



## Employee Spotlight



### Jill M., CCS

#### HIM Consultant

Hi everyone! My name is Jill and I am a Certified Coding Specialist. I also have my B.A. from Purdue University – go Boiler-makers! I began my work with On Assignment HIM in December 2013, after moving from Indiana to Washington State with my husband. We made the move for two reasons: for his career, and to fulfill our mutual dream of living in this beautiful part of the United States! So, we quit our jobs in Indiana and made our big move west with our dog and two cats!

It was while working (years ago) as a medical office assistant at a physicians group in Chicago that I decided medical coding was my passion. After my husband and I moved back to Indiana (our home state) from Chicago, I began work as a coder at a local hospital. At the same time, I began coding classes to prepare for my coding certification exam. I also trained to be a coding auditor, which is my favorite area of coding. In 2009 I became a CCS through AHIMA. *(Continued on page 2)*

## Natural Household Cleaning Products

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Cleaning your house can be a chore, but it shouldn't compromise your health. Part and parcel with the concept of optimum health is taking care of the environment – including the environment in your home. An entire industry has been built on developing natural cleaning products – everything from nontoxic bathroom cleaner to environmentally friendly dish soap. In addition to the products you can buy from health-food stores and a variety of catalog companies, there are a number of books that describe how you can make your own cleaning products from common household ingredients, such as vinegar, lemon juice, olive oil, potatoes, tea tree oil, baking soda, and even white bread.

Here are some down-to-earth, nontoxic suggestions for cleaning your home naturally with basic household ingredients, for a clean, safe home that doesn't expose your family and guests to toxic chemicals.

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- **Baking soda:** an all-purpose cleaner; especially effective on glass coffee pots and glassware; removes red-wine stains from carpeting. A paste (made with water) can shine stainless steel and silver; the paste can also remove tea stains from cups and saucers. Make a paste with a castile- or vegetable-based liquid soap and a drop of essential oil (tea tree or lavender) to clean sinks, countertops, toilets, and tubs. Pour 1 cup down the sink to clear a clogged drain, followed by 3 cups of boiling water.

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## Ask The Expert

Spring is in the air ... literally! Grass, trees, and flowers are blooming. While most long for the break from the cold winter weather, many others dread this time of year. The increased pollen level in the air makes allergy sufferers wish they could skip this time of year altogether. High pollen counts can cause great concern to the large number of individuals in the United States with asthma.

Asthma is a chronic and serious lung disease. It causes swelling and narrowing of the airways, making breathing difficult. Asthma has no cure and yet asthmatics can live active lives with an appropriate asthma treatment plan and an ongoing partnership with their doctor.

Allergic asthma is the most common type, affecting around 6 out of 10 asthmatics. Many symptoms of allergic asthma and non-allergic asthma are the same, but the triggers are different. Allergic asthma is triggered by inhaled allergens, such as dust or pet dander. A crucial part of controlling your allergic asthma is to limit your exposure to allergens.

### Here are some helpful tips:

- Stay indoors as much as possible when pollen counts rise
- Avoid dust mites by dusting your home or office regularly
- Test for pet allergies and avoid the animals that test positive
- Keep your kitchen and bathroom clean and dry to prevent mold

### Coding Asthma in I-10

Asthma codes ICD-10-CM (J45 category) will continue to capture the asthma as stable, exacerbated, or status asthmaticus. Now, though, it captures the degree of severity for the patients' symptoms. Physicians categorize the symptoms into six areas and—depending on the frequency of those symptoms—label the patient's type of asthma. The table on the next page provides a visual aid.

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## Ask The Expert (Continued from page 1)



These new codes move us to explore further the patients who are diagnosed with COPD *and* asthma. In ICD-9, we are instructed to use only one code when a patient carries a diagnosis of COPD and asthma. In ICD-10, we will capture an additional code for the specific type of asthma—when documented. When the asthma is not further specified, only the chronic obstructive pulmonary disease code is necessary to capture.

### What is “status asthmaticus”?

An acute exacerbation of asthma that is unresponsive to the standard treatments of bronchodilators and steroids.

