



NATURE COAST TRAILS

FLORIDA NATURE COAST CHAPTER Association for Healthcare Documentation Integrity

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Hope you all are having a nice summer. Time seems to go so fast! Our state annual meeting and educational conference state was a great success. Many members from our chapter attended. The informative speakers on a variety of topics provided many learning opportunities and food for thought. It also provided us a chance to get to know each other better. Speaking of getting to know each other better, our Nature Coast Chapter's MT Week Luncheon was just fantastic! Everyone enjoyed themselves thoroughly—both the food and the camaraderie.

Our next speaker is scheduled for July 16th. Vicki Hawhee, CMT, will give a presentation on Understanding Labs. You won't want to miss it!

It will soon be time to consider what YOU can do for our chapter. We will be looking for new officers for 2012. Please seriously consider becoming involved. It really isn't hard nor does it require a huge amount of time. We welcome new ideas! Help take our chapter into 2012! We're counting on you!

Gail Smith, CMT, Nature Coast President, 2011



NCC TREASURER'S REPORT - As of June 10, 2011

Current Ledger Balance: \$815.76

The chapter's financial activity since the last report included expenses paid toward helping to send our Chapter president and representative to the AHDI-FL state meeting in May. Because we had a chapter table at the meeting, we also purchased a banner, not only for identifying and promoting our chapter at the state meeting but for future chapter meetings and symposia as well! We were able to raise \$101.50 at the meeting through sales of our T-shirts, pins, raffle tickets, and Last Chance Jewelry.

Total current membership is 28: 19 individual professionals, 3 postgraduates, and 6 students.

I look forward to seeing you all, either at the FWCC Summer School on June 25th or at the next NCC meeting on July 16th!

Janis Smith, RMT

Nature Coast Chapter Treasurer/Secretary



Nature Coast Chapter Rep Report - May 2011

I attended the AHDI-FL 29th annual meeting in Fort Lauderdale May 13 & 14, 2011, at the Westin Beach Resort & Spa. We had lots of great speakers and earned CECs, too. It was another information-packed event and a good time was had by all. It was great to see all our old friends and make some new ones.

I also attended the AHDI-FL Board of Directors meeting on Thursday, May 12. We mostly discussed the plans for next year's annual meeting. It sounds like next year will be even better! The event is to be held on May 4 & 5, 2012, at the Daytona Shores Resort and Spa in Daytona Beach. Next year, the cost of registration will be lower as well as the room rates, and the hotel is literally on the beach, so mark your calendar today and make plans to be there for fun in the sun at Daytona Beach.

We all look forward to seeing you at the Nature Coast educational meeting at 9:30 a.m. on July 16 at Brooksville Regional Hospital in Brooksville. Vicki Hawhee from FWCC is going to give a presentation on understanding labs. Vicki is a former lab tech and has been in transcription for over 15 years. You will feel much more confident in your knowledge of laboratory values after you hear her presentation.

Also, just a reminder about the upcoming Summer School session at Florida West Coast Chapter in Morton Plant Hospital in beautiful Clearwater on Saturday, June 25. School starts at 9 a.m. and lets out at 1 p.m. with a buffet luncheon. The lessons will be about different aspects of oncology, and it sounds like a very interesting and informative day! If you plan to be there, please E-mail Arlaine Walsh (Lainey@tampabay.rr.com), and she'll save a seat for you!

Allison Spencer, CMT

Nature Coast Chapter Representative



BIPOLAR DISORDER NEWS

Submitted by Janis Smith, RMT

Bipolar Disorder is a major mental health concern and is still very much misunderstood. Those of you able to attend our last chapter presentation in March, presented by Virginia Burns, RN, and Judith Thompson, President of the National Alliance on Mental Illness in Hernando, were able to gain a better awareness of this illness and its treatment modalities.

The following article, which was published in Medscape Daily News on June 8, 2011, is a fascinating finding of current research on the features of the disease.

Off Balance? Postural Problems May Point to Bipolar Disorder

June 7, 2011 — Problems with postural control may be a core feature of bipolar disorder (BD) and not just a random symptom, new research suggests.

In a small comparison study of 32 patients, those with BD showed a "greater sway magnitude" compared to healthy controls, especially when asked to close their eyes.

