



PRESIDENT'S MESSAGE

by Pati AR Howard, CMT, AHDI-F



The theme for July is caring for self. Chronologically, we have just passed the midway point of the year 2010. Perhaps it is time to “regroup” mentally and take stock of just how we spend our time.

Oftentimes we do not realize just how much time we spend on “busyness.” In our roles as parents, spouses, siblings, adult children, employees and volunteers, we do not realize how much time we spend neglecting ourselves. I wonder if feelings of guilt don’t also play a role in creating an atmosphere of placing ourselves last as we agree to spearhead that short project, teach that extra webinar, car-pool that extra week, or hostess that last minute meeting, etc., even though we don’t really want to say yes.

I have found it hard to say “no” in the past. As I get older, and especially as I have had to deal with health issues not only of my own but those of my husband’s, I have been forced to face the fact that I have not spent much time doing the things which make me happy. In the past I have viewed relaxing in the porch swing and listening to the birds as “selfish” since there was always something else I could be doing. I love to read, I love to listen to classical music; I want to learn how to ice skate - at least to the point where I can teeter around the rink without falling – and wistfully dream about learning to play the oboe I bought which sits on my closet floor; I want to go back to college to study only those courses which interest me. These “wants” are currently on a “to-do list” which gathers dust in a corner of my mind.

Having balance in one’s life, spending time on self care, is not selfish, it is necessary. The adage, “all work and no play makes Jack a dull boy,” is true. “All work” dulls our senses, beats us down mentally and emotionally, and stresses us physiologically.

I challenge you to take stock of how you spend your time. Sit down with a cup or glass of your favorite beverage, armed with a scratch pad, and create a time line of your typical day. Have you allotted “self” time daily? Do you do something strictly for yourself, something which puts a smile on your face when you think about it?

I also challenge you to shut the door to your home office one day a week and train yourself not to open that door, not to peek in to see if “everything is okay” and to force yourself to refrain from opening your work-related e-mail one day a week.

Finding time for yourself might seem “foreign” and even selfish, but it is a vital part of living a balanced life.

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In the Know

Christine Peterson, CMT

OA-AHDI Certification Committee Chair

In 1999 I was teaching high school Spanish and expecting our first child. I knew I wanted to stay at home with my baby, but finances wouldn't allow me to just quit my job. I started researching work-at-home jobs, most of which, as you probably know, were scams. I remembered a friend of a friend who worked from home as an MT. I figured if she could do it and stay home with her kids, I could too! My next step was researching MT schools. I wound up at Andrews. It was a fantastic choice! After I graduated, in August of 2001, I set about trying to find a job. I finally found someone who would mentor me. The pay started off really low, but I advanced quickly and soon was making more than I did when I was teaching, much to the relief of my husband!

Throughout this entire process, I always had it in the back of my mind that I would go on to take the CMT test and get my credential. I figured I'd wait a year or so and get some experience. Somewhere along the line, my confidence failed me. All I could think about was the expense of the test and how bad I would feel if I didn't pass. So, I put it off for another couple of years and then another couple of years. Before I knew it, I had been a working MT, running my own business and/or working for various companies, for 8 years. I finally decided enough was enough. If I didn't know enough to pass that test now, I never would!

I joined AHDI. I ordered the CMT Review Guide. I attended the *CMT and RMT: Steps to Credentialing* webinar. I took the CMT Prep Assessment course. I applied to take the test, and then, before I lost my courage, I signed up to take the test on the soonest convenient date that was available.

I won't say I wasn't still nervous. But going through all those steps really helped me. The relief I felt when the test administrator told me I passed and handed me my papers was immense. I felt an incredible sense of accomplishment and that I was doing something important, not just for my career as an MT, but also in caring for myself and following through on what I felt was an important part of being an MT.

I earned my CMT credential in October 2009. Since then I have been promoted to QC lead on my account at work and was told that a big part of that was because of the fact that I had my credential. I have started volunteering with AHDI as a mentor and on the Research and Development Team and now with OA-AHDI on the Credentialing Team.

So, my question for all of you who haven't taken the plunge is "What are you waiting for?" What can the other members of OA-AHDI and I do to help you prepare to take the RMT or CMT test? What topics would you like to see addressed in this article each month? Send an e-mail to certcommittee@oa-ahdi.org and let us know.



