



OA Employee Spotlight



Rosanne Quintana

**CPC
Coding
Consultant**

I started working for On Assignment HIM about two years ago. Since I started, I've had the opportunity to meet other people in my profession from different cultures and backgrounds.

It all started about eight years ago when the company I worked for closed. I had to decide what I wanted to do for the rest of my working career, so I decided to go back to college and work in the medical field. I didn't know whether I would even pass the entrance exam since it had been twenty-five years since I was in school.

I've worked for various hospitals during my career. I decided that I would try something different and that's when I found out about On Assignment HIM. I've enjoyed my experiences working in an environment where I'm needed. I've made new friends from around the country. I believe that since I started working here, I've gained more satisfaction in my chosen field of work.

In this Issue:

- Main Article: 20 Ways to Enjoy More Fruits and Vegetables
- OA Employee Spotlight
- Ask the Expert
- Did You Know?
- Employee of the Month
- WHO KNOWS?

20 Ways to Enjoy More Fruits and Vegetables

www.eatright.org

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make two cups of fruit and two and one half cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day:

1. Variety abounds when using vegetables as pizza toppings. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.

(Continued on page 2)

ASK THE EXPERT!

What is ScolioScore?

ScolioScore AIS Prognostic Test is a genetic test that analyzes the DNA of patients who are diagnosed with Adolescent Idiopathic Scoliosis (AIS), the most common type of scoliosis. The test shows the likelihood of spinal curve progression. This assessment helps physicians and patients determine the probability that the subject's spine will become more curved and whether it is likely that the patient will eventually need surgery or other interventions. ScolioScore identifies and screens thirty-five different genetic markers for scoliosis and is nearly one hundred percent accurate. Scoliosis mostly affects children and adolescents, so this pain-free testing method is an invaluable new tool for pediatricians. ScolioScore is the first DNA-based diagnostic test for scoliosis, created by Axial Biotech, Inc., a privately held molecular diagnostics company.

March is National Nutrition Month!

Here are some tips from the USDA for eating better on a budget:

- Plan your meals for the week before heading to the grocery store.
- Buy in bulk.
- Buy fruits and veggies that are in season.

For more information on how to eat right and save [click here](#).



DID YOU KNOW?

Braille Interpreter is a unique and relatively new product that assists blind people who are not adept in Braille with reading. This technology is comprised of a single-finger glove equipped with a tactile sensor, an interpreting software, and a Bluetooth headset. The user wears the glove, runs the index finger portion over the Braille surface, and lets the software process the Braille text. The feeds will then be interpreted and beamed over to the Bluetooth headphone as voice data.

ICD-10 Corner

Our facility treats many women with pregnancies resulting from in vitro fertilization (IVF). I can't locate the equivalent "Z" codes in ICD-10 to reflect an expecting mother who has a history of infertility, or whose pregnancy was the result of IVF.

Have no fear! ICD-10 hasn't accidentally 'evicted' codes for high-risk pregnancies. Rather, these codes have just been moved. These conditions can be found in chapter 15: Pregnancy, Childbirth and the Puerperium under the category Supervision of high-risk pregnancy (O09) and also, O26.2x Pregnancy care for patient with recurrent pregnancy loss. However, I have to mention there is a new aspect to capture when using these particular obstetric codes – these codes require a 6th character to identify the trimester of the pregnancy. No need to ask the doctors to change their documentation to record the trimesters instead of their usual habit of stating the weeks. Coders are instructed to use the tabular note found at the start of the chapter to guide their use of codes:

- 1st trimester – less than 14 weeks 0 days
- 2nd trimester – 14 weeks 0 days to less than 28 weeks 0 days
- 3rd trimester – 28 weeks 0 days until delivery

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.

People First.

On Assignment
Health Information
Management

Coding Services

On Assignment Health Information Management offers a cost-effective solution to ensure responsiveness and accountability. Our professional coding consultants assist healthcare organizations in meeting their operational and financial goals through Contract, Contract-To-Hire, and Direct Hire staffing. We partner with the healthcare industry to maintain the ongoing management and utilization of patient data, ensuring its timely availability.

On Assignment provides experienced, reliable HIM consultants when you need them the most.

Our hiring criteria:

- RHA, RHIT, or CCS credential (AHIMA verified)
- Extensive evaluation process includes testing, and qualification verification
- Minimum 3 years of experience in an acute care setting (our average is 12 years)
- ICD-9, CPT-4, MS-DRG, and APC systems
- Experience with various encoder / abstract systems
- Multi-case mix experience
- Professional and OIG reference checks
- Post Assessment with Compliance Manager
- All staff undergo complimentary quality review audits performed by our Compliance Manager

Get the results you are looking for!

On Assignment Services:

- Interim Management
- Hospital Inpatient / Outpatient / ED / IR Coding
- Remote Coding Services
- Auditing Services
- Coding Education / Training
- Certified Tumor Registrars

About On Assignment HIM

On Assignment Health Information Management is a recognized leader in the health and life sciences staffing industry. Making highly successful placements for more than 25 years has earned us the 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.



? WHO KNOWS ?

_____ is a psychological phenomenon associated with increased confusion and restlessness in patients with some form of dementia (especially in the middle stages of Alzheimer's). The term stems from the disorder occurring later in the day and into the night as the sun goes down. While not completely understood, there is a popular theory that a cluster of nerve cells that keeps the body on a 24-hour clock, brain's circadian pacemaker, may play a role.

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!

© 2000 Randy Glasbergen.
www.glasbergen.com



"ARE YOU TRYING TO AUCTION YOUR BRUSSELS SPROUTS AGAIN?"

February 2013 ?WHO KNOWS?

And the winner is.....

Carol C. !!!

February Answers:

Apothecary, Druggist, Chemist, or Posologist

(Continued from page 2)

13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus; baked tortilla chips in salsa; strawberries or apple slices in low-fat yogurt; or graham crackers in applesauce.

For more information, go to:

<http://www.eatright.org/nm/handoutsandtipsheets/>