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**A Publication by the  
Indiana Society of Medical Assistants**

Dear ISMA Members,

I hope this letter finds you and your families safe and well. Since we were unable to have our Annual Conference this year, I would like to take a moment and introduce your officers for 2020-2021.

My name is Karen Pershing, CMA (AAMA), St. Joseph District, and I am your ISMA President. Dianne Wimsett, CMA (AAMA) from the Southeast District is your Vice President. The Recording Secretary and Treasurer are Heidi Sisson, CMA (AAMA) and Paula Schubert, CMA (AAMA), CPT (IAPS) respectively, and both are from East Central District. Also from the East Central District is our Immediate Past President Jane Seelig, CMA-A (AAMA).

The ISMA holds Workshop and State Board meetings every quarter in Indianapolis. I would love for everyone to come and introduce yourself to the new officers and other members! This is your organization and we are here to help serve the needs of our membership. We are here to grow as an organization.

Our theme this year is **“Soar to New Heights”**, and to accomplish this, we all need to work together. Please do not hesitate to contact myself or one of the other officers if you have ideas and/or questions.

Remember this is your organization and together we can **“Soar to New Heights”**.

Karen Pershing, CMA (AAMA)  
President, 2020-2021



**Soar like an eagle!**

**Check out our Website!**

**[www.insocmedasst.org](http://www.insocmedasst.org)**



**July/August 2020 Issue**

## Table of Contents

Presidents Letter.....	1
Creed, Mission Statement.....	2
Physician Advisors, Awards.....	3
State Officers/District Directors.....	4
Deadlines/Zoom Meeting.....	5
ISMA BOD Agenda.....	6-7
Zoom Invite Meeting for BOD.....	8
Zoom Invite for Executive Board Mtg.....	9
Minutes of June 6 meeting.....	10-12
ISMA Coding Corner.....	13
Ways and Means.....	14
ISMA Virtual Workshop.....	15
Zoom Invite to Workshop.....	16
ISMA Annual Conference.....	17
Dates to Remember.....	18
Epilepsy and COPD articles.....	19-20
Ending Notes.....	21



## 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 and identity of its membership through education and credentialing**
- **Inspire members to provide honest, loyal and efficient service to the public they serve and the profession**
- **Stimulate a feeling of fellowship and cooperation with the medical profession in improving public relations**
- **Encourage and assist medical assistants in forming component chapters.**

## ISMA Physician Advisors

### 2020-2021

William Pond, MD  
Anesthesiologist  
Fort Wayne, IN  
3 years

Kristi Peck, M.D.  
Evansville Surgical Associates  
Evansville, IN  
2 years

Jeff Stidam, M.D.  
Jewish Hospital Louisville, KY  
1 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)  
2018 Marjorie Mikesell, 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  
2016 Rita Michel, CMA (AAMA)  
2019 Pam Neu, CMA (AAMA), MBA

## Golden Apple Recipients

2000 Eva Irwin, CMA\*  
2003 Sandra Johnson, MS, CMA  
(AAMA), CPC  
2004 Nancy Measell, CMA  
2005 Cindy Abel, BS, CMA  
2006 Pam Neu, CMA (AAMA), MBA  
2009 Jennifer Weathers, CMA (AAMA)  
2010 Rita Michel, CMA (AAMA)  
2012 Nina Thierer, CM A (AAMA)  
2019 Sherry Braye, CMA (AAMA), BS

\*Denotes Deceased



## State Officers:

### President

Karen Pershing, CMA (AAMA)  
Granger, IN 46530  
E-mail: klpershing1@gmail.com

### Vice President

Dianne Wimsett, CMA (AAMA)  
Charlestown, IN 47111  
E-mail: d.m.wimsett@hotmail.com

### Recording Secretary

Heidi Sisson, CMA (AAMA)  
Indianapolis, IN 46217  
hsisson@encompassworld.org

### Immediate Past President

Jane Seelig, CMA-A (AAMA)  
Columbus, IN 47201  
E-mail: janeseelig@att.net

### Treasurer

Paula Schubert, CMA (AAMA), CPT (IAPS)  
Richmond, IN 47374  
E-mail: schubertpaula63@hotmail.com

