

# Med-A-Scoop

Dear ISMA Members:

Oct/Nov  
2016 Issue

Can you believe the Summer is already gone? I am sure that you have been as busy as I have been. The National Conference was in Reston, Virginia; on September 16-19, 2016. This was a great time to network with other Medical Assistants from all over our country and get CEUs at the workshops.

Our last workshop was on "Billing and Coding Hot Topics and What You Need to Know" and was very interesting. Ann Silvia has many years of experience auditing medical records and was very enlightening on documentation pitfalls.

Please encourage others to come out to network and have a great time of fellowship as we learn and get CEUs at our State Board meetings. Our next workshop is our **Souper Saturday and Silent Auction** on November 5, 2016. Please bring your favorite soup or favorite dish / dessert and an item to put in our holiday auction.

Vice President-Jane Seelig, CMA-A (AAMA) has arranged for a workshop about learning to use some of the Microsoft programs.

Remember to **bring a laptop if possible**.

Hope to see you in November.

Remember:

*"That until you spread your wings you will never know how far you can fly"*

Clara Poirot, CMA (AAMA) CN-BC  
ISMA President



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## 2016-2017 ISMA STATE BOARD MEETINGS AND WORKSHOPS

ALL State Board Meetings will be held at  
Harrison College  
Main Medical Campus  
8150 Brookville Rd., Indianapolis, IN 46239

### Meeting Dates    Med-A-Scoop Deadline

Feb 11, 2017      December 21, 2016  
April 21-23, 2017    March 3, 2017

Please mail or email all district news for publication directly to:

Pam Neu, CMA (AAMA)  
4805 East 640 South  
Wolcottville, IN 46795  
Email: [msneu@yahoo.com](mailto:msneu@yahoo.com)

**CMA's The Great Transformers**

*A Publication by the  
Indiana  
Society of Medical  
Assistants, Inc.*

## ISMA Physician Advisors 2016-17

### Scott Guenther, M.D.

The Dermatology Center of Indiana  
Plainfield, IN  
1 year

### Jeff Stidam, M.D.

Jewish Hospital  
Louisville, KY  
2 years

### Kristi Peck, M.D.

Evansville Surgical Associates  
Evansville, IN  
3 years

## ISMA Honorary Members

1980 Herbert Dixon\*  
1997 Bruce Johnson  
Hubert Irwin\*  
2008 Earl Williams\*  
2013 Jack Begley  
Kathy Heck

## ISMA Life Members

1992 Bonnie Reidenbach, CMA-AC  
1994 Patricia Kennington, RN, CMA\*  
2005 Eva Irwin, CMA\*  
2011 Eulah Dearing, CMA (AAMA)  
2012 June Brown, RMA  
2015 Tammy Daily, CMA (AAMA)

\*Denotes deceased

## Leon Levi Award Recipients

1988 Patricia Kennington, RN, CMA\*  
Jane Seelig, CMA-A  
Pauline Pinnick, CMA  
1990 Bonnie Reidenbach, CMA-AC  
1991 Bettye Yard, CMA-C\*  
1998 Norma Harmon, CMA  
2001 Eva Irwin, CMA\*  
2002 Eulah Dearing, CMA  
2010 Marjorie Mikesell, CMA  
2013 Tammy Daily, CMA (AAMA)  
2014 Sandra Johnson, MS, CMA (AAMA),  
CPC  
2015 Rita Michel, CMA (AAMA)

These physicians and members have contributed much to our society; be sure to thank them!

## Medical Assistant Creed

I believe in the principles and purposes of the profession of medical assisting.  
I endeavor to be more effective.  
I aspire to render greater service.  
I protect the confidence entrusted to me.  
I am dedicated to the care and well-being of all people.  
I am loyal to my employer.  
I am true to the ethics of my profession.  
I am strengthened by compassion, courage, and faith.

