

OA Employee Spotlight**The Precious Gift
of Time**

By Henrick Edberg

*Note: This is a guest post by Diane Dutchin
of Coaching Alive the Mind, Body & Spirit.*

We've heard this statement a few times: "time stands still for no man." How true are those words. Time denotes our existence here on earth, the dash – between the dates of our birth to the last day of our life contains a personal history of who we were, how we lived, who we knew, and what we did with our lives.

It is filled with memories of love, joy, laughter, pain, sorrow, anger, forgiveness – emotions all entertained, some internalized, some expressed, and some exploded.

In the midst of our living, time continues on its endless journey – time is a gift, though we rarely stop and acknowledge it as such. With every day, time is equally allotted to everyone – 24 hours, and what we do with that time is totally up to us.

We can spend our time wisely, or worthlessly, we can squander it, or invest it, we can enjoy it, or abuse it, we can live it, or retreat from it, but it moves on regardless.

Time cannot be contained, only the memories caught within that time can be! With time we have the amazing ability to capture within our memory bank those moments that cause us to become embodied with adrenaline, love, passion, peace, and a revealing awareness of who we are as individuals.

As a result of what time allowed us to live,

*(Continued on page 2)***ASK THE EXPERT!****What is Abarognosis?**

Abarognosis – is the loss of the ability to appreciate and/or sense the weight of objects, or to differentiate among objects of different weights held in one's hand.

**February is
American Heart Month!**

Here are five healthy heart tips from the Mayo Clinic website:

1. Don't smoke or use tobacco
2. Exercise for 30 minutes most days of the week
3. Eat a heart-healthy diet
4. Maintain a healthy weight
5. Get regular health screenings

For more information about heart health visit www.mayoclinic.com.

Karen Fluty,
RHIA
Interim HIM
Director

I stumbled into HIM twelve years ago without knowing what direction it would take me. I had been in restaurant management for a few years and knew I needed a change. Thinking I would go into nursing, I took several science classes and found I excelled in them. I found out quickly I would not excel; however, in the day-to-day dealings of being a nurse. I did research in the health care field and found that there was a growing need for health information techs. Naturally, I did more research and found that the closest school to me was Ohio State University, which offered the RHIA program. I jumped on it and applied. Luckily I was accepted and graduated in 2000 – I quickly took the exam while the information was fresh.

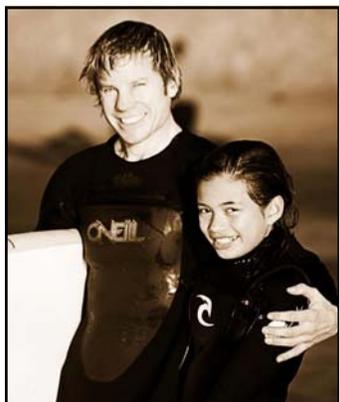
Finding my first job was not so easy. I was finally hired as a coding specialist and was cross-trained in inpatient, outpatient, and ED coding. I worked hard in coding for five years and realized I wanted something different. I was fortunate enough to be hired at the Cleveland Clinic as a supervisor and was trained with some of the best managers in our field. After three years as an operations supervisor I went to

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OA Employee of the Month



Bryan Seshun

*Senior National
HIM Recruiter*

I was born an identical twin in Long Island, NY. At age 5, my family relocated to Southeastern Pennsylvania. After graduating from military school I served as a helicopter Search and Rescue Swimmer in the

U.S. Navy. Traveling to multiple countries was part of the job, and I'm fortunate that my home base became San Diego.

After military service, a dream to become a San Diego beach lifeguard and EMT came true for me as I pursued college. Here I met my wonderful wife with whom I have a 13-year-old daughter and two-year-old son. My wife and I graduated from Harvest Bible College in 1994 and have served part-time in ministry ever since. When I'm not at work, I love spending time with my family at the beach surfing.

A few years after I graduated, I decided to try something new and entered the sales world selling items from cell phones to multi-million dollar Lear Jets. Eventually, my wife (who entered the staffing world first) encouraged me to consider a career in the same. I took her advice and am happy to say she was right in believing that I'd enjoy it. I'm going on six years now as part of the amazing On Assignment HIM team.

I grew up with a great example of hardworking parents who served others, so working hard and serving others comes naturally to me. The HIM team members and consultants I work with are some of the hardest working people I know. I'm very grateful for their dedication. Work is exciting for me as a Senior National HIM Recruiter because I'm able to do the things I enjoy every day – communicating with amazing people, providing solutions, and serving others. Our philosophy at On Assignment is "People First" and I appreciate being able to demonstrate this in action each and every day.