### Med-A-Scoop Editor Website

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

## District Directors:

### East Central

Paula Schubert, CMA (AAMA), CPT (IAPS)  
Richmond, IN 47374  
E-mail: schubertpaula63@gmail.com

### First District

Clara Poirot, CMA (AAMA), CN-BC  
Newburgh, IN 47630  
E-mail: spiritwind629@hotmail.com

### Southeast District

Joyce Edds, CMA (AAMA), CPT (ASPT)  
Jeffersonville, IN 47130  
mnedds@aol.com

### St. Joe District

Brandi Gaumer, CMA (AAMA)  
N. Liberty, IN 46554  
E-mail: Blauderback86@gmail.com

### Twelfth District

Rita Michel, CMA (AAMA)  
Huntington, IN 46750  
E-mail: remichel49@gmail.com

### West Central District

Jeni Begley, CMA (AAMA)  
Delphi, IN 46923  
E-mail: jeni\_cma@comcast.net



## DEADLINES

<b>Membership Dues</b>	December 31, 2020 to be eligible to vote at ISMA Annual Conference
<b>Medical Assistant of the Year</b>	Nominations by Chapters to President by January 1, 2021 and forwarded to Physician Advisors (3) by February 1, 2021 for judging. Award to be presented at Annual State Conference Banquet.
<b>Leon Levi Award</b>	Nominations to President by February 1, 2021 for judging. Award to be presented at Annual State Conference Banquet.
<b>Golden Apple Award</b>	Nominations to President by February 1, 2021. Award to be presented at Annual State Conference Banquet.
<b>Nominating Slate (Officers)</b>	Slate of Officers to be presented at the February 2021 State Board Meeting.
<b>Bylaws, Standing Rules, Resolutions</b>	Any proposed changes to Bylaws, Standing Rules, Etc. must be provided to the membership 60 days prior to Annual State Conference (February 2021)

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### **August 15, 2020 12:00 p.m. Zoom Meeting**

Due to “social distancing” we are holding a meeting August 15, 2020, at 12:00 p.m. on Zoom. Check inside this Med-A-Scoop for instructions to sign in on August 15. **Instructions will also be posted on the website!** Hope to “see” you there!

Pam  
msneu@yahoo.com



**ISMA Board of Directors**  
**August 15, 2020**  
**Sign in for Zoom Board Meeting 3:15 p.m.**  
**Board Meeting 3:30 p.m.**

<b>Call to Order</b>	Karen Pershing, CMA (AAMA), President
<b>Invocation</b>	Joyce Edds, CMA (AAMA), CPT (ASPT), Chaplain
<b>Medical Assistant Creed</b>	Dianne Wimsett, CMA (AAMA), Vice President
<b>Introductions</b>	Karen Pershing, CMA (AAMA), President
<b>Credentials Report</b>	Brandi Gaumer, CMA (AAMA), Chair ____ registered ____ voting power ____7__ quorum ____majority ____2/3
<b>Secretary Report</b>	Heidi Sisson, CMA (AAMA)
<b>Treasurer Report</b>	Paula Schubert, CMA (AAMA), CPT (IAPS)
<b>Presentation of Bills</b>	Karen Pershing, CMA (AAMA), President
<b>Correspondence</b>	Marjorie Mikesell, CMA (AAMA), Corresponding Secretary
<b>Officers' Reports</b>	President – Karen Pershing, CMA (AAMA) Vice President – Dianne Wimsett, CMA (AAMA) Secretary – Heidi Sisson, CMA (AAMA) Treasurer – Paula Schubert, CMA (AAMA), CPT (IAPS) Med-A-Scoop/Website – Pam Neu, CMA (AAMA), MBA Immediate Past President – Jane Seelig, CMA-A (AAMA)
<b>Committee Reports</b>	Budget & Finance – Paula Schubert, CMA (AAMA), CPT (IAPS) Bylaws & Standing Rules – Rita Michel, CMA (AAMA) Certification – Marianne Hawker-Green, CMA (AAMA) Continuing Education – Dianne Wimsett, CMA (AAMA) Council of Past Presidents – Jane Seelig, CMA-A (AAMA) Eva I Irwin CMA (AAMA) Medical Assistant Support Fund – Sandra Johnson, MS, CPC, CCS-P, CMA (AAMA) Historian – Joyce Edds, CMA (AAMA), CPT(ASPT) ISMA Liaison – Tammy Daily, CMA (AAMA) Membership – Jane Seelig, CMA-A (AAMA) Mentoring – Rita Michel, CMA (AAMA) Procedure Manual – Joyce Edds, CMA (AAMA), CPT (ASPT) State Conference Guide – Joyce Edds, CMA (AAMA), CPT (ASPT)

