

OA Employee Spotlight

Karen Thrash
RHIT
Coding
Consultant

Last May, during a series of unexpected health issues my husband had to endure, I made the decision to join On Assignment HIM as a travel coding consultant. After working remotely as a medical coder for the last five to six years, saying this was quite the professional change is putting it mildly. This has always been a desire of mine though, telling myself when my children were older I'd love the opportunity to travel and experience new and exciting things. With two daughters – one a senior in high school and the other only a sixth grader – I certainly didn't expect this option for quite some time. I can honestly say, though, that the timing has been perfect, both professionally and personally.

I'm the oldest of three sisters, 46 years old, wife of 27 years, and mother of the daughters mentioned above. When I was only 19 years old choosing a career was quite easy for me. Knowing a medical transcriptionist and attending a College and Careers Day at the local junior college introduced me to the world of health information. The thought of participating in the medical field had always intrigued me, but I just didn't think I could "stomach" the actual hands-on work. I was much more suited to the behind-the-scenes work.

As a part of the health information field, I've enjoyed a wide variety of career-enhancing

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Exercise for Stress and Anxiety

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The physical benefits of exercise – improving your physical condition and fighting disease – have long been established, and physicians often encourage staying physically active.

Exercise is also considered vital for maintaining mental fitness, and it can reduce stress. Studies show that it is very effective at reducing fatigue, improving alertness and concentration, and enhancing overall cognitive function. This can be especially helpful when stress has depleted your energy or ability to concentrate.

When stress affects the brain, with its many nerve connections, the rest of the body feels the impact as well. Or conversely, if your body feels better, so does your mind. Exercise and other physical activities produce endorphins – chemicals in the brain that act as natural painkillers – and also improve the ability to sleep, which in turn reduces stress.

Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. About five minutes of aerobic exercise can begin to stimulate anti-anxiety effects.

Relationship of Exercise to Anxiety Disorders

Stress and anxiety are a normal part of life, but anxiety disorders, which affect 40 million adults, are the most common psychiatric illnesses in the United States. The benefits of exercise may well extend beyond stress relief to improving anxiety and related disorders.

Psychologists studying how exercise relieves anxiety and depression suggest that a 10-minute walk may be just as good as a 45-minute workout. Some studies show that exercise can work quickly to elevate depressed mood in many people. Although the effects may be temporary, they demonstrate that a brisk walk or other simple activity can deliver several hours of relief, similar to taking an aspirin for a headache.

Science has also provided some evidence that physically active people have lower rates of anxiety and depression than sedentary people. Exercise may improve mental health by helping the brain cope better with stress. In one study, researchers found that those who got regular vigorous exercise were 25 percent less likely to develop depression or an anxiety disorder over the next five years.

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ASK THE EXPERT!**What is Epidermodysplasia Verruciformis?**

Epidermodysplasia Verruciformis (aka Lewandowsky-Lutz Dysplasia or Lutz-Lewandowsky Epidermodysplasia Verruciformis) is an extremely rare autosomal recessive genetic hereditary skin disorder associated with a high risk of carcinoma (non-melanoma) of the skin. It is characterized by abnormally heightened susceptibility to human papillomaviruses (HPVs) of the skin. Uncontrolled HPV infections result in the growth of multiple, scaly macules and papules. It is typically associated with HPV types 5 and 8, which are found in about 80% of the normal population as asymptomatic infections, although other types may also contribute. The body, hands, and feet of the afflicted individuals resemble the bark of trees. The cause of the condition is an inactivating HP mutation in either the EVER1 or EVER2 genes, which are located adjacent to one another on chromosome 17.

Happy Holidays!

*from
On Assignment HIM*



OA Employee of the Month



Jeff Weightman

**Recruiter
HIM Contract Team**

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arenas with the majority of my experience in the wonderful world of coding. The option to work from home as a medical transcriptionist (before coding was technologically advanced enough to be offered remotely), allowed me to continue working for several years while simultaneously staying at home as a new mother to both my daughters. As coding advanced into the new age of technology, I was able to further take advantage of this profession and flexibly work while enjoying life as a mom of two athletically gifted girls. My oldest, Lauren, excels in women's softball and recently received a full scholarship to play for a local college here in my home state of Mississippi. My youngest, Savannah, has participated in competitive-level gymnastics and most recently, has entered the exciting life of a competitive-level cheerleader, learning to become a "flyer." To say the least, this keeps mom on the edge of her seat!

