

Set the Record Straight with *On Assignment*

Health Information Management

OA Employee Spotlight



Patricia V., CPC

Coding Consultant

I started out in the banking industry, but after 20 years I decided to make a change.

In 1995, I had the opportunity to work in the healthcare industry at an urgent care facility. I started working in the Records Department. After a few months I was transferred to the Payment Posting Department, then the Accounts Receivable Department where I assisted patients with their payment issues and dealt with various insurance companies. I then took classes in coding and medical billing and decided to stay in the Accounts Receivable Department.

Soon after, I knew that I wanted to move on and an opportunity to work as a coder was provided to me. After an unexpected change in my life in 2008, I made the decision to become a traveling coder. I have enjoyed going to different hospitals and learning the various coding programs that are available. It allows me to be more efficient and an asset to the facility where I'm working. I have worked as a coder in various specialties, such as ER, radiology, and same day surgery as well as facility coding.

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10 Small Ways to Make This the Happiest Summer of Your Life

by Henrik Edberg
www.positivityblog.com

"Then followed that beautiful season... Summer... Filled was the air with a dreamy and magical light; and the landscape lay as if new created in all the freshness of childhood."

—Henry Wadsworth Longfellow

Summer is finally here after what was, at least up here in Sweden, a very long and cold winter.

So today I'd like to share 10 small and simple tips that you can use to create a happier summer – and rest of the year – for yourself:

1. Go slow

You'll be less stressed and you'll enjoy all the smells, sights, and people in your summer even more. So slow down a bit and use all your senses to tap into what is happening in this moment around you and inside of you.

2. Say yes to the new

Go for something new. Expand your comfort zone in a small way. Or a bigger one.

Go somewhere you haven't been before. Take up a new hobby. Read a book or try eating something or doing something that isn't what the regular you would do.

3. Say no to the shoulds of the summer

The sneaky *shoulds* can make a vacation filled with things you "just have to do before the summer is over" seem like draining work and leave you more tired than you were before your time off even started.

So ask yourself: Will this matter in five years? Or even five months?

Zooming out like this makes it easier to see the real value of doing something. And it makes it easier to simply relax and say no to doing something because you realize that it isn't that important anyway.

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ASK THE EXPERT!

What is Agraphesthesia?

Agraphesthesia, Dysgraphesthesia, or Graphanesthesia is a loss or impairment of the ability to recognize letters or numbers traced on the skin. It occurs with damage to the somatosensory parietal cortex. This is an aspect of **proprioception**, which is the sense of the relative position of neighboring parts of the body.

Graphesthesia is the ability to recognize writing on the skin purely by the sensation of touch. During a neurological examination, graphesthesia is assessed in order to test for certain neurological conditions such as lesions in nerve roots, peripheral nerves, brainstem, spinal cord, sensory cortex, or thalamus.

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OA Employee of the Month



Heather Lundt
Associate Recruiter

As a new employee, I am thrilled to be part of the On Assignment HIM team and to be included in June's *Set the Record Straight!*

I was born in Anchorage, Alaska, and lived there until I was fourteen when my family relocated to Michigan. Michigan was quite a change, but I enjoyed living closer to my mother's side of the family and appreciated the milder weather. After high school, I moved to Chicago to attend Columbia College Chicago where I majored in marketing communications with a concentration in advertising. During college, I completed a publicity and promotion internship and was lucky enough to partake in the marketing of new movies. After graduation, I accepted a sales and marketing assistant position for a textile company where I helped manage a large group of international and domestic accounts. Chicago is an amazing city, but after six long winters it was time to follow my dream of moving to California.

It's only been four months, but since arriving in San Diego I have felt at home. Despite growing up in chilly climates, I have always been a warm weather person and living four blocks from the beach is a perfect fit for me. On the weekends, I try to take in as much sunshine as possible, whether it's hiking, outdoor yoga, or a lazy beach day. I'm very happy to be part of the On Assignment HIM team and excited to continue my career alongside such remarkable people.

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Presently, I am working as a remote coder, which allows me the opportunity to spend more time with my grandchildren who are growing up so fast. I have a grandson leaving for college in a few months, and being able to spend time with him and his sisters is a blessing.

Working for On Assignment HIM has afforded me the chance to work with a great team of individuals who care about their coders and look out for their best interests. They have been able to find positions that are a great fit for me while filling the needs of the facility.

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4. Just do nothing at all

It is easy to fall into the trap of thinking that all time has to be booked up for some activity. Humans are, however, not robots and so that often leads to more stress and less of the recharging that could have helped you keep doing quality work during the fall and winter.

So try doing nothing at all. Just go for a walk in the woods. Sit by a lake or the ocean and take in your world. Lie down on the green grass and look up at the clouds going by.

Focus on just that with all your senses and let your mind and body relax and rejuvenate.

5. Be the summer you want to see

Don't wait for someone else to create the summer you want to have. Instead get the ball rolling yourself.

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DID YOU KNOW?