"The findings suggest that individuals with [BD] have deficits in sensorimotor integration and a reduced range of timescales available, which are needed to help them to make greater postural corrections," lead author Amanda Bolbecker, PhD, research scientist in the Department of Psychological and Brain Sciences at Indiana University in Bloomington, told *Medscape Medical News*.

"In addition, changes in their visual system really had some profound effects on their ability to maintain their balance," she added.

The investigators note it is possible that motor abnormalities may appear before other symptoms, signaling an increased risk for BD. The findings also raise the question of whether therapies for improving motor symptoms could also help with mood disorders.

"For a number of psychological disorders, many different psychiatric treatments and therapies have been tried, with marginal effects over the long term. Our study suggests that brain areas traditionally believed to be responsible for motor behavior might represent therapeutic targets for BD," added Dr. Bolbecker.

Motor Function and Mood

According to the investigators, structural, neurochemical, and functional abnormalities have been identified in the brains of individuals with BD, including in key brain structures implicated in postural control, such as the cerebellum, brainstem, and basal ganglia.

"The brain area that I've been most interested in for a while is the cerebellum, which is connected to a lot of areas important for mood and cognition. People have traditionally thought of it mostly as being involved with motor coordination, but it's also been implicated in a number of psychiatric disorders," said Dr. Bolbecker, adding that she also wants to assess other mood and motor brain areas.

She noted that "it is well known" that patients with attention-deficit/hyperactivity disorder often have some motor abnormalities and that schizophrenia has been known to include movement abnormalities that precede illness onset.

"This has been looked at a couple of times in BD, but nobody has really looked at postural sway. And we chose that because we wanted to use a task that was quite sensitive."

For the study, 16 patients with BD (45% women; mean age, 38.6 years) and 16 age-matched healthy controls (55% women; mean age, 38.4 years) were enrolled at Larue Carter Memorial Hospital in Indianapolis.

All participants stood barefoot on a force platform for 2 minutes while instructed to be as still as possible. During that time, they were evaluated under 4 conditions: eyes open while standing with feet placed shoulder-width apart (open base), eyes closed–open base, eyes open with feet together (closed base), and eyes closed–closed base.

The investigators measured postural sway (the degree of adjustments made while standing by the participants), as well as center of pressure motion along the anterior-posterior and medio-lateral axes.

"Visual cues stabilize posture on longer time-scales, whereas proprioceptive [stance difference] cues are responsible for short timescale corrections. Therefore, if deficits in postural control exist in BD, manipulation of sensory input may be revealing with respect to specific domains in which sensory integration is affected," write the study authors.

Greater Sway

Results showed that patients with BD showed a significantly greater sway area, indicating reduced postural control, compared to the healthy controls ($P < .01$) and "decreased complexity in the medio-lateral direction," report the investigators.

Patients with BD also had a greater sway area than did the controls when their eyes were closed ($P < .05$), suggesting that "BD participants were impaired in their ability to make corrections to their sway pattern when no visual information was available."

No significant differences were found between open-base or closed-base stances, and none of the results were affected by mood or disorder severity.

"Overall, the evidence presented here is consistent with earlier findings of motor abnormalities in BD and is consistent with the proposed deficits in the cerebello-striatal-prefrontal circuit," write the researchers.

"Although the literature in this area is limited, a picture is emerging in which mood and motor dysfunction are comorbid pathophysiological features with closely overlapping core components."

Dr. Bolbecker reported that this was "a first pass study" and would next like to see research done that looks at these measures in a medication-naive population or in groups that are at risk for the disorder. "That will tell us a lot about whether motor symptoms are truly risk factors for onset of this illness."

She added that the investigators would also like to examine these risks in family members of patients with BD and to assess other tasks that are related to movement.

The study was funded by a grant from the National Institute of Mental Health and a 2007 National Alliance for Research on Schizophrenia and Depression Young Investigator Grant to Dr. Bolbecker. The study authors have disclosed no relevant financial relationships.

PLoS ONE. [Published online](#) May 18, 2011.



STUDENTS!!...

Submitted by Lynn Clements, NCC Vice President

Are you searching for that normal lab value range, do you need to understand the “anatomy” of a word and its root, or prefix? Well, here’s a website that might be helpful as you study this summer in that class, or preparing for the RMT/CMT exam:

www.globalrph.com

I like to have it open when I study to toggle back and forth. I have used it mostly for root words. Gail mentions it is useful for lab values. Whatever...check it out!!