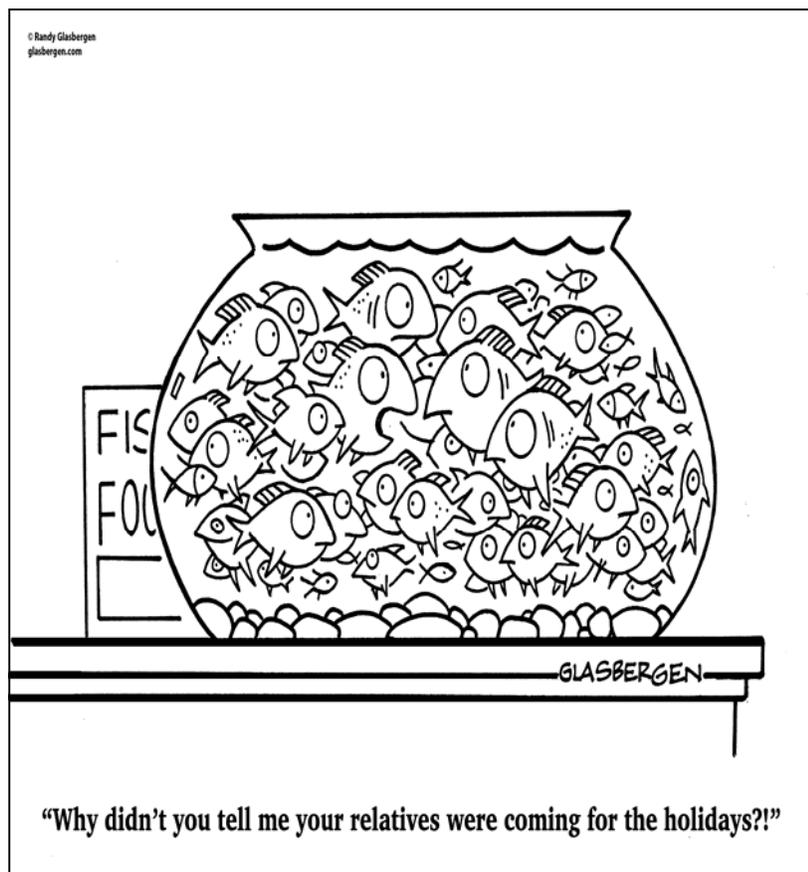
Needless to say, my personal life has always been quite exciting and as of last May, my professional life has taken a huge step into the exciting level of travel coder. I'd like to say a huge thank you to On Assignment HIM for making me feel welcome and giving me this new professional excitement. I look forward to many years to come.

Happy holidays! I'm honored to have the opportunity to share a bit about myself with all of you. I'm a California native who was raised in the beautiful wine country of Temecula, and have now planted my roots in sunny San Diego. My dog and I try to soak up as much as the city has to offer, but I look forward to stepping outside the box and experience all this world has to offer. Being the oldest of three children has fostered a personality grounded on guidance, leadership, and loyalty, which I wholeheartedly apply in my work, though On Assignment HIM is more than just work, it's a family of sorts.

I began my recruiting career as an in-house recruiter for a local sales and marketing firm where I was promoted from within and quickly grew to love the field. When presented with the opportunity to join the On Assignment HIM team, I jumped at the chance and haven't looked back since. This month marks my two-year anniversary with On Assignment HIM, the second of what I hope to be many years to come – serving the true talent of our industry, our consultants.

One of my consultants is also spotlighted in this issue, and I want to take a moment to thank her for all of her hard work, as I thank all of you who represent the On Assignment HIM name. On behalf of the family here at On Assignment HIM, I want to extend the warmest of wishes to you and your family as well as a prosperous new year!