## ISMA Mission Statement

**The Indiana Society of Medical Assistants, in affiliation with the American Association of Medical Assistants, strives to:**

- Promote professional growth of and identify its membership through education and credentialing
- Inspire members to provide honest, loyal and efficient service to the public they serve and the proficient;
- Stimulate a feeling of fellowship and cooperation with the medical professional in improving public relations;
- Encourage and assist medical assistants in forming component chapters.

## Indiana State Medical Assistants

### Code of Ethics

E is for Endeavor in our duties  
T is for Truthfulness in all we do  
H is for Helpfulness to others  
I is for Integrity in our work  
C is for courteous treatment to all  
S is for sincerity in our purpose

**Put them all together they spell ETHICS, A WORD WE MUST UPHOLD TO ATTAIN OUR GOAL**

**J. Marie Theobald Wilhite**



## State Officers:

### President

Clara Poirot, CMA (AAMA), CN-BC  
629 Monroe  
Newburgh, IN 47630  
Home: 812.853.7881  
Cell: 812.455.6697  
E-mail: spiritwind629@hotmail.com

### Vice President

Jane Seelig, CMA-A (AAMA)  
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### Recording Secretary

Jeni Begley, CMA (AAMA)  
3354 North 1150 West  
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Cell: 765.412.2779  
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### Immediate Past President

Joyce Edds, CMA (AAMA), CPT (ASPT)  
3416 Pennsylvania Ave  
Jeffersonville, IN 47130  
Home: 812.288.6025  
Cell: 502.523.0743  
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### Treasurer

Rita Michel, CMA (AAMA)  
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Huntington, IN 46750  
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### Med-A-Scoop Editor

#### Website

Pam Neu, CMA (AAMA), MBA  
4805 E 640 S  
Wolcottville, IN 46795  
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E-mail: msneu@yahoo.com

## District Directors:

### East Central

Michelle Bray, CMA (AAMA)  
10730 Cobblestone Drive  
Indianapolis, IN 46234-9797  
Home: 317.271.8218  
E-mail: michellebray69@yahoo.com

### First District

Tammy Daily, CMA (AAMA)  
701 Meyer Ave  
Evansville, IN 47710  
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E-mail: onceadaily2@wowway.com

### Southeast District

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Home: 812.256.4878  
Cell: 812.786.9479  
E-mail: d.m.wimsett@hotmail.com

### St. Joe District

Karen Pershing, CMA (AAMA)  
52438 Oak Manor Dr.  
Granger, IN 46530  
klpershing@aol.com

### Twelfth District

Kimberly Leyman, CMA (AAMA)  
3126 Kenaston Dr.  
Fort Wayne, IN 46815  
Cell: 260.580.4231  
leyman13@gmail.com

### West Central District

Jeni Begley, CMA (AAMA)  
3354 North 1150 West  
Delphi, IN 46923  
Cell: 765.412.2779  
E-mail: jeni\_cma@comcast.net



October 17-22,  
2016  
How will you  
Celebrate?

**INDIANA SOCIETY OF MEDICAL ASSISTANTS  
BOARD OF DIRECTORS MEETING  
Harrison College-Medical Campus  
Indianapolis, IN  
August 27, 2016**

**Call to Order** President Clara Poirot, CMA (AAMA), CN-BC called the meeting to order at 4:20 pm.

**Invocation** Chaplain Joyce Edds, CMA (AAMA), CPT (ASPT) gave the invocation.

**Medical Assistants Creed** Vice President Jane Seelig, CMA-A (AAMA) led the reciting of the Creed.

**Introductions** President Clara Poirot, CMA (AAMA), CN-BC introduced the elected and appointed officers and directors. All past Leon Levi, Golden Apple, and Medical Assistant of the Year Award winners were recognized, as were the past presidents, life members, honorary members, and guests.

**Credentials Report** Jodie Cadreau, CMA (AAMA), LMR gave the Credentials Report. There were 18 registered for the meeting with a voting power of 11. A quorum was 6, a majority vote was 6 and a 2/3 vote was 8.