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we can identify with what turns us on, and off. We then find ourselves gravitating towards events and people that will cause us to experience again and again to what awakens our being.

The analogy of the effective use of time is demonstrated by first placing large rocks into a jar before adding pebbles, sand, and then water. This is simply to illustrate the representation of using time wisely by attending first to the most important tasks, and so forth.

Sometimes what is caught we'd like to forget, or have a chance to go back and redo, but we can't because time does not stand still, and does not rewind. We can only learn from what transpired within that time, grow from it and move on.

Time does however; give us opportunities to make changes within ourselves that would empower us to be better human beings. To seek forgiveness for wrong we've incurred, and seek to forgive, to change how we see others, how we view ourselves, to add value and build our self-esteem, which will ultimately have a positive affect on those around us.

Time according to the Webster's dictionary is defined as a period; it's like a capsule of life being caught and preserved by actions and words of human beings that unfolds into what essentially makes up our lives.

Time cannot be seen; a clock simply is used as a gauge to keep us aware of what we need to do and when we need to do it.

Within the sphere of time we have the ability to do whatever we want, but using time effectively is time well spent. Unconsciously, we make the decision daily as to how we're going to spend time – let's spend it wisely creating memories that will benefit you and those you touch.

Dealing with different aspects of time:

Important Time

Is the time we use to attend to the things that are of high importance in our life; like working to earn a living, and filling the role as a parent, and partner. Paying bills, balancing our budget, attending school, and maintaining a healthy lifestyle are all things that usually take up our

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DID YOU KNOW?

Postperfusion syndrome, also known as "pumphead" is a constellation of neurocognitive impairments attributed to cardiopulmonary bypass during cardiac surgery. Symptoms of postperfusion syndrome are subtle and include defects associated with attention, concentration, short-term memory, fine motor function, and speed of mental and motor responses. Studies have shown a high incidence of neurocognitive deficit soon after surgery, but the deficits are often transient with no permanent neurological impairment.

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important time. Prioritizing these tasks will add value to our lives, and leave us with a feeling of fulfillment at day's end.

Interrupted Time

Are the things that creep into our day that are unexpected, like being delayed in a traffic jam, missing a bus connection, and a workload increase – things that show up in our lives that sometimes can set us back. Recognizing that some of the time interrupted issues are out of our control will help to ease elevation of stress, and we'll be in a better frame of mind to come up with alternate ways to tackle the issue at hand.

Escape Time

Those moments when we simply need to get away from the daily grind, to step back, step away from the situation and clear our heads. Using times like these are very important to maintain sanity; especially when we find ourselves being short-tempered on the job, snapping at others for no reason. Escape time is healthy when we're in a relationship that is going sour with no hope of reconciliation – not that we're running away, but simply stepping back to gather our thoughts together to make healthy choices.

Relaxing Time

The time we enjoy good food with great company, get caught up

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ICD-10 Corner

I only see I10 as the code for hypertension, how do I code malignant (accelerated) hypertension in ICD-10?

ICD-10-CM codes hypertension very differently now. We no longer have to code the condition as benign, malignant, or unspecified. (Which is why you'll notice the hypertension table was removed from the alphabetical index.) You can capture all forms of hypertension with code, ***I10 Essential (primary) hypertension***. However, keep in mind that I-10 will continue to make the association for conditions related to hypertension, such as kidney disease and heart disease.

ICD-10-CM similarly changes the way we look at diabetes. Hold on to your hats, this is big ... we will no longer code diabetes as 'controlled' and 'uncontrolled'! You'll also find that coding diabetes has been greatly simplified since I-10 has created combo codes for diabetes and its associated complications.

Do you have an ICD-10 related question?

Contact Tori at vweinert@torionit.com

You just might see your topic discussed in the next issue of Set the Record Straight.



Set the Record Straight with *On Assignment* Health Information Management

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with what's going on in the lives of our friends, vacationing, watching TV, reading a book, or participating in something that we enjoy doing. Setting aside time to relax is a must; hard work should be rewarded. Taking time to relax will re-energize the mind and body, and we'll be able to reflect on what we're grateful for – our jobs, loved ones, health, and whatever earthly possession we have, and sometimes take for granted.

Dream Time

Or what I like to refer to as "me time." We should take time to dream. This allows our mind to re-evaluate where we're at in life, see what areas need work, and take note of how our dreams are being manifested, and those that we've allowed to die.