## Agenda for Board Meeting-August 15, 2020—continued

Ways & Means – Sandra Johnson, MS, CPC, CCS-P, CMA (AAMA)  
Nominating Committee

### Committee Reports

2021 State Conference – Sandra Johnson, MS, CPC, CCS-P, CMA (AAMA)  
2022 State Conference – Brandi Gaumer, CMA (AAMA)  
2023 State Conference – Jane Seelig, CMA-A (AAMA)

### Chapter Reports

East District  
First District  
St. Joseph District  
Southeast District  
Twelfth District  
West Central District

**Unfinished Business** Transition of bank signing authority

**New Business** National Conference Paperwork

**Announcements** Med-A-Scoop Deadline is September 26, 2020  
Next meeting is November 7, 2020, at St. Franciscan  
Health Education Center

Executive Board	10:00 a.m.
Meal	11:00 a.m.
Workshop	12:00 (noon) – 3:00 p.m.
Board of Directors meeting	3:15 p.m. to?

Are there any other announcements?

### Adjournment

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**Pam Neu is inviting you to a scheduled Zoom meeting.**

**Topic: ISMA Board of Directors Meeting - August 15**

**Time: Aug 15, 2020, 03:30 PM Indiana (East)**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/82027969086>

**Meeting ID: 820 2796 9086**

One tap mobile

+13017158592,,82027969086# US (Germantown)

+13126266799,,82027969086# US (Chicago)

**Dial by your location**

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

**Meeting ID: 820 2796 9086**

Find your local number: <https://us02web.zoom.us/j/82027969086>



**Pam Neu is inviting you to a scheduled Zoom meeting.**

**Topic: Executive Board Meeting -August 15, 2020, "Only executive officers"**

**Time:** Aug 15, 2020 10:00 AM Indiana (East)

**Join Zoom Meeting**

<https://us02web.zoom.us/j/88537202606>

**Meeting ID:** 885 3720 2606

One tap mobile

+13126266799,,88537202606# US (Chicago)

+16465588656,,88537202606# US (New York)

**Dial by your location**

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Germantown)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 885 3720 2606