For information regarding our \$500 referral bonus program, please email kristin.walsh@onassignment.com





DID YOU KNOW?

ICD-10 Corner

Ultrasound-Enhanced Systemic Thrombolysis is a medical technology that utilizes transcranial doppler ultrasonography to treat stroke-causing blood clots. It is believed that transcranial doppler ultrasonography aimed specifically at residual obstructive intracranial blood flow may help detect thrombi that may be receptive to tissue plasminogen activators or potentially other thrombolytic agents.

Transcranial doppler ultrasonography has been found to be a tremendously useful technology in the realm of diagnostic neurosurgical intensive care. Continuous improvements in transcranial doppler ultrasonography hardware as well as software have improved examination success and also vessel identification. Studies have shown that complete recanalization or dramatic clinical recovery can be increased by more than 19% when using transcranial doppler ultrasonography.

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Exercise as Part of Therapy

According to some studies, regular exercise works as well as medication for some people to reduce symptoms of anxiety and depression, and the effects can be long lasting. One vigorous exercise session can help alleviate symptoms for hours, and a regular schedule may significantly reduce them over time.

Although exercise has a positive effect for most people, some recent studies show that for some, exercise may not have a positive effect on anxiety or depression or may not make a strong impact on long-term mental health.

Like all forms of therapy, the effect can vary: Some people may respond positively, others may find it doesn't improve their mood much, and some may experience only a modest short-term benefit. Nonetheless, researchers say that the beneficial effects of exercise on physical health are not in dispute, and people should be encouraged to stay physically active.

Read all about it: *Exercise for Mood and Anxiety, Proven Strategies for Overcoming Depression and Enhancing Well-Being*, by Michael W. Otto, PhD, and Jasper A.J. Smits, PhD (Oxford University Press, 2011)

Fitness Tips: Stay Healthy, Manage Stress

The most recent federal guidelines for adults recommend at least 2½ hours of moderate-intensity physical activity (e.g. brisk walking) each week, 1¼ hours of a vigorous-intensity activity (such as jogging or swimming laps), or a combination of the two.

If you have an exercise program already, keep up the good work. If not, here are tips to get you started.

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In the current ICD-9 coding system, there is a code to identify if a patient's procedure was converted to open from laparoscopic (V64.41), thoracoscopic (V64.42), and arthroscopic (V64.43) approaches. Does ICD-10-CM have an equivalent code to represent this change of surgery – if there is, I can't find it?

No, ICD-10-CM does not have a "Z" code to represent the change of approach in surgery. However, a far superior solution presents itself with the specific nature of ICD-10-PCS coding. By means of a 7-character code, one can build procedure codes from the PCD swing tables that require no further explanation. Each procedure performed by a different approach would use a different code. 2013 ICD-10-PCS Draft Coding Guidelines B3.2.d states: "During the same operative episode, multiple procedures are coded if the intended root operation is attempted using one approach, but is converted to a different approach." In the absence of a specific procedure performed prior to changing the approach, use the root operation *Inspection* (B3.3). Here's an example:

Mr. Jones had been diagnosed with adenocarcinoma of the colon found on a screening colonoscopy. Further radiological workup reveals a suspicious lesion on the liver. Mr. Jones now presents for left hemicolectomy and liver biopsy. Physician begins with laparoscopy, inspecting the abdomen and performs a core biopsy of the liver lesion. At this point, the surgeon deems it necessary to perform the hemicolectomy through a larger umbilical incision without the laparoscopic equipment. These are the PCS codes: 0DTG0ZZ Open Left Hemicolectomy and 0FB04ZX Laparoscopic Needle Liver biopsy.

Notice how easily we can adapt the situation for each distinct approach. Simply change the fifth character designated to identify the approach, and there you have it – no need for an additional code.

*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

? WHO KNOWS ?

What are the ICD 10 codes for this scenario?