This will give us the opportunity to awaken that desire and bring that dream back to life. Dream time gives us the chance to self-align and take stock of our life's journey, and serves to remind us of what our desires are and take steps to live those dreams.

Action Time

This is where we take actions, make movement to execute those dreams, live those desires, and go after our goals. Write down what steps are needed to manifest those dreams, record our mission statement, goals, deadlines, and reasons why we're going after that dream. Then implement it!

Bed Time

This just may be one of the times we look forward to, especially when we're spent from a hectic day. It is important to get at least 6-8 hours of restful sleep; this not only builds the immune system, but also gets

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For information regarding our \$500 referral bonus program, please email

kristin.walsh@onassignment.com

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New England and worked as a Director of HIM. I loved New England but missed Ohio. So I went back and worked as a manager at a small hospital. Right when everything was going smooth I had to have surgery and quit my job. At this time, On Assignment HIM offered me a position in Wyoming that I jumped on. I'm now working in California and love the travel, and I still have the opportunity to go home on week-ends. I have a great relationship with my recruiter and I'm blessed to work with him!

People First.

On Assignment
Health Information Management

Remote Coding

On Assignment HIM provides a comprehensive solution for your remote coding needs. Remote coding provides a cost-effective solution at a dramatically reduced cost; enabling you to pull from some of the best coders in the industry who otherwise wouldn't travel onsite. This means access to some of the best coders in the industry!

How do we do it? We have partnered with Amphion Medical Solutions to use Themis, an Application Service Provider (ASP), that allows records to be accessed via the Internet. Coders are able to download assigned records from Amphion Medical Solutions secure data center and begin working anytime and anywhere. When they have completed their work, they simply submit the codes back to the hospital's abstracting system or send a coding summary sheet via the Internet. We have developed a process that is custom created for your facility. Remote implementation and application can be set up in as little as one week's time.

On Assignment HIM Remote Coding Solution provides:

Experienced remote coding staff that understands the unique needs of our clients when it comes to flexible scheduling, IT troubleshooting, and time.

- Scanner Management – we bring the scanner to you!
- Set up education and training supported by webinars for ongoing education.
- Coordinate the installation between HIM/Coding and your IT department.
- Proactively work to eliminate any roadblocks that may hinder the connection at your facility.
- Acclimate client and coder to the software.
- Trained coding staff.
- Improved coding turnaround times, which positively impact revenue cycles.
- Ability to monitor productivity.
- Tech support for troubleshooting questions.

HIPAA Compliant

One of the top priorities of On Assignment HIM is to help you maintain all compliance requirements. With security as one of the primary concerns with remote coding, rest assured that Themis is HIPAA compliant. Amphion Medical has implemented the tightest security measures that use encryption certificates, audit logs and multiple security layers.

About On Assignment HIM

On Assignment Health Information Management is a recognized leader in the health and life sciences staffing industry. For more than 25 years, we have built a reputation as one of the best in the business.

The On Assignment HIM division is solely dedicated to recruiting, retaining, and placing top Health Information Management professionals on Contract and Direct Hire positions throughout the United States.

Contact us: 800.364.4260
oahim.com



? WHO KNOWS ?

A somewhat older and less commonly used term to describe a pharmacist, would be a(n) _____?

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!

January 2013 ?WHO KNOWS?

And the winner is.....

Shelly S.!!!

January Answers:

Dysphagia, 787.20, R13.10



On Assignment HIM would like to pay tribute to a very special member of our team. We recently suffered the loss of one of our recruiters, Jeff Weightman. As we say farewell to our colleague and dear friend, we'd also like to say thank you. Thank you, Jeff, for the opportunity to have worked with you; for the laughs and good cheer we shared with you; and for the memories we will always keep of you. It is with a broken heart that we say good-bye.

Jeffrey "Jeff" Weightman 1983 – 2013

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us ready to handle what the new day will bring that requires the use of time.

We need to use the time we have now, to live in the now, to embrace good, to love ourselves unconditionally, to give life to others by showing we care and adding value to their lives.

Time is too precious of a gift to waste, so make the decision to use the time given to you wisely, and you will not only find fulfilment, but enjoyment in the process.

Diane Dutchin is a part-time Writer, and Fitness and Lifestyle Coach based in Vancouver BC who blogs about fitness, and encouraging, mind-stimulating, and life-changing topics. Check out her work at Coaching Alive the Mind, Body & Spirit and 1-2-3 Fat Loss Solution.

This article can be found at:

<http://www.positivityblog.com/index.php/2009/02/24/the-precious-gift-of-time/>