**Secretary's Report** Pam Neu, CMA (AAMA), MBA reporting for Jeni Begley, CMA (AAMA)-Published in the Med-A-Scoop.

**Treasurer's Report**

Rita Michel, CMA (AAMA)	
Beginning balance	\$35,832.27
Income	\$20,517.61
Expenses	\$ 3,347.97
Ending balance	\$53,001.91
Certificate of Deposit	\$29,810.29
Eva I. Irwin CMA Fund	\$ 4,179.19
Student Support Fund	\$ 1,407.00

**Presentation of Bills** None

**Correspondence** June Brown, RMA read the correspondence: Proxy cards for the delegates and alternates were on hand with a reminder that all delegates and alternates will have to present a current membership card before registering for the House of Delegates at National Conference.

**Officer Reports**

President- Clara Poirot, CMA (AAMA), CN-BC –No report.  
 Vice President- Jane Seelig, CMA-A (AAMA) - No report.  
 Secretary-Jeni Begley, CMA (AAMA) - No report.  
 Treasurer-Rita Michel, CMA (AAMA) – Tax ID situation is on its way they are sending us our verification for state and that should get us our Tax ID. We have 1,408 members statewide Med-A-Scoop-Pam Neu, CMA (AAMA) – The Med-A-Scoop deadline is September 15.

**Committee Reports**

**Budget & Finance-** No report.  
**Bylaws & Standing Rules-** No report.  
**Certification-** No report.  
**Continuing Education-** Jane Seelig, CMA-A (AAMA)- 20 registered for today's workshop. Great food with the chefs being Santa Bruce, Jerry Stidam, and Michael Cadreau. Our next workshop is November 5 and we need to bring laptops as the program is on Microsoft Word, Excel, and Publisher.  
**Council of Past Presidents-**No report.  
**Historian-**No report.  
**Website Development-**up-to-date as of today  
**Membership-** Joyce Edds, CMA (AAMA), CPT (ASPT) – We have 1,430 members according to the website.

**Procedure Manual-** No report.

**ISMA Liaison-** Tammy Daily, CMA (AAMA) – The committee is set for September 24 for the state physicians conference. Lanyards, lots of pamphlets, and our advertising page are set.

**Public Policy/Affairs-** No report.

**Scholarship-** No report.

**Ways & Means-** Sandy Johnson, MS, CMA (AAMA), CPC- \$155 was raised on today's raffle. Souper Saturday and Silent Auction with one item donation that is unwrapped for November.

**Eva I. Irwin/Student Support Fund-** No report.

**2017 State Conference-**No report.

**2018 State Conference-**Conference for 2018 is at Oakwood Resort, Lake Wawasee for April 20-22, 2018. Rooms are \$99 standard and \$169 suite. Relax, Recharge, Renew is the theme.

**2019 State Conference-**No report.

## Chapter Reports

**East Central District–** Heidi Sisson, CMA (AAMA) Alternate Director reported they will be having a Sept 10 workshop and have 396 members

**First District-** Tammy Daily, CMA (AAMA) Director reported that they are getting ready for the new year and have 194 members.

**St. Joseph District-** Karen Pershing, CMA (AAMA) Director reported they held a Sept. 7 meeting at Beacon Home Care and they have a Oct 8 workshop with 6 CEUs. 220 members.

**Southeast District-** Jodie Cadreau, CMA (AAMA) LMR Alternate Director reported they are having a workshop in October or November that they held a meeting on July 12 at Ross Medical Education Center and announced their meeting dates for the year. 202 members.

**West Central District-** No report.

## Unfinished Business

Indiana State Physicians Conference is September 24-25, 2016 and Tammy Daily, CMA (AAMA) gave the report of material that will be presented.

## New Business

Delegate Packets have arrived and were read by June Brown. Bylaw and resolutions were all voted to be vetoed by the Indiana delegates. Reports from National Conference will be given in November.

Speaker Honorarium-Jane Seelig, CMA-A, (AAMA) moved that we pay \$25 per hour for speakers, seconded and carried.