SPOT THE ERROR

EDITING EXERCISE: The report below has a single error, see if you can find it. This is not for QA, this is an exercise for the MT to spot an error made by the dictator.

POSTOPERATIVE DIAGNOSES:

- 1) Left shoulder rotator cuff tear.
- 2) Left shoulder outlet impingement.

PROCEDURES PERFORMED:

- 1) Left shoulder arthroscopic double row fixation rotator cuff repair.
- 2) Left shoulder arthroscopic subacromial decompression and acromioplasty.

ANESTHESIA: General endotracheal.

INDICATIONS: A 59-year-old male with a longstanding shoulder injury and resulting rotator cuff tear. He failed conservative management, elected to undergo shoulder arthroscopy. He was made fully aware of the risks and benefits of surgery, which were documented and accepted preoperatively.

DESCRIPTION: Patient was given antibiotics and brought to the operative theater by the anesthesia team, anesthetized in usual fashion. Left lower extremity was prepped and draped in sterile fashion. Posterior portal was created. Insertion of the arthroscope and inflow in joint showed obvious full-thickness rotator cuff tear with minimal retraction. The superior labrum showed mild fraying and tearing. Through an anterior portal, a debridement was done of the superior labrum to a smooth stable rim of cartilage and then the arthroscope and inflow redirected in the subacromial area where a significant amount of bursa was found and removed with the shaver. The large downsloping acromion was smoothed out, completing acromioplasty and subacromial decompression to a smooth flat undersurface of the acromion. The rotator cuff was visualized. The anatomic footprint was debrided to healthy-appearing bone to increase healing potential. This was a large crescent-shape tear of 1.5 x 1.5 cm. The edges were freshened up. Two SwiveLock anchors were placed along the medial row and the 2 sutures passed through the rotator cuff tissue. The tape was then passed over top of the rotator cuff lateral row and compressed with 2 anchors. This completed a double row fixation rotator cuff repair. My assistant held tension on the rotator cuff while I passed sutures and applied fixation. Excess suture was removed. Shoulder was drained. Portals were closed with nylon suture. The shoulder was injected with Marcaine. No pain catheter was used. Wounds were cleansed and dressed with Xeroform, 4 x 4s, ABD, paper tape, cold therapy pad and a sling. Patient then was awakened, extubated, and moved to the PACU in stable condition. Patient's fingers were pink and warm with excellent capillary refill and pulses following the procedure.

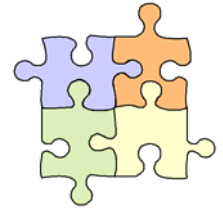
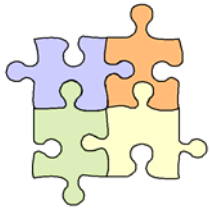


Take the time to come home to yourself every day.

~Robin Caserjean

My heart filled with love, flowing over with joy, my own little drum that I like to march by!

~Gunda Fijnje-Nolan



DRESSINGS

T M K M C O V E R L E T N Z M H N T C
 T G C O O L S O R B C K T N K V T N N
 K M A L E J K N H Y D R O G E L X G N
 X T V L V T Y H M X M Y N B G I I Y N
 T S P C I C W M C L H V U K L K L N D
 M A N O S T O M M B B L H R C V Y X G
 H L M L U P L B Q O K R E M M X Y D Q
 N P W L L N R L A Y L K N J L P M E T
 D O W A C M L L M N C E R W M L C R T
 W T J G C B N R K T N G S X M O K M Z
 C S C E O X E C V M J K K K M Q L A M
 V A X N L D O N B P R X L P I M N M R
 D L M F A C F R R R Q O R Z J N M E E
 C E Y G S L L H N E O E F C V C W N D
 D W E S V Y X G R S S S N O D F J D O
 R T A V Z K R W P S B L A Y R T Q G U
 R L M M B G J T I U X N M U M E R G D
 G R R N P L X V R R V L R G Q N X M H
 K H L I R B E W R E P R O H P A U Q A

www.WordSearchMaker.com

Aquaphor	DermaMend	occlusive
Aquasorb	DuoDerm	pressure
bulky	Elastoplast	Tegaderm
Coban	Glasscock	VAC
collagen	hydrogel	Webril
compressive	Kerlix	Xeroform
CoolSorb	Kling	
coverlet	moleskin	

Your soul is all that you possess. Take it in hand and make something of it!

