

MD/DC SOHN NEWS

Maryland/DC Chapter of Society of Otorhinolaryngology and Head-Neck Nurses

SPRING 2017

Top stories in this newsletter



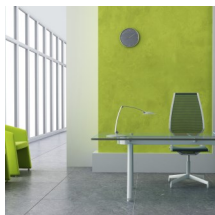
Spring Conference



Members activities



Local Chapter Meeting



Reviews of SOHN
Lectures by our mem-
bers

President's Message



Message from the President

Vinciya Pandian MSN, PhD, RN, ACNP-BC

It has been a long wintry weather for us in the Maryland/DC area and I am sure that you are looking forward to some warm days soon. We have had a very exciting year so far as a chapter and as a nation.

We have had three educational events sponsored by our chapter already. We had our case presentations in January, annual spring conference in March, and the Cherry Blossom Otolaryngology update in April. I want to thank all the members who either coordinated or spoke at the event. As you know it is not easy to have three successful educational events without the support of strong members like you.

For the fiscal year of 2016 – 2017, we have had a total of 8 new chapter members. Please continue to encourage your colleagues at work to join. There is strength in numbers and we need become even stronger to continue our mission of promote the highest professional standards of Otorhinolaryngology and Head-Neck nursing for the better and safer care of the patient. A big thank you to all the members who have remained with the chapter through thick and thin and a hearty congratulations to all the members who passed their CORLN examination this year. Don't you really feel proud to have additional certification letters added next to your credentials and I am sure your patients appreciate your expertise in this area.

At the community level, we have been active this spring by conducting head and neck screenings three events this Spring – 1) Gray & Son Health Fair, Timonium, 2) Greater Baltimore Medical Center Employee Health Fair, Towson, and 3) Inter-Faith Health Expo and Community Fair (Mega Mela) at Silver Spring. I am very appreciative of the efforts that Karen Ulmer, Susan Rudy, and Melissa Borofsky put into these community activities. We are planning more community outreach this Fall. Please look out to see if you would be able to participate.

At the national level, with the recent political agendas geared towards healthcare, I personally have been motivated to ensure that the Otolaryngology Head and Neck Nurses voices are heard. I attended the Nurse in Washington Internship and visited the Capitol Hill twice representing Society of Otorhinolaryngology Head and Neck Nurses, American Nurses Association, and Johns Hopkins School of Nursing. It was a pleasure talking to congressmen and their staff who are already in support of nurses and healthcare for the people of the United States while it was very challenging to communicate our view points with those who opposed healthcare for all. Each one of you should consider voicing your perspectives to your district representatives so that the budget doesn't get cut for nursing workforce, nursing research, and healthcare overall.

Continue your strong work and step up the plate if you feel motivated to improve care

Welcome new Members

Denise Borchert, Melissa Borofsy, Helena Ely-Dyson, Linda Foreman,
Elyse Gabay, & Marie Simmons.

MD/DC 2017 Officer / Committee members

President – Vinciya Pandian

Vice President – Marybeth Hartlove

Treasurer – Carol Maragos

Budget and Finance Committee – Carol Maragos

Secretary – Laurie Turner

Membership – Barbara Gottschalk and Cynthia Fox

Education and Annual Conference Committee – Karen Ulmer

Communication – Melinda DeSell

Website – Vinciya Pandian

Nominating Committee – Lori Papaeracleous and Mikki Fritz

Upcoming chapter educational events:

September 20th, 2017 Educational Lecture at UMMS

November 7th, 2017 Journal Club at *Hackerman Patz House*

January 10th, 2018 Educational Lecture at JHH-JHOC

Upcoming community Outreach:

July 29th: Head and Neck Screening, Ebenezer Church of God, 7550 Buchanan Street, Landover Hills, MD 20784

September 17th: Let's Move Day (Promote Tracheostomy Awareness) – 5K Race

November 7th: Hackerman Patz Dinner with patients and family members

Upcoming national meetings:

September 8th – 12th, 2017

Location: Chicago, IL Intercontinental Hotel

Topic: 41st Annual SOHN Congress

September 10th – 13th, 2017

Location: Chicago, IL

Topic: American Academy of OHNS Congress

April 18-22, 2017

Location: National Harbor, MD Gaylord National Resort and Convention Center

Topic: COSM/SOHN Spring Meeting

February 2nd and 3rd 2018

4th International Tracheostomy Symposium GTC 2018

Location: Dallas Texas

Abstracts due by July 31st, 2017 for posters and oral presentations

22st Annual Spring into Practice: New Trends in ORL Nursing Friday, March 24, 2017 at GBMC

Lectures/Speakers:

Shared Decision-making Meena Seshamani, MD

Submandibular Gland Transfer Karen Ulmer, RN, MSN

Facial Reconstruction Irene Kim, MD

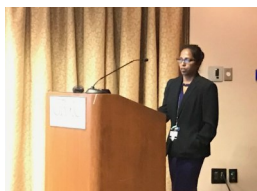
Drugs for Autoimmune Inner Ear Disease: Use and Safety Implications Nicole L. Mollenkopf, PharmD, MBA, BCPS

Otitis Media: Guidelines for Placement of Tympanostomy Tubes Vinnie Londino, MD

Medical mission: Face the Future Rwanda Carol Maragos, CRNP, MSN

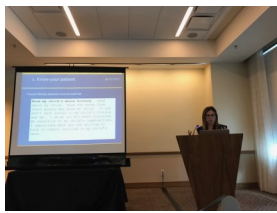
Voice Care for the Professional Voice User Melissa Bidlack, MS, MM, CCC-SLP

Pain management and palliative care for the head and neck cancer patient Lynn Billing, RN, CHPN, BC
More than 20 members were in attendance. It was a wonderful day of informative lectures, networking and good food. Thanks to Karen Ulmer and the planning committee for another excellent meeting!



