips. Or worse, it can lead to difficulty breathing due to edema of the airways, cardiovascular collapse (shock), and ultimately death if not treated immediately. (Shock occurs when there is excess fluid leakage from the blood vessels into the tissues.)

We're most familiar with the effects of seasonal allergies. They show up at the same time every year and are caused by exposure to pollens from trees, grasses, or weeds. The most common seasonal allergy is hay fever. Most suffer from the symptoms of sneezing, itchy eyes, and rhinorrhea. OTC or prescription antihistamines tend to relieve most of these symptoms. Eating raw, local honey may help as well.

For an anaphylactic reaction to occur, you must have been previously exposed to the substance causing the reaction—the antigen. The body then prepares a defensive reaction for the next time. This is referred to as *sensitization*. For example, let's say a person was allergic to bees. The first sting will likely not cause any allergic reaction. The second bee sting may produce a sudden, severe allergic reaction known as anaphylaxis, or anaphylactic shock.

(Continued on page 2)



Employee of the Month



Brittany Baum
Associate Recruiter

I was born and raised in Encinitas, CA with my older brother, mother, father, and multiple pets. I grew up in a very active family that loved being outdoors and playing all kinds of sports. When I was not tagging along at my father's surf competitions or my mother's basketball games, it seemed we were always on the road for one of my soccer tournaments or my brother's baseball tournaments. Through high school I continued to play both Varsity and competitive soccer, and also Varsity field hockey.

When it came time to choose where to go to college, I decided it would be hard to beat San Diego living. I went to San Diego State University and graduated with a major in Communication and a minor in Spanish. I spent my time after graduation traveling through 9 different cities in Europe. My favorite city in Europe was Santorini, Greece.

In my free time I like to exercise, spend time with friends and family, travel, cook, and try new restaurants. I was offered the position of Associate Recruiter in April, and I am more than happy to be a part of the On Assignment HIM team.

Ask the Expert (Continued from page 1)

Other possible antigens include the venom of stinging insects such as yellow jackets, bumble bees, honey bees, wasps, and fire ants.

Careful planning for an unexpected exposure is a good way to protect oneself and enjoy all of your summertime activities. For known allergies, your physician may prescribe an EpiPen, an epinephrine injecting device for immediate treatment to be kept with you at all times.

"Please Pass the Jelly...fish?" Another sting to watch for is a jellyfish sting. Swimming in the ocean at the beach is a summer favorite. Contrary to TV sitcoms and movies, asking your friend to pee on the sting will not relieve the pain. If you encounter a jellyfish and get stung by one, the AHA and the American Red Cross have recommended the following: 1) Rinse the area with vinegar for at least 30 seconds. If vinegar is not available, a solution of baking soda and water can be used. This will deactivate the stinging cells. 2) Soak the area in hot water for at least 20 minutes. If that is not possible, apply cold packs instead.



Coding Corner

Code choice for anaphylactic reactions in ICD-10 depends on the cause of the reaction (i.e., food, drug/medicine, chemical, sting/venom). With the new feature of coding the encounter in I-10, you'll need to identify the visit of care with a seventh character for initial, subsequent, or sequela of the reaction.

So, then, let's code this scenario:

A 55-year-old landscaper presents to the ED with symptoms that occurred while working on client's property. The patient initially experienced itchiness and hives, but was brought to the hospital when he experienced edema of the lips and difficulty breathing. After examination, the patient was treated for anaphylaxis due to poison sumac. This is coded to **T78.2XXA Anaphylactic shock, unspecified, initial encounter**.

References:

- http://www.emedicinehealth.com/severe_allergic_reaction_anaphylactic_shock/page2_em.htm
- Leon-Chisen, Nelly. ICD-10-CM and ICD-10-PCS Coding Handbook 2014. American Hospital Association, p. 497.
- <http://www.webmd.com/first-aid/jellyfish-stings-treatment>



Main Article (Continued from page 1)

outside the water dripping down your face and neck will feel refreshing. If you have short hair, carry a water bottle with you and squeeze a little on top of your head whenever you need a little cooling boost.

Change up the type of workout to fit the temps: On super hot and humid days, choose cooler cardio activities like biking in the wind or swimming in cold water.

Exercise in cooler places: Hit the trails in shady woods or along a breezy beach shoreline. It can be 10 or more degrees cooler than the sunny streets in your neighborhood.

Exercise in the rain: It's so exhilarating to feel a little sprinkle on your skin while out for a run or bike ride. If it's thundering and lightening, however, head home quick; you don't want to be out running in an electrical storm.

Shorten or split up your workouts: Summertime isn't the best time to push yourself, so if you can only handle 10 minutes at a time, do what you can, or exercise twice in one day.

Slow down your pace: If you're set on getting in a 30-minute workout, move with less intensity or do intervals to avoid overheating. Remember, it's OK to take breaks, too.

Head indoors: Now is a good time to take advantage of a monthly membership at an air-conditioned gym. Can't afford it? Burn calories by following along with fitness DVDs, jumping rope, running up and down your stairs, or doing strength training routines at home. If you need to get out, speed walk at the mall.

Drink water all day, not just before or after your workout: Staying hydrated will help prevent some of the symptoms you may experience from exercising in heat such as dizziness, stomach cramps, and headaches. During your run, sip four to eight ounces of water every 15 to 20 minutes.

To read: <http://www.shape.com/fitness/workouts/tips-working-out-summer-heat#2>

Who Knows?

What is the irritating oil present in plants such as poison ivy, poison oak, and poison sumac that causes contact dermatitis?

June 2014 WHO KNOWS?

And the winner is... **Lisa R.!**

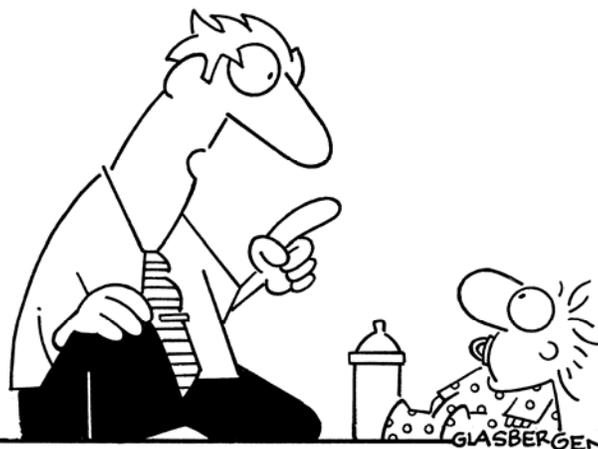
**Answer:
Aggrenox**

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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“To get what you want, first create a list of compelling and meaningful goals. Next, draft a dynamic plan of action, then follow through with consistent maximum effort. If that doesn't work, just cry and point.”