### Asthma Classification

	Frequency of Symptoms	Waking from Symptoms	Use of inhaler	Interference with daily activities	Peak Flow Readings	Use of Oral Steroids
Mild intermittent	2 times per week or less	Twice per month or less	Twice per week	Little	Normal between symptoms	Once per year or less
Mild persistent	More than twice per week	3-4 times per month	More than twice per week	Minor	80% of personal norm	Twice per year
Moderate persistent	Daily	More than once per week	Daily	Some	60-80% of personal norm	Twice per year
Severe persistent	Frequently during the day	Nightly	Several times per day	Severe	Less than 60% of personal norm	More than twice per year

References:  
[www.allergicasthma.com](http://www.allergicasthma.com)

Comprehensive Anatomy and Physiology for ICD-10-CM/PCS. Optum Insight (2013)

## Employee Spotlight (Continued from page 1)

I was lucky to have worked with an amazing hospital coding staff in Indiana, where we were always encouraging each other to better ourselves and our work. I was relieved to find the same type of motivated and enthusiastic staff, and clients, at On Assignment HIM. I am very happy to have found On Assignment HIM – I consider myself lucky to be a part of this team!

When I'm not working or studying ICD-10, I enjoy traveling and exploring the world with my amazing husband (Bob) and our spoiled dog (Sunny). I also enjoy cooking, reading (sci-fi, nonfiction), practicing classical guitar, listening to music, writing, and spending time with our amazing friends and family. Eventually, I hope to write and publish a book of my poetry.

## Employee Of The Month



**Amanda Wells**  
*Associate Recruiter*

My name is Amanda Wells and I am an associate recruiter at On Assignment HIM. I have been with On Assignment HIM since November 2013. On Assignment is a wonderful company to work for and I am excited to see what the future has in store.

I am originally from Massachusetts and moved to San Diego almost four years ago. I graduated from the University of Massachusetts with a degree in communication. Before working with On Assignment, I worked in marketing as a call center supervisor.

In my spare time, I enjoy spending time with family and friends, traveling, and trying new restaurants. I also love to sing!



## Main Article *(Continued from page 1)*

- **Boiling water:** use weekly to flush drains and avoid clogs.
- **Coarse salt:** cleans copper pans and scours cookware. Sprinkle salt on fresh spills in the oven, then wipe off. Sprinkle salt on rust stains and squeeze a lime or lemon over them, let sit for several hours and wipe off.
- **Essential oils:** mix lavender or tea tree essential oils with water and spray on kitchen or bathroom surfaces for an environmentally and people-friendly antibacterial spray.
- **Grapefruit-seed extract:** add a few drops to water in a spray bottle for an odorless way to kill mold and mildew.
- **Lemon juice:** use as a bleaching agent on clothing, and to remove grease from your stove and countertops. Add 2 tbsp. lemon juice to 10 drops of (real) lemon oil and a few drops of jojoba oil to clean and polish wood furniture.
- **Olive oil:** use to lubricate and polish wood furniture (three parts olive oil to one part vinegar; or two parts olive oil with one part lemon juice).
- **Potatoes:** halved potatoes can remove rust from baking pans or tin ware – follow with a salt scrub or dip the potato in salt before scrubbing.
- **Tea tree oil:** can be added to vinegar/water solutions for its antibacterial properties. Use it to kill mold and mildew, and on kitchen and bathroom surfaces instead of chemical products. Add 50 drops to a bucket of water to clean countertops and tile floors.
- **Toothpaste (white, plain):** cleans silver; can remove water stains on wood furniture – dab on, allow it to dry, and wipe off.
- **White vinegar:** cleans linoleum floors and glass (from windows to shower doors) when mixed with water and a little liquid soap (castile or vegetable). Cuts grease and removes stains; removes soap scum and cleans toilets (add a bit of baking soda if you like). Pour down drains once a week for antibacterial cleaning. Add to water in a spray bottle to kill mold and mildew.

To read more: <http://www.drweil.com/drw/u/ART00580/natural-household-cleaning-products.html>

## Who Knows?

*What is the ancient disease caused by *M. leprae* and *M. lepromatosis* resulting in granulomas of the nerves, respiratory tract, skin, and eyes?*

**February 2014 WHO KNOWS?**

**And the winner is ...**

**Iris M!**

**Answer: Stratum Lucidum**

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!

