



Employee Spotlight



Jacqueline W., RHIT
HIM Consultant

While growing up in Idaho, I always knew I wanted to be in the Healthcare Industry; I just didn't know where I would fit in exactly. I was a natural in science and was awarded Science Student of the Year during my sophomore year in high school. Many years later, after finally deciding what major to study, I graduated from Boise State University under Health Science HIM and was certified as a RHIT. Meanwhile, I met my husband by chance when he was in Idaho for work and I eventually ended up making the move to Utah to be with him; I love living in this part of the West, four full seasons!

Over the years I have worked in several types of healthcare settings and decided I prefer the acute care outpatient coding world; don't tell anyone, but I do have inpatient experience! I served on the Utah state AHIMA association executive board as the Secretary and in doing so I was able to be on the AHIMA Credentialing Committee when their annual National Convention was in Salt Lake City a few years ago. The local hospital I worked for finally moved to remote coding and I have been working from home ever since. I couldn't ask for anything better professionally. I decided to come on board with On Assignment HIM after another life

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8 Things You Should Do Every Single Day

By: Lisa Freedman

1. Make your bed

Fluffed pillows are more than pretty — the sheer act of making the bed can set you up for success. "You start your day with a tiny, but real, accomplishment," says Gretchen Rubin, author of *Happier at Home*. And in a huge survey, 71 percent of bed-makers described themselves as happy compared with 62 percent of non-bed-makers.

2. Moisturize

This is how you get people to say, "You're too young to have kids that grown-up!" A study found that someone with well-hydrated skin will develop wrinkles as she ages, of course, but with dry skin, she'll develop almost twice as many. Apply moisturizer morning and night.

3. Give a compliment

Like your barista's earrings? Tell her — you'll both have a better day. "Being altruistic boosts your mood," says Shana Cole, who studies the effects of compliments at New York University. It works best if you're sincere: "Make sure compliments have legitimately been earned," Cole says.

4. Take a lunch break

A third of us eat at our desks, but wolfing down a sandwich in front of PowerPoint is a waste of a turkey club. In a study,

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Ask the Expert

Avoid Getting Burned by ICD-10

With the days of summer upon us, many of us will lie out in the sun hoping to get a golden tan, but instead end up looking like a lobster that's been left in the pot too long. Sunburns like these result from prolonged exposure to sunlight and also ultraviolet light from tanning beds. They can range from a reddening of the skin to blisters to dermal damage. Sunburns are a serious matter and long-term effects range from skin that looks like a used Coach bag to skin cancer. However, sunburns are on the minor side compared to traumatic burns—and all kinds of burns require our attention as coders.

How are burns classified, and what can we expect for coding burns in ICD-10?

Depending on the depth of dermal layer affected, burns are classified as first, second, or third degree. (Fourth degree might be used to refer to an even deeper burn and might involve loss of the body member.) Burn injuries are classified by layers because they might have the same appearance regardless of the cause. For example, thermal burns (caused by fire, hot liquids or objects) and chemical burns (caused by acid or caustic substances) will cause the same effect to the varying depths of skin.

Coding in ICD-10-CM will continue to use the Rule of Nines to assign the code for total body surface area affected. We will continue to assign the code based on the severity of the burn (i.e., the degree of the burn) and the location. As with all trauma/injury coding in the new code set, we'll assign the encounter for treatment (i.e., initial, subsequent, and sequela). However, the significant change in coding lies with the new choices for burn codes. Coders will now have to choose the source of burn: thermal or chemical. This will obviously require documentation to include cause of the injury.

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Employee of the Month



Alicia Cruz
Associate Recruiter

I was born in New Jersey on a hot and sunny summer day in '86. Growing up as an Army brat, with my family moving all the time, I always dreamed of one day digging my roots into one place and finally calling it home. As a child, I lived in New Jersey, Connecticut, Georgia, and South Carolina and attended 5 elementary schools, 3 middle schools and 2 high schools. In 2004 I got a break: for the past 10 years I've been able to call Florida home!

After high school, I moved to Tallahassee and received my undergraduate degree from Florida A&M University. While earning my degree, I also decided to follow in the footsteps of my mom and joined the U.S. Army Reserves as an Automated Logistics Specialist. Upon graduation in 2012, I was deployed to Bagram, Afghanistan.