Committee to establish some guidelines for State Conference to assist the chairs in planning. Jeni Begley, CMA (AAMA) is working with the Iowa Conference guidelines for the 2017 ISMA Conference. Joyce Edds, CMA (AAMA), CPT (ASPT) will chair the committee to work on these guidelines. Jane Seelig, CMA-A (AAMA) has done a rough draft which Joyce will use.

## Announcements

The next meeting will be November 5, 2016

The Med-A-Scoop deadline is September 15, 2016

## Adjournment

The meeting was adjourned at 5:13 p.m.

Pamela L. Neu, CMA (AAMA), MBA for Jenifer D Begley, CMA (AAMA)

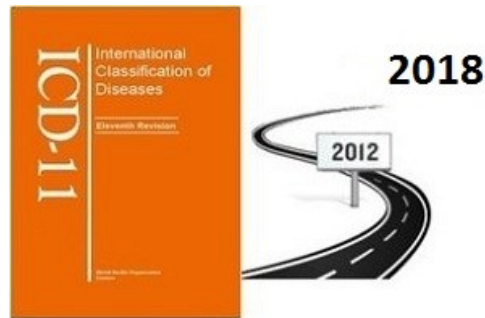
Recording Secretary

**AGENDA**  
ISMA Board of Directors  
November 5, 2016

Call to Order	Clara Poirot, CMA (AAMA) CN-BC, President
Invocation	Joyce Edds, CMA (AAMA), CPT (ASPT) Chaplain
Medical Assistant Creed	Joyce Edds, CMA (AAMA), CPT (ASPT)
Credentials Report	Joyce Edds, CMA (AAMA), CPT (ASPT)
Introductions	Clara Poirot, CMA (AAMA) CN-BC President
Secretary Report	Jeni Begley CMA (AAMA) Secretary
Treasurer Report	Rita Michel, CMA (AAMA) Treasurer
Presentation of Bills	
Correspondence	June Brown, RMA
Officer Report	President- Clara Poirot, CMA (AAMA), CN-BC
Vice President-	Jane Seelig, CMA-A (AAMA)
	Secretary - Jeni Begley CMA (AAMA)
	Treasurer - Rita Michel, CMA (AAMA)
	Med-A-Scoop- Pam Neu, CMA (AAMA), MBA
Committee Reports	Budget & Finance - Rita Michel, CMA (AAMA)
	Bylaws & Standing Rules Karen Pershing, CMA(AAMA)
	Certification-Sandy Johnson MS, CMA (AAMA) CPC
	Continuing Education– Tammy Daily, CMA (AAMA)
	Council of Past Presidents- Joyce Edds, CMA (AAMA),CPT(ASPT)
	Historian- Marianne Hawker-Green, CMA (AAMA)
	Website Development, Pam Neu, CMA (AAMA), MBA
	Membership- Joyce Edds, CMA (AAMA), CPT(ASPT)
	Procedure Manual-
	ISMA Liaison-Tammy Daily, CMA (AAMA)
	Public Policy/Affairs Tammy Daily, CMA (AAMA)
	Eva Irwin Support Fund-Sandy Johnson, MS, CMA (AAMA) CPC
	Ways & Means- Sandy Johnson, MS, CMA (AAMA)
	2017 State Conference – Jeni Begley, CMA (AAMA)
	2018 State Conference – Rita Michel, CMA (AAMA)
	2019 State Conference
Chapter Reports	East Central District – Michelle Bray, CMA(AAMA)
	First District – Tammy Daily, CMA(AAMA)
	St. Joseph District – Karen Pershing, CMA(AAMA)
	Southeast District – Diane Wimsett, CMA(AAMA)
	Twelfth District – Kimberly Leyman, CMA(AAMA)
	West Central District – Jeni Begley, CMA(AAMA)
Unfinished Business	State Conference Guidelines - Joyce Edds, CMA (AAMA),CPT(ASPT)
New Business	Delegate reports from National conference
Announcements	<b>Medical Assistant of the Year</b>
Nominations by Chapters to President by <b>January 1, 2017</b>	<b>Leon Levi Award</b> Nominations to President by February 1, 2017
	<b>Golden Apple Award</b> Nominations to President by Feb. 1, 2017.
	Next meeting February 11, 2017
	M-A-S deadline is December 21, 2016 be prompt for Christmas
Adjournment	



## ISMA CODING CORNER



As October 1, 2016 approaches, and one year has passed since the implementation of ICD-10-CM, the World Health Organization is giving early previews of what is happening with ICD-11-CM and the timeline for this revision.