Hyperthymia or **Hyperthymestic Syndrome** – is a condition in which an individual possesses a superior (even abnormal) autobiographical memory, meaning the subject can recall a vast majority of personal details, experiences, and events in their own life. Despite their excellent memory for events in their lives, hyperthymestic individuals often have poorer than average recall of other types of information (i.e. facts, figures, or data related to any other subject matter not pertaining to themselves personally), making this unusual skill quite different than other forms of exceptional memory.

Characteristic features of hyperthymia are the following:

- The person spends an abnormally large amount of time thinking about his or her personal past.
- The person has an extraordinary capacity to recall specific events from his or her personal past.

<http://www.findingdulcinea.com/features/feature-articles/2008/july/Hyperthymia--Total-Recall--Totally-Overwhelming.htm>

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Take action and take the first small steps forward. Arrange a party or a picnic. Set up a movie night when the summer rain is pouring outside. Take a walk or run every warm morning to get your energy levels up.

6. Be kind in small ways

One of the simplest ways to live a happier life is to focus on being kind. It rarely takes much energy.

Just a simple compliment or lending a listening ear while someone vents can brighten someone's day. And it brings happiness to your life, too, as you see the other person's face light up. And how you think about and behave toward others tends to spread to how you treat yourself, too. More kindness toward others leads to more self-kindness.

7. Savor the summer moments right here and now instead of being lost in the future or past

There will be moments this summer you won't want to miss by being somewhere else in your head.

So decide that you will take the time and focus to savor the small moments such as melting ice cream in the sun, but also the bigger ones with the people closest to you.

8. Ask yourself what you can be grateful for so far this year

The past five months may have zipped by; they sure did for me at least.

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ICD-10 Corner

Can you explain the new classification system for fractures in I-10?

The Gustilo Open Fracture Classification will be used for open fracture codes. Here are descriptions of each type of open fracture for coders:

- **Type I:** The wound is less than 1 cm in length and clean
- **Type II:** The wound is greater than 1 cm in length, clean, and minimal soft tissue injury
- **Type IIIA:** The wound is greater than 1 cm in length with significant soft tissue injury, but not requiring skin grafting
- **Type IIIB:** The wound is greater than 1 cm in length with significant soft tissue injury, requiring skin grafting to cover the bone
- **Type IIIC:** The wound is greater than 1 cm in length with significant soft tissue injury and is associated with vascular injury

There are significant changes to coding traumatic injuries in I-10 that will require our attention. Here's another example:

After a fight at a local club, a patient is admitted with an abdominal knife wound, and arrived at the hospital with the knife in place stabilized by paramedics. Exploratory laparotomy revealed a minor laceration to the liver—which was sutured.

Coding such an injury in I-9 was complete simply with one code that described the liver laceration along with the penetrating wound of the abdominal wall (864.12). When coding this scenario in I-10 it will require two codes: one for the internal injury and another for the skin/soft tissue injury. It would look like this:

- **S36.114A** Minor laceration of liver, initial encounter
- **S31.620A** Laceration with foreign body of abdominal wall, right upper quadrant with penetration into peritoneal cavity

Do you have an ICD-10 related question? Contact Tori at vweinert@torionit.com



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So the summer vacation can – just like the vacation around New Year's Eve – be a good time to take a few extra, small pauses and to look back and ask yourself:

What can I be grateful for in my life so far this year? And don't forget to express your gratitude to the people in your life.

9. Just accept how you feel instead of pushing it away

Don't fall into the trap of pushing how you think or feel deep down away with distractions or forced positive thinking.

Instead, if you have negative feelings or thoughts about something that have popped up again and again so far this year, take some time for yourself or with someone close to you to think or talk about it.

Then later on, after you have accepted and processed how you truly feel and think, sit down with a pen and paper.

Come up with one small step or a small plan that you can take action on to start moving yourself out of the situation that is troubling you and onto something better. And take action on that plan with just a first small steps forward as soon as you can.

10. Spend more time doing what you love

Maybe it is reading books. Or fishing. Or painting. Or playing with your kids or hanging out with an old friend.

Also, think about how you can fit more of whatever that is into the rest of the year, too.

Sit down with a pen and paper and think about what you spend your time on during a normal week. Find one or two things during your regular week that you can do less of or simply say no to, so that you have a bit more time and energy over each week during the fall and winter for this thing you love.

For this article and additional works from the author, please visit: <http://www.positivityblog.com/index.php/2013/06/06/summer-happiness/>

? WHO KNOWS ?

Described as a one of several **culture-bound syndromes**, which is a combination of psychiatric and somatic symptoms that are considered to be recognizable conditions only within context and unique to a specific society or culture. There are no objective biochemical or structural alterations of body organs or functions, and the condition is not recognized in other cultures.

_____ is a cultural and societal phenomenon characterized by an extreme pride in one's own appearance accompanied by difficulties coping with the aging and maturation process.

Feature symptoms include:

- Dysmorphophobia, which means excessive concern about conceived flaws in one's body
- Narcissistic character traits
- Lack of the ability to emotionally mature
- And, as a consequence of the above combination of issues, patients are frequently excessive users of "medical lifestyle" products

The condition gets its name from Oscar Wilde's famous gothic horror novel featuring the title character who is obsessed with concepts of youth and beauty.

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!

May ?WHO KNOWS? Winner is

Marietta M.!

Answer: Staging