Tallahassee is a lovely place to live, but it wasn't close enough to the beach for me. So I next found myself in Orlando, with my first job out of college as a Manufacturing and Logistics Recruiter for a staffing agency. Through this position I discovered an uncanny love for recruiting and a passion for the gratification it gave me, knowing I was helping people and making a difference.

In early 2014, I was offered a position with On Assignment HIM in healthcare recruiting. Now, I call Tampa home; where the beach is less than a 20-minute drive away and the view of the city from my new desk is unmatched. Finally, I have become a typical, bubbly, beach-bumming, care-free Florida girl and I truly enjoy spending time with my family and friends at the beach!

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turn and several positive discussions with my awesome recruiter. I am more than happy with my decision to work for On Assignment HIM and I truly love my medical coding career. I am even looking forward to the upcoming challenge of transitioning to I-10.

Back to my personal life, we have 3 children and we love camping, fishing, shooting firearms and hunting. We are avid elk hunters and prep all year for our annual October bull elk hunt. We also hunt cow elk and/or buck deer if we are lucky enough to draw out permits. For now I am training for the Big Cottonwood half marathon this September with the ulterior motive of being able to better hike the mountains in search of elk; my husband is part mountain goat and if you haven't ever gone hiking with one it's extremely challenging. Happy trails!

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Burn Classifications

- **First degree** (Depth: Epithelium): Includes only the outer layer of skin, the epidermis; skin is usually red and very painful, equivalent to superficial sunburn without blisters, and dry in appearance. Healing occurs in 3-5 days, and injured epithelium peels away from the healthy skin. Hospitalization is for pain control and maybe fluid imbalance.
- **Second degree** (Depth: Epithelium and top layer of dermis):
 - *Partial thickness*: Blisters can be present, involve the entire epidermis and upper layers of the dermis, wound will be pink or red in color, painful and wet-appearing, and wound will blanch when pressure is applied. Should heal in several weeks (10-21 days) without grafting; scarring is usually minimal.
 - *Full thickness*: Red or white in appearance, but will appear dry. Involves the destruction of the entire epidermis and most of the dermis. Diminished sensation can be present. Blanching is sluggish or absent. Full thickness will most likely need excision and skin grafting to heal.
- **Third degree** (Depth: Epithelium and Dermis): All layers of the skin are destroyed. Burn extends into the subcutaneous tissues. Areas can appear black or white and will be dry; can appear leathery in texture. Wound will not blanch when pressure is applied; no pain.
- **Fourth degree**: Full thickness burn that extends into muscle and bone.

References:

- <http://hospitals.unm.edu/burn/classification.shtml>
- <http://www.webmd.com/skin-problems-and-treatments/guide/sunburn>



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people who had a leisurely meal with others later reported feeling more relaxed and able to think more freely. Eating alone is fine, says Nancy Rothbard, a professor of management at the University of Pennsylvania: "Just don't spend your hour on errands. You have to get away from your to-do list to benefit from the break."

5. Drink more water

Any dehydration can affect your mood, energy level, and ability to think clearly, according to two studies from the University of Connecticut. "Women who were slightly dehydrated also reported tasks to be harder and found it more difficult to concentrate," says Lawrence E. Armstrong, one of the studies' lead authors. Keep a bottle of water nearby.

6. Lay out your gym clothes at night

It's a lot harder to blow off your a.m. workout if you wake up to your running shoes staring you in the face. It's also practical: "You can waste valuable time tracking down socks from the laundry," says Los Angeles-based trainer Gunnar Peterson, who has trained Sofia Vergara, Jennifer Lopez, and others.

7. Set up a no-phone zone

Create this simple rule in your house: No smartphones in the kitchen while you're cooking or eating. "These are the places we come together to have conversations," says Sherry Turkle, a professor at MIT and the author of Alone Together: Why We Expect More From Technology and Less From Each Other.

8. Go out and have some fun

Nobody has time for a drink with the girls every night, but consider this: People who lack social connections suffer from risk factors equivalent to about 15 cigarettes a day, new research found. The fix? Just reach out — in any way — to someone you care about, even if you don't have a burning reason to connect with them right this minute.

To read more: <http://www.goodhousekeeping.com/health/wellness/daily-things-to-make-you-happy>

Who Knows?

What medication is a mixture of aspirin and Dipyridamole and is used to treat patients with a history of TIAs to reduce the risk of embolic strokes?

May 2014 WHO KNOWS?
And the winner is... **Diane K!**
Answer:
Blue Whale

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!