2016 – Technical development and release

2017 – Field testing and technical work

2018 – First update to be presented at the World Health Assembly for endorsement

Let's review how we got to ICD-10-CM. Once a version is released, many nations like the United States then adapt it for their needs and the implementation process begins. It took the United States 17 years to implement ICD-10-CM after it was released by the federal government. The Centers for Medicare and Medicaid Services (CMS) maintains ICD-10-CM was always a building block for the implementation of ICD-11-CM.

ICD-11 has five new chapters: Diseases of the Blood and Blood-forming Organs; Disorders of the Immune System; Conditions Related to Sexual Health; Sleep-Wake Disorders; Extension Codes; Traditional Medicine ICD-11 has a new coding scheme with chapter numbers in Arabic rather than Roman and an additional letter in the second character, differentiating it from ICD-10. A sneak preview from Healthcare Business Monthly published by AAPC (July 2016 edition) reveals the following:

Examples: Type 1 diabetes mellitus – 6A10

Diabetic retinopathy – MG45

Type 1 diabetic mellitus with diabetic retinopathy – 6110/MG45

ICD-11-CM is still being tested, discussed, and revised. Learn more at [www.who.int/classifications/icd/revision/en](http://www.who.int/classifications/icd/revision/en).

Sandra Johnson, MS, CPC, CMA (AAMA)

[sanljohn@ius.edu](mailto:sanljohn@ius.edu)



## September, 2016 ISMA LIAISON REPORT

Changes to INSPECT law: In July, changes took effect in Indiana's prescription monitoring program, INSPECT. Patients INSPECT reports can now be included in their medical record....with Limitations. The law specifies an INSPECT report cannot be disclosed to a third party. Exceptions include: Another physician authorized to receive INSPECT information, Law enforcement officers, Investigators for certain state offices, The state toxicologist, The county coroner, A Medicaid representative of the prospective drug utilization review program, A substance abuse assistance program for a licensed health care provider. Read the complete statute at [www.ismanet.org/go/](http://www.ismanet.org/go/) IGA070516

Emergency Departments in Indiana now have guidelines, checklist to help with Opioid Prescribing: Recommendations were recently endorsed and released by the Governor's Task Force on Drug Enforcement, Treatment and Prevention. These guidelines are aimed at curbing overprescribed addictive opioids. They can serve as another tool to help physicians in the ED with managing pain in patients with acute injuries and illnesses and used in conjunction with their own expertise, experience and training. To view the guidelines, intended to complement the previously released Indiana Chronic Pain Management Rules, visit [www.ismamet.org/go/EDOpioidGuide](http://www.ismamet.org/go/EDOpioidGuide)

CHARGING PATIENTS FOR COPIES OF THEIR MEDICAL RECORDS: For many years, Indiana law has set the fees health care providers can charge for copies of medical records. The HIPPA Privacy Rule in 2003 created an enforceable, legal right of access for patients to request copies of their medical records. It also added a new layer of restrictions on what can be charged for copies of protected health information (PHI). Recent HIPPA guidance clarified permissible fees for copies of medical records, reasserting that fees must be reasonable and cost-based. The HIPPA law offers a variety of permissible approaches to medical record fees: No Charge, Flat Fee & Cost Plus. Note that despite Indiana law explicitly allowing per page copy fees, HIPPA does not permit charging per page for copies of PHI maintained electronically. HIPPA also would not permit the flat \$20 labor fee, the \$10 expedite fee or the \$20 certification fee permitted by Indiana law for any type of records—paper or electronic. Review your policies and practices to ensure you are not charging such fees.