Find your local number: <https://us02web.zoom.us/j/88537202606>

**INDIANA SOCIETY OF MEDICAL ASSISTANTS  
BOARD OF DIRECTORS MEETING  
June 6, 2020  
ZOOM MEETING**

- Call to Order** President Karen Pershing, CMA-A (AAMA), called the meeting to order at 3:34pm.
- Medical Assistant Creed** Vice President Dianne Wimsett, CMA (AAMA), read the creed.
- Introductions** President Karen Pershing, CMA-A (AAMA), had people introduce themselves.
- Credentials Report** Jane Seelig, CMA-A (AAMA), gave the credentials report.  
There were 16 registered, a voting power of 11, quorum of 7, a majority of 6 and a 2/3 vote of 7.
- Secretary's Report** Dianne Wimsett, CMA (AAMA), read the minutes of the May 9, 2020, meeting to us. One editorial spelling correction was recommended.
- Treasurer's Report** Treasurer Joyce Edds, CMA (AAMA), CPT (ASPT), reported that a copy of the treasurer's report was emailed to the officers.
- |                                 |             |
|---------------------------------|-------------|
| Balance as of May 8, 2020       | \$43,312.89 |
| Total Income                    | \$ 0.00     |
| Total Expense                   | \$ 349.90   |
| Total as of June 5, 2020        | \$42,962.99 |
| Certificate of Deposit (#9561)  | \$31,387.60 |
| Certificate of Deposit (#70408) | \$15,645.55 |
| Total of CDs                    | \$47,033.15 |
| Eva I. Irwin, CMA (AAMA)        |             |
| Education Fund                  | \$ 3,621.91 |
| Student Support Fund            | \$ 1,998.00 |
- Presentation of Bills** None.
- Correspondence** Marjorie Mikesell, CMA (AAMA), read the letter from Dr. William Pond accepting the position of ISMA Physician Advisor, which praised the work done by the society.
- Officers' Reports** No reports at this time from the President, Vice President, Secretary, Treasurer and Immediate Past President. Karen Pershing, CMA (AAMA), read Pam Neu, CMA (AAMA), MBA, Med-A-Scoop/Website report. The request was made for members to complete the Roster Verification Form and send it back to Pam Neu, CMA (AAMA), MBA.
- Committee Reports** Budget & Finance – No report at this time.  
Bylaws & Standing Rules – Rita Michel, CMA (AAMA), will make an editorial correction.  
Certification – No report at this time.  
Continuing Education – Dianne Wimsett, CMA (AAMA), 26 attended the “A New Era – Virtual Meetings and Telemedicine”  
Council of Past Presidents – No report at this time.  
Eva I Irwin CMA (AAMA), Medical Assistant Program Fund – Ivy Tech in Evansville and Michigan City each received \$250 dollars.  
Historian – Joyce Edds, CMA (AAMA), CPT (ASPT) is the appointed historian.  
ISMA Liaison – Tammy Daily, CMA (AAMA), – They are working on the ISMA physicians' convention.

Membership – Jane Seelig, CMA-A (AAMA), – Jane plans to contact all non-renewing and non-member CMAs with information on how to contact their local chapter. Currently membership for the state of Indiana is 1,520.

Mentoring – No report at this time.

Procedure Manual – No report at this time.

State Conference Guide – Jane Seelig, CMA-A (AAMA), sent out an update and will be discussed under new business.

Ways & Means – No raffle today to report. Santa Bruce said that he wants to donate Breast Cancer pins to each chapter to sell for \$5.00 dollars each with \$1.00 going to chapter, \$1.00 to local cancer center, \$1.00 to Santa Bruce and \$2.00 to the ISMA Ways and Means fund. Each district should let him know how many pins they would like.

Website Development – Karen Pershing, CMA (AAMA), read Pam Neu, CMA (AAMA), MBA, report.

### **Committee Reports**

2021 State Conference – Sandra Johnson, MS, CPC, CCS-P, CMA (AAMA), 2020 Revisited

2022 State Conference – Brandi Gaumer, CMA (AAMA), no report at this time.

2023 State Conference – Jane Seelig, CMA-A (AAMA), no report at this time.

### **Chapter Reports**

**East District** (Paula Schubert CMA (AAMA) CPT (ASPT) – Due to Covid-19, our District has not been able to meet. We did meet March 7, 2020. We elected officers: President/Alt. Director Heidi Sisson CMA (AAMA), Vice President/Director Paula Schubert CMA (AAMA), CPT (IAPS) Secretary Katja Stine CMA (AAMA), Treasurer Jane Seelig CMA-A (AAMA), Education Coordinator Rebecca Norman CMA (AAMA).

**First District** (Clara Poirot, CMA (AAMA), CN-BC – No recent meeting but hope to have one in August.

**St. Joseph District** (Brandi Gaumer, CMA (AAMA) – No report at this time.

**Southeast District** (Joyce Edds, CMA (AAMA) CPT (ASPT) – Not able to host annual conference this year but will host it next year. Lots of things done via phone and email.

**Twelfth District** (Rita Michel, CMA (AAMA) – Unfortunately, due to COVID 19 and Ivy Tech shutdown, the Twelfth District meeting for March 10, 2020, was cancelled. The officers for Twelfth District for the coming year will be: President Pam Neu, CMA (AAMA), MBA, Secretary Annette Nair, CMA (AAMA), Treasurer Rita Michel, CMA (AAMA). The Director will be Rita Michel, CMA (AAMA), and Alternate is Pam Neu, CMA (AAMA), MBA. Total Members: 225

**West Central District** (Jeni Begley,) CMA (AAMA) – 202 members and for now Jeni Begley, CMA (AAMA), is the only active member as Melissa Taylor, CMA (AAMA), didn't renew her dues in time so she is not eligible to serve as director.