Patient is admitted for chemotherapy s/p a total mastectomy three months ago for a right breast adenocarcinoma/malignant neoplasm. She has been on Tamoxifen since the surgery. She has an extensive family history positive for breast cancer in maternal grandmother, mother, two aunts and two sisters. She also has a history of hypothyroidism on Synthroid and recent as of several months ago pulmonary embolism and deep vein thrombosis currently on Coumadin. She underwent peripheral administration of the chemotherapy with no issues and was discharged home.

Send your answers to:

kristin.walsh@onassignment.com

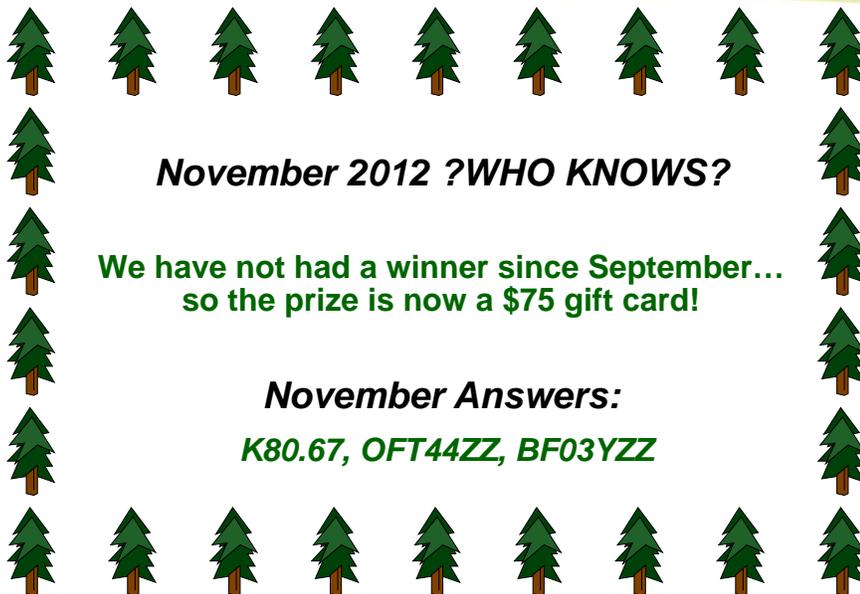
All correct answers will be put into a raffle for a chance to win a \$75 gift card from On Assignment HIM!

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- 5 X 30: Jog, walk, bike, or dance three to five times a week for 30 minutes.
- Set small daily goals and aim for daily consistency rather than perfect workouts. It's better to walk every day for 15-20 minutes than to wait until the weekend for a three-hour fitness marathon. Lots of scientific data suggests that frequency is most important.
- Find forms of exercise that are fun or enjoyable. Extroverted people often like classes and group activities. People who are more introverted often prefer solo pursuits.
- Distract yourself with an iPod or other portable media player to download audiobooks, podcasts, or music. Many people find it's more fun to exercise while listening to something they enjoy.
- Recruit an "exercise buddy." It's often easier to stick to your exercise routine when you have to stay committed to a friend, partner, or colleague.
- Be patient when you start a new exercise program. Most sedentary people require about four to eight weeks to feel coordinated and sufficiently in shape so that exercise feels easier.

This article can be found at:

<http://www.adaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>



November 2012 ?WHO KNOWS?

We have not had a winner since September... so the prize is now a \$75 gift card!

November Answers:

K80.67, OFT44ZZ, BF03YZZ

People First.

On Assignment[™]
Health Information
Management

Clinical Documentation Improvement (CDI)

On Assignment HIM CDI services provide you with the ability to build the right foundation for clarity in your medical records documentation. We work with each client to address their particular needs and offer solutions that ensure responsiveness and accountability.

A trusted partner to help resolve documentation gaps and address CMS mandates for MS-DRG assignment, accurate POA coding, and RAC preparedness.

Our Comprehensive CDI Specialist:

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- Educates** the physician staff, facility leadership team, CDI Specialists, and other HIM personnel
- Facilitates** communication between medical staff and HIM personnel to help achieve the right support for ongoing success and documentation accuracy
- Monitors** client-specific metrics for continual success with quarterly reviews and presentations

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've 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 in Contract and Direct Hire positions throughout the United States.

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