~Martin H. Fischer

What we do flows from who we are.

~Paul Vitale



BLOOPERS, BLUNDERS, MISHAPS AND MAYHEM

SR: CHIEF COMPLAINT: Misses right toe.

D: CHIEF COMPLAINT: Blisters to right toe.

SR: The frozen came back as anaplastic astrocytoma, which I discussed with the bowels alone.

D: The frozen came back as anaplastic astrocytoma, which I discussed with the pathologist on the phone.

SR: CT of the thorax is read as there is a large mass, left upper lobe extending from the anterior Methodist.

D: CT of the thorax is read as there is a large mass, left upper lobe extending from the anterior mediastinum.

SR: Chest x-ray shows COPD and bilateral pleural effusion, entrapped testis.

D: Chest x-ray shows COPD and bilateral pleural effusion, atelectasis.

SR: Anterior cervical instrumentation of pregnancy, C4-C6.

D: Anterior cervical instrumentation, (C4-C6). Dictator said, "open parentheses."

SR: Patient is a heavy alcohol drinker but he states he cut down on his knees to to 3 months ago.

D: Patient is a heavy alcohol drinker but he states he cut down on his beers 2 to 3 months ago.

SR: GENERAL APPEARANCE: This is a 74-year-old MI associated male.

D: GENERAL APPEARANCE: This is a 74-year-old emaciated male.

SR: HEENT: Patient has dangers.

D: HEENT: Patient has dentures.

SR: Diminutive level 2.2.

D: Magnesium level 2.2,

WANTED

Your bloopers! Please share bloopers, flubs, misspeak, word-expansions gone wild with the readers of the newsletter for a laugh, smile or guffaw. E-mail us at BBeditors@oa-ahdi.org. We promise that all submissions will remain anonymous!



Looking back, you realize that a very special person passed briefly through your life, and that person was you. It is not too late to become that person again.

~Robert Brault



Member Profile

Spending Time With... Brenda Wynn, CMT Interviewed by Kathy Melton

Are you currently a medical transcriptionist? If so, how long have you been a medical transcriptionist?

Yes, I'm currently working as a medical transcriptionist. I've been doing this for 10 years.

What part of the country do you live in?

I live in a small town in the eastern part of North Carolina about 45 minutes from Greenville, NC.

What do you do to relax and unwind?

I love to read and do cross stitch. It also helps me to unwind if I can spend some time outside, especially after a rough day working with difficult dictators.

What is your all-time favorite movie?

Not sure if anybody will know this one but it's a comedy called Spaced Invaders starring Douglas Barr and Royal Dano that came out in 1990 about inept Martians who try to take over the earth. I've got it on video. No matter how many times I watch it, it still makes me laugh.

If you had to choose a tag line for yourself, what would it be?

"The MT who can't use a foot pedal."

What "one thing" can't you live without?

Actually, I think there are 2 things, family and friends. I'd be lost without both.

What do you like best about medical transcription? How about least?

The thing I love about being a medical transcriptionist is that I learn something new just about every day I'm working. My least favorite thing about being a medical transcriptionist is doing oncology reports. I still have to look up terms for this specialty to make sure I'm spelling them right.

What is your idea of a "dream vacation?" Spending time on the water in a boat fishing. I haven't done that in years and I really miss it.

If you won the Lotto, what would be the first three things you would do?

I'd buy me a house equipped with everything I'd need to do everything in the house from my wheelchair, quit working, and travel to all the places I've wanted to see.



Fun Facts and Birthdays!

July Birthstone - Ruby



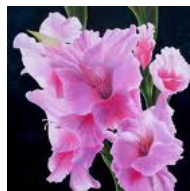
August Birthstone - Peridot



July Flower- Larkspur



August Flower - Gladiolus



Full moon occurs on July 25 and August 24.