#### **Unfinished Business**

Discuss charging nonmembers for State Workshops Executive Board recommends that we charge non-members \$25 and members are free to attend State Workshops to earn 3 CEU's as this will encourage them to become members. Jeni Begley, CMA (AAMA), made the motion and Brandy Gaumer, CMA (AAMA), seconded it. It was passed affirmatively.

Members planning to attend AAMA Conference 9/11-14, 2020, in Lake Buena Vista Florida and who would be available for Conference Committee. - Karen Pershing CMA (AAMA) asked and no one else is planning to attend.

Transition of bank signing authority

Joyce Edds, CMA (AAMA), CPT (ASPT), said the Chase Banks lobby is not open at this time. She will continue to watch.

Corrections to Roster

Karen Pershing, CMA (AAMA), asked for corrections. Those were given to her and she will make the changes and hopes to give us all copies at our next meeting.

### **New Business**

Election of the nominating committee according to Article IX of the bylaws

Nominated Chair is Tammy Daily, CMA (AAMA),  
Rita Michel, CMA (AAMA),  
Cate Gardner, CMA (AAMA),  
Rhonda May, CMA (AAMA),

Jane Seelig, CMA (AAMA), motioned to close the nominating committee nominations and Rita Michel, CMA (AAMA), seconded it and it passed with a yes vote.

Conference Books – Joyce Edds, CMA (AAMA), CPT (ASPT) - She took recommendations for changes and will update the conference books with those changes.

### **Announcements**

**Med-A-Scoop Deadline is June 27, 2020**

**Next Meeting** – Is in person at this time.

**Date** - August 15, 2020, at Franciscan Health Education Center

**Executive Meeting** – Board of Director – 10 a.m.

**Meal** – 11 am - Taco Bar – Please bring something to share.

**Educational Workshop** – 2 CEUs – 12:00 (noon)-3:00 p.m.

Topic – Leadership Training

**Registration for Business Meeting** – 3:15 p.m. - ?

**Business Meeting** – 3:30 p.m.

Zoom Meeting went very well.

**Adjournment** – The meeting was adjourned at 4:59 p.m.

**Heidi Sisson, CMA (AAMA)**

**Recording Secretary**

## **A Zoom Meeting Well Done**

## ISMA CODING CORNER

With our lives changing with the coronavirus, so does our delivery of health care for our patients. Most of us are now working in facilities providing telehealth/telemedicine to our patients, or we have had personal encounters with physicians for our own healthcare needs. It is considered the “new house-call,” using technology to examine, diagnose, and treat patients. Virtual encounters involve apps to connect face-to-face with patients via cell phone with camera. Some examples are Doximity, Teladoc, LiveHealth, and Amwell.

Telemedicine or telehealth is not new, but the pandemic has pushed this technology to the forefront. Reimbursement is vital for compensation of these services. And, of course, the medical codes necessary to submit claims to third-party payers.

On April 1, 2020, the World Health Organization (WHO) released the following new ICD-10-CM codes for COVID-19:

U07.1 – a disease diagnosis of COVID-19 confirmed by laboratory testing

U07.2 – inconclusive diagnosis of COVID-19 where laboratory confirmation is inconclusive or not available

Z20.828 – contact with suspected exposure to someone confirmed to have COVID-19

Z03.818 – concern about **possible** exposure that is ruled out after evaluation (always code a possible or probable diagnosis listing symptoms, and never as a documentation of “rule out” in physician/ outpatient coding.)

CPT codes Evaluation/Management codes 99201-99215 are also submitted to indicate the type of encounter as normally reported for reimbursement, indicating new or established patients. CPT modifier 95 is a fairly new modifier used to bill private payers only to indicate services were rendered as synchronous telecommunication. Medicare does not recognize modifier 95. If telehealth services are rendered by telephone as non-face-to-face services, CPT codes 99441-99443 can allow the healthcare provider and patient to discuss a medical problem or follow-up.