Tammy Daily, CMA (AAMA) Liaison

### Cell Phone Etiquette: ([parkview.org](http://parkview.org))

Have you ever looked at your cell phone while in the company of someone else? If so, you are guilty of a phenomenon called phubbing. Phubbing, or phone snubbing, is a newly coined term that refers to the act of ignoring someone in a social setting by looking at your phone or other mobile device.

People phub all the time. But that doesn't mean it's socially accepted. Sending a text, taking a non-emergency call, or posting something on social media when you are with someone else is just plain rude. And no one likes to be ignored. Do it too often, and people may stop including you in their plans.





# ISMA SOUPER SATURDAY

NOVEMBER 5, 2016

Harrison College  
8150 Brookville Rd.  
Indianapolis, IN

11:30 a.m. - 12:45 p.m. – Lunch

**Silent Auction immediately following workshop**



Bring your soup, dessert, side dish – whatever your specialty may be to this fun-filled event.

*Each person is asked to please bring **one** unwrapped item for the silent auction, value of at least \$10.00.*



Workshop to follow – 1:00 – 3:00 p.m.

**PLEASE BRING YOUR LAPTOP**

\$15.00 Members

\$20.00 Nonmembers

\$10.00 Students

**Topic: Computer Update: Word, Spreadsheets and Power Point**

**Speaker: Sarah McGovern, Former Computer Skills Instructor,  
St Bartholomew School, Columbus IN**

**Questions?**

Contact Jane Seelig, CMA-A (AAMA) at 812-603-1886 or [janeselig@att.net](mailto:janeselig@att.net)



# ISMA 61<sup>st</sup> Annual Conference

April 21-23, 2017

*Holiday Inn-Downtown*

515 South St. Lafayette, IN 47901

(765) 423-1000

## “Make Your CMA Sizzle”

Please circle

**Member                    \$150.00**

**Non Member            \$175.00**

**Student                    \$75.00**

**Saturday only \$90.00 (banquet not included)**

Name and Credential: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone/Email: \_\_\_\_\_

Chapter: \_\_\_\_\_

Membership ID#: \_\_\_\_\_

**Please send completed registration to:**

**Jackie Vukobratovich  
5659 N Bluegrass Circle  
Lafayette, IN 47905  
765-491-3228**

First Time Attendee: \_\_\_\_\_ Newly Certified \_\_\_\_\_ Recertified \_\_\_\_\_

Chapter Officer Held \_\_\_\_\_

Make checks payable to **West Central District**-Credit Cards are not accepted

# ISMA 61<sup>st</sup> Annual Conference Schedule

Holiday Inn-Downtown  
515 South St. Lafayette, IN 47901

## Friday April 21

- 5 p.m. Registration Open
- 6 p.m. Pre-board Meeting
- 7 p.m.– 10 p.m. Welcome Party Movie and Popcorn **2 CEU**

## Saturday April 22

- 7:00 -8:00 a.m. Breakfast
- 8:30-10:30 a.m. Seminar **2 CEU**
- 10:30-10:45 a.m. Break
- 10:45-12:00 p.m. Annual Business Meeting
- 12:15-1:15p.m. Lunch **1 CEU**
- 1:30-3:30p.m. Seminar **2 CEU**
- 3:30-3:45p.m. Break
- 3:45-4:45p.m. Seminar **1 CEU**
- 7:00-? Banquet and Installation  
President’s Reception to Follow



## Sunday April 23

- 7:00-8 a.m. Breakfast workshop **1 CEU**
- 9:00-11:00a.m. Workshop **2 CEU**
- 11:00-12:00 p.m. Post Conference Board Meeting



**“Make Your CMA Sizzle”**





**St. Joseph District Fall Workshop**  
**When: October 8, 2016 (Saturday)**  
**Where: Elkhart General Hospital,**  
**Auditorium B**  
**Elkhart, IN**