Happy Birthday to the following OA members:

7/1 Donna Tannenbaum
7/4 Stacey Plante
7/10 Carrie Harper
7/11 Kelly Cruz
7/11 Debrah Finney
7/14 Anita Sale
7/19 Angela Davey
7/31 Connie Zupancic

8/11 Lauren Titus
8/13 Tracie Esposito
8/13 Jennifer Stevenson
8/18 RuthAnne Darr, CMT
8/19 Christine Sutherland
8/19 Marcy Valenzuela
8/20 Kay Philpot
8/25 Gretchen Addicks, CMT

**Happy Anniversary
to all members who joined OA
in the months of July & August!**

This Month in History



July 2, 1964 - President [Lyndon B. Johnson](#) signed the [Civil Rights Act](#) of 1964, prohibiting discrimination on the basis of race in public accommodations, publicly owned or operated facilities, employment and union membership and in voter registration. The Act allowed for cutoff of Federal funds in places where discrimination remained.

July 4, 1776 - The [Declaration of Independence](#) was approved by the Continental Congress.

July 16, 1999 - A small plane piloted by John F. Kennedy Jr. took off at 8:38 p.m. from Fairfield, New Jersey, heading toward Martha's Vineyard, Massachusetts. His wife, Carolyn Bessette Kennedy, and her sister Lauren were passengers on the 200 mile trip. The plane was expected to arrive about 10 p.m. but disappeared off radar at 9:40 p.m. Five days later, July 21, following an extensive search, the bodies were recovered from the plane wreckage in 116 feet of water roughly 7 miles off Martha's Vineyard. The next day, following an autopsy, the cremated remains of John F. Kennedy, 38, his wife Carolyn, 33, and her sister Lauren, 34, were scattered at sea from a U.S. Navy ship, with family members present, not far from where the plane had crashed.

July 24, 1898 - American pilot Amelia Earhart (1898-1937) was born in Atchison, Kansas. She became the first woman to fly solo across the Atlantic and to fly solo from Hawaii to California. She perished during a flight from New Guinea to Howland Island over the Pacific Ocean on July 3, 1937.

August 6, 1965 - The Voting Rights Act of 1965 was [signed into law](#) by President [Lyndon B. Johnson](#). The Act suspended literacy, knowledge and character tests designed to keep African Americans from voting in the South. It also authorized the appointment of Federal voting examiners and barred discriminatory poll taxes. The Act was renewed by Congress in 1975, 1984 and 1991.

August 9, 1974 - Effective at noon, [Richard M. Nixon](#) [resigned](#) the presidency as a result of the Watergate scandal. Nixon had appeared on television the night before and [announced his decision](#) to the American people. Facing possible impeachment by Congress, he became the only U.S. President ever to resign.

August 16, 1977 - Elvis Presley was pronounced dead at the Memphis Baptist Hospital at 3:30 p.m., at age 42.

August 27, 1910 - [Mother Teresa](#) (1910-1997) was born (as Agnes Gonxha Bojaxhiu) in Skopje, Yugoslavia. She founded a religious order of nuns in Calcutta, India, called the Missionaries of Charity and spent her life working to help the poor and sick of India.

August 31, 1997 - Britain's [Princess Diana](#) died at age 36 from massive internal injuries suffered in a high-speed car crash, reportedly after being pursued by photographers. The crash occurred shortly after midnight in Paris inside a tunnel along the Seine River at the Pont de l'Alma bridge, less than a half mile north of the Eiffel Tower. Also killed in the crash were Diana's companion, Dodi Fayed, 42, and chauffeur Henri Paul. A fourth person in the car, bodyguard Trevor Rees-Jones, was seriously injured.



WELCOME TO THE FOLLOWING NEW MEMBERS OF OA-AHDI

Judith VanMeter
Cheri Comparan
Angela Davey
Mandy Arteaga
Billy Jean Pollock
Angie Galphin Avery
Tracey (Hamilton) Roberts



The Awards and Recognition Committee would like to announce that Irene Garcia is the recipient of the Member of the Quarter Award for the 2nd quarter of 2010!

She jumped right in and has taken over the responsibilities of setting up Bridging Boundaries without a hitch. She is always pleasant to deal with and receptive to everything and anything.

Congratulations, Irene, on a job very well done!

Thank you for all you do for our Association!



IMPORTANT ANNOUNCEMENTS

July & August 2010

PLEASE NOTE: There will be no August edition of BB, and the September edition of BB will be devoted to a recap of ACE.