What are the pros and cons of the virtual medical encounter? According to a Cisco survey, 74% of patients prefer the easy access to healthcare services over in-person interactions with physicians, convenience being the #1 advantage. Others report it saves money and time, especially if taking off work or school, and there is no time spent sitting in the reception area waiting to be seen. Some drawbacks are encounters that require in-person visits, such as breast exams, Pap smears, and biopsies. As medical care slowly returns to normal, many providers are scrambling to get patients back in for those procedures that had to be cancelled that were not considered life-and-death situations. But the first and foremost drawback is lack of human touch and face-to-face interaction between the patient and healthcare provider.

Sandra Johnson, MS, CPC, CCS-P, CMA (AAMA)  
Southeast District – sanljohn@ius

References: [www.who.int](http://www.who.int)  
[www.cdc.gov/nchs/data/icd](http://www.cdc.gov/nchs/data/icd)  
[www.cisco.com](http://www.cisco.com)



# INDIANA SOCIETY OF MEDICAL ASSISTANTS

## Ways & Means



For 2020/21, ISMA Ways & Means would like to support the American Cancer Society in the fight against breast cancer. We have members in our Society and all know someone who has fought this battle. Santa Bruce has spent several months crocheting pins to support this cause and to help support your chapter/district and state, especially since we have not been able to meet for in-person meetings with our Ways & Means raffles.

You may have received the pins from Santa's helper, Jane. Here are the details:

Each chapter will sell the pins for \$5.00 from now until the 2021 conference. If you need more pins, please let us know, so we can replenish your supply! Money collected will be submitted to the ISMA treasurer to distribute to each chapter/district and the local chapter of the American Cancer Society as follows:

- \$1.00 to each local chapter/district
- 1.00 to American Cancer Society (one donation from ISMA)
- 1.00 to Santa Bruce
- 2.00 to ISMA

If you need more pins, contact Sandy at [sanjohn@ius.edu](mailto:sanjohn@ius.edu).

**Sandy and Santa Bruce**



**ISMA VIRTUAL WORKSHOP**  
**Zoom Presentation**  
**August 15, 2020**  
**12:00 (noon) – 3:00 PM**



**“Management and Leadership Skills  
for Today’s Medical Practice”**

**Speaker (TBA)**

**CEUs pending AAMA approval**

**No charge for attendees.**

**Info will be on website when received.**

**WEBSITE: [www.insocmedasst.org](http://www.insocmedasst.org)**

**Pam Neu is inviting you to a scheduled Zoom meeting.**

**Topic: ISMA August 15 Meeting— —“Management and Leadership Skills for Today’s Medical Practice”**

**Time:** Aug 15, 2020 12:00 PM Indiana (East)

**Join Zoom Meeting**

<https://us02web.zoom.us/j/86320377000>

**Meeting ID:** 863 2037 7000

**One tap mobile**

+13017158592,,86320377000# US (Germantown)

+13126266799,,86320377000# US (Chicago)

**Dial by your location**

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

**Meeting ID:** 863 2037 7000

Find your local number: <https://us02web.zoom.us/u/kbW3krxMVb>

**Welcome to all who would like to join us!**



**WELCOME TO THE INDIANA SOCIETY OF MEDICAL  
ASSISTANTS'  
65<sup>th</sup> ANNUAL CONFERENCE  
2021 *Vision for the Certified Medical Assistant***



***April 9-11, 2021***

***Hosted by Southeast District, Indiana Society of Medical Assistants  
Abe Martin Lodge  
Brown County State Park  
1450 State Rd. 46 W  
Nashville, IN 47448***

***“Having 2020 vision does not necessarily mean you have perfect vision. 20/20 vision only indicates the sharpness or clarity of vision at a distance. 2020 has not been a perfect year, but we definitely have a sharper and clearer vision for the future”  
(Submitted by Rhonda May, CMA (AAMA), Iowa.)***

## **DATES TO REMEMBER**

### **2020-2021 ISMA STATE BOARD MEETINGS AND WORKSHOPS**

**Most State Board Meetings will be held at  
St. Francis Franciscan Health Education Center  
421 N. Emerson Ave  
Greenwood IN 46143**