Cost: **Members:** \$35.00    **Non Members:** \$40.00    **Students:** \$30.00

**6 CEU's**

7:45 a.m. to 8:25 a.m. Registration and Breakfast (included)

8:30 a.m. to 9:30 a.m. **Topic:** The Mouth is Part of the Body

Speaker: Amy Hazelwood, RDH BS

9:40 a.m. to 10:40 a.m. **Topic:** Diabetic Eye Disease

Speaker form Grossnickle Eye Center

10:50 to 11:50 a.m. **Topic:** Orthopedics

Speaker: South Bend Orthopedics

12:00 p.m. to 12:45 p.m. Lunch (**included**)

1:00 p.m. to 3:10 p.m. **Topic:** Over-the-Counter Medications

Speaker: Lauren Warner DC, MSAc, Lac

3:20 p.m. to 4:40 p.m. Topic: Acupuncture

Speaker: Lauren Warner DC, MSAc, Lac

Send Registration to Brandi Gaumer, CMA (AAMA), 613 W. Maple Ave. North Liberty, IN 46554  
 by **October 1, 2016**                      **Make check payable to: St. Joseph District**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone#/Email: \_\_\_\_\_

Chapter: \_\_\_\_\_

Send all questions and comments to: Karen Pershing, CMA (AAMA) at klpershing@aol.com or  
 call Marjorie Mikesell, CMA (AAMA) at (574)259-6075

## Mentoring Corner:

All members are encouraged to respond. This will provide information for future projects to increase your benefits of AAMA membership

1. Who in your district/chapter is responsible for communication with your membership?
2. Are Medical Assisting Program chairs and educators on the communication list?
3. What happens to the information received at a workshop or meeting?
4. What communication methods are utilized?
5. What is the communication frequency?
6. When a response is requested; what pathways are utilized?
7. Who receives the responses?
8. Are the responses used to summarize, analyze, or are they shared? If yes, who receives the information?
9. Do those receiving the information take action or respond to the information?
10. How long before the actions or responses taken is evaluated?
11. What support or reference tools do you utilize?

**Please send your response and mentoring project suggestions to:**

Jane Seelig, CMA-A (AAMA)

2905 Two Worlds Dr.

Columbus, IN 46201

Janeseelig@att.net



**Deadline is October 31, 2016**

### **NATIONAL AAMA OFFICERS:**

**President:** Julie Flaatten, CMA (AAMA), RN, EMT

**Vice President:** Lisa Lee, CMA (AAMA)

**Secretary/Treasurer:** Susan Hawes, MBA, RHIT, CMA (AAMA), CMPE

**Speaker of the House:** Debby Houston, CMA (AAMA), CPC

**Vice Speaker of the House:** Karen Minchella, CMA (AAMA), PhD

**Trustee:** Deb Novak, CMA (AAMA), Aimee Wicker, CMA (AAMA), and Monica Case, CMA (AAMA)

**Nominating Committee:** Tandra Bauman, CMA (AAMA), Deb Benson, CMA (AAMA), Melissa Burbage, CMA (AAMA), and Cristle Weissmiller, CMA (AAMA)



## **Traumatic Brain Injury (TBI): Condition Information**

### **What is TBI?**

TBI is a sudden injury from an external force that affects the functioning of the brain. It can be caused by a bump or blow to the head (closed head injury) or by an object penetrating the skull (called a penetrating injury). Some TBIs result in mild, temporary problems, but a more severe TBI can lead to serious physical and psychological symptoms, coma, and even death.<sup>1</sup>

TBI includes (but is not limited to) several types of injury to the brain:

Skull fracture occurs when the skull cracks. Pieces of broken skull may cut into the brain and injure it, or an object such as a bullet may pierce the skull and enter the brain.

Contusion is a bruise of the brain, in which swollen brain tissue mixes with blood released from broken blood vessels. A contusion can occur from the brain shaking back and forth against the skull, such as from a car collision or sports accident or in shaken baby syndrome.