Enjoy the lazy days of summer, but keep at it – you will make it!!

QUIZ – Do you know your plurals?? (Answers at end of newsletter)

Submitted by Gail Smith, CMT

1. base
2. ruga
3. apex
4. Pap
5. conjunctiva
6. urinalysis
7. calculus
8. history
9. woman
10. sclera
11. 7
12. tendency
13. rhonchus
14. cc
15. activity
16. medium
17. diverticulum
18. datum
19. matrix
20. mg
21. injury
22. foot
23. malleolus
24. tuberosity
25. arch
26. naris
27. MPJ
28. deformity
29. ecchymosis
30. TM
31. family
32. child

- 33. foramen
- 34. meniscus
- 35. decubitus

Credentialing Stats

Submitted by Judi Higbee, CMT, AHDI-F

Through May 31, 2011:

Number of CMTs: 2,806

State with the most CMTs: Florida with 252

Number of RMTs: 584

State with the most RMTs: Florida with 40

Number of CMT-R: 31

There are currently 241 individuals who carry the designation of Fellow (AHDI-F)



SPEECH REC BLOOPER

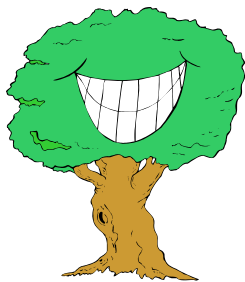
(submitted by Gail Smith, CMT)

For those of you who edit speech recognition jobs, you know it misses the mark once in a while!!

Dictated: "The patient adamantly refused transport to a local hospital via EMS. She initially refused being evaluated at XYZ Hospital citing a traumatic ER experience there previously."

SR: "The patient adamantly refused transport to a local hospital via EMS. She initially refused being evaluated at XYZ Hospital citing a spermatic ER experience there previously."

Feel free to share your speech rec bloopers by sending them to Judy at jcaples@tampabay.rr.com . Always remember to de-identify any patient information.



Submitted by Maria LoCicero

With time, women gain weight because we accumulate so much information and wisdom in our heads that when there is no more room, it distributes out to the rest of our bodies. So we aren't heavy, we are enormously cultured, educated and happy.

Beginning today, when I look at my butt in the mirror I will think, Good grief, look how smart I am! (Must be where Smart Ass came from).

Here is another thought of the day:

Women are Angels....And when someone breaks our wings....We simply continue to fly.....on a broomstick.....We are flexible that way!

NATURE COAST CHAPTER EDUCATIONAL MEETING

SATURDAY, JULY 16

BROOKSVILLE REGIONAL HOSPITAL CONFERENCE ROOMS 1 AND 2

17240 Cortez Blvd, Brooksville, FL 34601

Meeting starts at 10 a.m.

UNDERSTANDING LABORATORY DATA

by Vicki Hawhee, CMT

Vicki gives a great presentation on understanding the lab values that you hear every day in your work. An incorrect lab test or an incorrect value can be a critical error in a patient's healthcare record. You will come away with a much better understanding of labs after hearing this presentation.

Registration/Coffee/ Networking: 9:30 to 10:00

Educational Presentation on Labs: 10 to 11:00

Short break: 11 to 11:15

Short business meeting: 11:15 to 11:45

Meeting is free to AHDI/NCC members; \$5 registration fee for nonmembers. For nonmembers, Nature Coast Chapter membership is half price from July 1st to the end of the year.

Hope to see you July 16th!!

Please RSVP to me at gsmith24@tampabay.rr.com by July 14th so we can plan on number of handouts as well as refreshments. Thanks!

Gail Smith, CMT

Nature Coast Chapter President, 2011

ANSWER KEY TO PLURAL QUIZ

1. bases
2. rugae
3. apices
4. Paps
5. conjunctivae
6. urinalyses
7. calculi
8. histories
9. women
10. sclerae
11. 7's
12. tendencies
13. rhonchi
14. cc
15. activities
16. media
17. diverticula
18. data
19. matrices
20. mg
21. injuries
22. feet
23. malleoli
24. tuberosities
25. arches
26. nares
27. MPJs
28. deformities
29. ecchymoses
30. TMs
31. families
32. children

- 33. foramina
- 34. menisci
- 35. decubitus ulcers

Pictures - NCC Luncheon for MT Week- May 2011





AHDI-Florida State Conference - May 13-14, 2011