**Or**

**Zoom**

#### **Meeting Deadline**

August 15, 2020

November 7, 2020

February 13, 2021

April 9, 10, and 11, 2021

#### **Med-A-Scoop Deadline**

June 27, 2020

September 26, 2020

December 18, 2020

February 26, 2021

**Please e-mail all district news for publication directly to**

**Pam Neu, CMA (AAMA)  
Email: [msneu@yahoo.com](mailto:msneu@yahoo.com)**

**State Website:**

**[Www.insocmedasst.org](http://www.insocmedasst.org)**

**Find out what is going on within your Local and State Districts**

**National Website:**

**[Www.Aama-ntl.org](http://www.aama-ntl.org)**

**Find out what is going on Nationally!**



## EPILEPSY

Epilepsy is a common disorder of the brain that causes repeated seizures. It is sometimes called a seizure disorder.

A seizure is a short change in normal brain activity. Seizures are the main sign of epilepsy. A person is diagnosed with epilepsy when they have had two or more seizures.

There are many types of seizures. Some seizures can look like staring spells. Other seizures cause a person to fall, shake, and lose awareness of what's going on around them.

A seizure can last from a few seconds to a few minutes.

Epilepsy is more common in children and older adults but can affect people of all ages.

### Key Facts

- Epilepsy is a brain disorder that causes repeated seizures.
- Epilepsy affects about 3.4 million Americans.
- About 1 out of 10 people may have a seizure during his or her lifetime, though not all will develop epilepsy.
- There are many different kinds of epilepsy and types of seizures.
- People with epilepsy can have an active and full life.

There are over 230 epilepsy centers in the United States. Health care providers at these centers specialize in managing epilepsy and provide expert care to both children and adults. For example, an “epileptologist” is a doctor who has advanced training and experience in epilepsy.

### Prevention Tips

Sometimes we can prevent epilepsy. These are some of the most common ways to reduce your risk of developing epilepsy:

Take steps to prevent head injuries, such as using a seatbelt in the car or wearing a helmet while riding a bicycle.

Lower your risk of stroke and heart disease by eating well, exercising, and not smoking.

Be up-to-date on your vaccinations. Read the CDC Recommendations for Vaccines and Immunizations.

Wash your hands and prepare food safely to prevent infections such as cysticercosis.

Have a healthy pregnancy. Some problems during pregnancy and childbirth may lead to epilepsy in the child. Follow a prenatal care plan with your doctor to keep you and your baby healthy.

Source: [www.cdc.gov](http://www.cdc.gov)

# COPD



Chronic lower respiratory disease, mainly chronic obstructive pulmonary disease (COPD), is the fourth leading cause of death in the US. While tobacco smoke is the primary cause, 1 in 4 people with COPD have never smoked. Air pollutants at home (secondhand smoke), at work (fumes), and genetics can also cause COPD. Symptoms include chronic or smoker's cough, chronic phlegm production, shortness of breath, and wheezing. Early detection and treatment may change its course. A breathing test can measure lung function and detect COPD in those at risk. Treatment requires a careful and thorough doctor's evaluation, avoiding tobacco smoke, and removing air pollutants from the home and at work. Symptoms may be treated with medication. A doctor may also consider pulmonary rehabilitation, a personalized treatment program that teaches you how to manage your COPD symptoms to improve quality of life.

## Key Facts

- COPD refers to a group of diseases that cause airflow blockage and breathing-related problems.
  - COPD affects more than 15 million Americans.
  - More than 140,000 Americans die of COPD each year – that is 1 death every 4 minutes!
- The most important aspect of treatment for COPD is avoiding tobacco smoke and other air pollutants.

## Prevention Tips

In certain situations, COPD may be preventable. There are several opportunities for prevention. Some of the most important are:

- If you are a smoker, quit. Approximately 75% of COPD deaths are attributed to cigarette smoking.
- Avoid exposure to air pollutants in the home and workplace.
- Get vaccinated during flu season if you have COPD to reduce the risk of flare-ups.

Source: [www.cdc.gov](http://www.cdc.gov)

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**Pam Neu, CMA (AAMA), Editor**



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**Our next meeting is  
August 15 on Zoom!**

**Invitation is inside this issue  
and on the  
Website-[www.insocmedasst.org](http://www.insocmedasst.org)**