Intracranial hematoma occurs when damage to a major blood vessel in the brain or between the brain and the skull causes bleeding.<sup>1,2</sup>

Anoxia absence of oxygen to the brain, causes damage to the brain tissue.

The most common form of TBI is concussion.<sup>1</sup> A concussion can happen when the head or body is moved back and forth quickly, such as during a motor vehicle accident or sports injury. Concussions are often called "mild TBI" because they are usually not life-threatening. However, they still can cause serious problems, and research suggests that repeated concussions can be particularly dangerous.<sup>3,4</sup>

A person who has a TBI may have some of the same symptoms as a person who has a non-traumatic brain injury. Unlike TBI, this type of injury is not caused by an external force, but is caused by an internal problem, such as a stroke or infection. Both types of injury can have serious, long-term effects on a person's cognition and functioning.<sup>5,6</sup>

TBI can happen to anyone, but certain groups face a greater risk for TBI than others. TBI among members of the military has become a particular concern in recent years because many military personnel in Iraq and Afghanistan have been exposed to such TBI hazards as improvised explosive devices. Head and neck injuries, including severe brain trauma, have been reported in 1 out of 4 military members who were evacuated from those conflicts.<sup>7</sup> For more information about brain injury in the military, visit the Defense and Veterans Brain Injury Center website.

### **What are common TBI symptoms?**

TBI symptoms vary depending on the extent of the injury and the area of the brain affected. Some symptoms appear immediately; others may appear several days or even weeks later. A person with TBI may or may not lose consciousness—loss of consciousness is not always a sign of severe TBI.

### **Symptoms of Mild TBI**

#### **A person with a mild TBI may experience:**

Headache

Confusion

Lightheadedness

Dizziness

Blurred vision

Ringing in the ears

Tiredness or sleepiness

A bad taste in the mouth

A change in sleep habits

Behavior or mood changes

Trouble with memory, concentration, attention, or thinking

Loss of consciousness lasting a few seconds to minutes<sup>1</sup>

Sensitivity to light or sound

Nausea or vomiting<sup>2</sup>

## **Symptoms of Moderate or Severe TBI**

A person with moderate or severe TBI may have some of the symptoms listed above. In addition, the person may experience any of the following:

- Headache that gets worse or won't go away
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- An inability to wake up from sleep
- Enlargement of the pupil (dark center) of one or both eyes
- Numbness or tingling of arms or legs
- Loss of coordination
- Increased confusion, restlessness, or agitation

Loss of consciousness lasting a few minutes to hours<sup>3</sup>

A person who suffers a blow to the head or another trauma that may have caused a TBI should seek medical attention.<sup>4</sup>

## **How many people are affected by or at risk for TBI?**

According to the Centers for Disease Control and Prevention (CDC), approximately 1.7 million people experience a TBI in the United States each year.<sup>1</sup> This number does not include injuries seen at military or Veterans Health Administration health facilities.

CDC data show that about 53,000 people in the United States die from TBI-related causes every year.<sup>2</sup>

Anyone can experience TBI because it is caused by common events such as car crashes, sports injuries, and falls. However, certain groups of people are more likely to sustain a TBI. The age groups in which TBI is most common are:

- Children up to 4 years old
- Adolescents 15 to 19 years old
- Adults 65 and older<sup>1</sup>

Within every age group, TBI rates are higher for males than for females.<sup>1</sup>

In addition, active duty and reserve service members, who engage in dangerous training and operational activities in addition to combat, face a greater risk of TBI than their civilian peers.<sup>3</sup>

Want more information on this topic? Go to: <https://www.nichd.nih.gov/health/topics/tbi/conditioninfo/Pages/affected-risk.aspx>

**This was one of the topics presented at the AAMA National Conference at Reston, VA. Plan on attending the National Conference at Hilton Cincinnati Netherland Plaza from October 6-9, 2017! Wonderful networking, education, and fun, fun, fun!!!!**



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