BIRTHDAY ANNOUNCEMENTS: If we missed your birthday, it means we don't have your birthday in our database. Please notify Lisa at membership@oa-ahdi.org and we'll get it in our database right away! ALSO, every month jj Zwang sends birthday e-cards from OA-AHDI to our members. Her email address is jj_denny@msn.com. When you receive our birthday e-card, please open it. Some of you may have to add jj's email to your contact list so that it doesn't go to spam. Thanks!

JOIN OUR FACEBOOK GROUP: Another way to keep up with news, activities, and events of the Online Association of AHDI. <http://www.facebook.com/group.php?gid=48492954706>

STUDENT WEEK is from September 20 to 25! There will be "at least" 3 webinars being offered. Please check the website often for updates!

WEBINAR TOPIC SUGGESTIONS: We are looking for suggestions for webinar topics. What would you like to see offered? Please send your suggestions to president@oa-ahdi.org.

JOIN OA-AHDI: Why put off joining the OA-AHDI any longer? Now is the time to get involved! Meet and network with other MTs, enjoy the benefits of belonging to a professional association of your peers. Send an e-mail to membership@oa-ahdi.org for questions.

SUBMISSION DEADLINE: "*Bridging Boundaries*" submission deadline for the September 2010 issue is Thursday August 26. The September issue will be devoted to a recap of ACE. Please e-mail your submission to BBEditors@oa-ahdi.org.



HAS ANYTHING CHANGED? If your email address or mailing address changed please notify us by e-mailing membership@oa-ahdi.org.

SHARE YOUR LAFFS: The "Bloopers, Blunders, Mishaps and Mayhem" feature has been *upgraded* to the PCUI! Please continue to keep this feature alive by submitting a "funny" to be shared (BBEditors@oa-ahdi.org). All submissions are kept confidential ~ we promise. ☺

DO YOU YAHOO? If your e-mail address is with Yahoo!, please add forumsupport@oa-ahdi.org into your address/contacts folder so that you receive all e-mails from OA, especially regarding any forums you may be "watching."

CHECK THE HOME PAGE OFTEN: Be sure and check the OA website for upcoming events and webinars. Please be sure and check out future educational opportunities and registration information as well as association announcements. The website address is: www.oa-ahdi.org



LOGO PINS!! Logo lapel pins are available (see rendering below). The cost is \$8.50, which includes postage. Please e-mail president@oa-ahdi.org for ordering and payment information.



ARE YOU TECH INCLINED? Are you experienced in "behind the scenes" technology? Are you looking for an outlet and a way to serve the OA members? The tech committee is seeking qualified members who are experienced in managing forums and websites. Please contact techsupport@oa-ahdi.org if interested.

The Buzz

By Judy T. Land, CMT, AHDI-F



Are there needs in the world today? Oh yes, there are. So many needs calling for your attention. The earthquake in Haiti, the other earthquake in Chile, the oil spill in the Gulf.

One rises in the morning. There are the pets to feed, the kids to get out of bed and get breakfast, the spouse to see off to the job, the parents in declining health or financial circumstances. There is relief to be sent to Haiti, Chile, and orphans everywhere. Then there is the disaster in the Gulf of Mexico. Is there anyone anywhere who does not need your help? Everyone could use your help. Regardless of this condition, however, there is one person needing your help more than all these others. That person is you, your own self.

If you let minutes, hours, days, months slip by while you focus your energies on helping all those others and neglect your own self in the process, the day will arrive when your self will not be able to be helped any more. It will take such a great effort when that day arrives, that it will be discouraging. It may not even be possible to make changes then.

The best plan of action, then, is to care for your self immediately, first thing on rising each morning. Although our mindset is to think of this as selfish, we must ask ourselves the first question of the day: “What is my personal need right now?” It might be to weigh in—check your weight and how you are coming with your weight loss program—and during that time of weighing in, think of your personal nutrition and bodily and mental exercise for that day. Take the time to record your weight on your personal calendar to monitor if progress is being made, or not.

Then you might, while looking into the mirror, think of your beauty needs while taking time to properly cleanse, exfoliate, and refresh and moisturize your facial skin. Your hair needs—does your style need an update? A color? A conditioning? A scalp massage?

Your wardrobe springs to mind next. Have you donated those older clothing items you no longer wear that are taking up precious space in your closet? How long has it been since you acquired a new item to wear, something updated, classy, and stylish? After you have paid attention to your own self by these kinds of morning thoughts, you can then turn to the needs of others with a more positive and loving attitude.

Among important needs are your needs to associate with others and your needs for professional development in your career. Too much isolation is not good for people. During these patriotic summer months from Memorial Day through the Fourth of July to Labor Day, we fly the flag and thank God for our freedoms, one of which is the freedom to assemble.

The summer months are an ideal time to grow in appreciation of our professional associations, AHDI, and OA-AHDI—to appreciate our right to assemble. We will assemble this summer at ACE and in September for OA-AHDI’s Student Week, a week dedicated to students of healthcare documentation when special webinars are presented, door prizes can be won, networking can take place, and friends can be made.

To help students begin their professional path by not neglecting self, I will send to each student who attends Student Week a complimentary Mary Kay lipstick. This will remind all students who attend that focusing on self first is a very important habit to form in their personal lives.



CLOSE ENCOUNTERS OF THE SELF-CARE KIND

BY KATHY MELTON

I have worked as a medical transcriptionist for close to 30 years now, and as an educator for 6-1/2 years. I've read all the instructions and advice given in the PLAN and RECOMMENDATIONS sections of too many medical reports to count. I have given my students more advice than they wanted to hear about structuring and scheduling, prioritizing, and making time for themselves. You would think I would know the definition of taking care of self and all its ramifications, right? So why did I experience such surprise and disbelief when my words and those from thousands of medical reports were used on me by not one, not two, but three physicians? One day I was completely confident in the excellent numbers from my latest blood draw, no red flags on physical exam, and only 1 prescription drug daily. The next thing I knew all the "normals" on the chemistry panel changed; I was buying 4 new medications, and I carried a diagnosis of coronary artery disease. What a difference a heart attack makes!

Confronted with this change in my medical picture at a relatively young age, I was forced to reevaluate what caring for self meant to me personally; and motivated to begin implementing big changes in those things that had so glibly rolled off my tongue for so long – structuring, scheduling, prioritizing, pacing, and, hardest of all, finding time for self!

A year after beginning this journey, I have learned the value of diet, regular exercise, frequent breaks, and the right amount of scheduled sleep. I am better now at determining what is feasible to accomplish in one day, and that it is okay to put some things off until tomorrow ... the next day ... or even the next. Perhaps the most important thing I am coming to understand is that finding time to read a good book, listen to, or bang on the piano, my favorite music; bury myself in a sappy movie on the Hallmark Channel, play with my dogs, visit with friends; or sit in a rocking chair on my covered porch and soak in the birds, wind chimes, refreshing breezes, and sometimes, best of all, the sound of a summer shower! What an exciting, freeing revelation to discover that these fun activities are therapeutic! Did you catch that? You know, as I write this, I am starting to think that perhaps my life did not really begin until the middle part of my fifth decade of life, when my heart let me know what my head was too stubborn to consider – that it was time for a change!

Is it time for self-evaluation in your life? You might avoid having to listen to your heart some day, with a few changes, and finding time to stop and smell the roses – or the rain – or salt-filled breeze of your favorite beach! Here are some questions you might ask yourself:

1. Do I schedule my work and/or study time, so that I know, for the most part, what is essential for me to accomplish in a set number of hours?
2. Am I giving my biological clock the opportunity to prepare my body for sleep at approximately the same time most nights; and enough hours of sleep to feel refreshed when it is time to rise?
3. Are my eating habits conducive to allowing my metabolism to do what it does best, or is my eating so sporadic that metabolic processes are being "thrown off," causing me to feel less than my best?
4. Am I taking time to give my cardiovascular system the benefits it gets from regular low-impact exercise? When oxygen and nutrients are not flowing properly through the body and to the proper anatomic structures, results can range from fatigue to hospitalization.
5. Am I allowing myself time to do things I enjoy, to allow myself time away from responsibilities, and just because?

We are indeed fearfully and wonderfully made, and when we take care of what we have been given, the benefits far outweigh the effort it takes to make the changes to keep our bodies healthy, our minds focused, and our spirits soaring!

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Please submit to: BBeditors@oa-ahdi.org

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The information provided in the Online Association of AHDI Newsletter was last confirmed on 6/22/10.

All dates, times, and website links are subject to change without notice.

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