SOHN Pediatric Spring Meeting in Austin Texas

This meeting was planned by Nina DeSell as part of the Pediatric SIG leader role. The meeting was held in conjunction with ASPO. Speaker were from all over the US including our local Dr. Boss, Dr. Walsh, and Nina DeSell. Topics included: Tongue tie, Thyroid cancer, ENT guidelines, Neck masses, Stridor, and Communication and Decision Making and Case studies. More than 30 members attended. We enjoyed the wonderful Austin sites as well.



In November, members Marybeth Hartlove, Laurie Turner, Joyce McAdoo, Carol Maragos, Vinciya Pandian, Lori P., & Barb Gottschalk made comfort food for the Patz Hackerman house residents, near JHH. We dedicated this activity in memory of our wonderful member Shelia Whitt who passed away last year.



In December members Laurie Turner and Nina DeSell helped cooked breakfast for dinner and sang Christmas carols for residents of the Hope lodge near UMMC in conjunction with Head and Neck cancer support group.



Karen Ulmer participated in a head and neck cancer screening and awareness at GBMC.



In May members Susan Rudy & Melissa Barofsky participated in Interfaith health expo organized by our president Vinciya Pandian.



Congratulations to Karen Ulmer for winning the top nurse award for oncology from awarded by Baltimore Magazine!

Review of talk at SOHN's 40th Congress & Nursing Symposium

I attended the session on tobacco use among youth while at the Annual Congress in San Diego. Tobacco use continues to be much too prevalent among today's youth. Over 1.8 million high school students are current smokers. 2500 youth (under the age of 18) try smoking for the first time each day, and >400 of them become new daily smokers. As tobacco use (cigarette and smokeless tobacco) is a risk factor for head and neck cancer, it is an important area of ORL nursing practice. We should be comfortable asking our younger patients (as well as adults) regarding their tobacco habits.

Smoking kills more people each year than alcohol, AIDS, MVAs, illegal drugs, murders and suicides COMBINED. Of the youth who begin smoking each year, almost one third will eventually die of a tobacco-related illness. Smoking is the leading preventable cause of death in the United States. While most studies focus on cigarettes, cigars/pipes/hookahs/e-cigarettes, can also produce severe health risks.

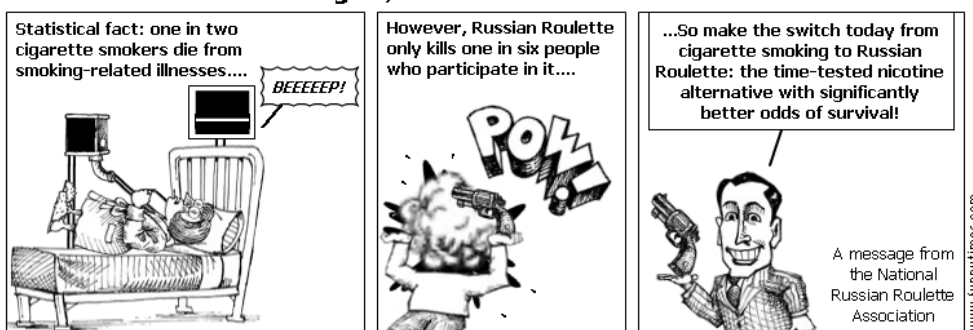
Smokeless tobacco contains >28 cancer-causing chemicals. Use of smokeless tobacco also may lead to nicotine addiction. Smokeless tobacco users have an 80% higher risk of oral cancer and 60% higher risk of esophageal and pancreatic cancer. Smokeless tobacco also causes tooth decay and oral lesions. Leukoplakia appears within the first 3 years of use of smokeless tobacco in more than 50% of daily users.

Hookah use has been rising in the US. Hookahs consist of a head, body, water bowl and hose. Several individuals can share use of a hookah at any given time. As opposed to burning tobacco as in a cigarette, tobacco is heated, and the smoke passes through tobacco to the water which then bubbles into a vapor which is inhaled. Flavors are often added to the hookah to make it more appealing to younger smokers. A typical hookah session lasts significantly longer than the time to smoke a cigarette, providing prolonged exposure to tobacco. Hookah delivers up to 1.7 times the nicotine exposure and 9 times the carbon monoxide exposure as cigarettes.

E-cigarettes are another rapidly emerging class of tobacco. They typically deliver nicotine and flavorings as an inhaled vapor. They are battery-powered devices that heat a liquid which the user inhales as a vapor. E-cigarettes have also been used as a delivery system for marijuana and other illegal drugs. Use of e-cigarettes in youth often serves as a gateway drug to other tobacco and drug use in adulthood.

As ORL nurses, we must educate ourselves as to the ever-evolving means to deliver tobacco to our patients. Early education is the key.

An Alternative to Smoking by Eric Perlin



(a few of my favorite tobacco-related cartoons)

Submitted by Karen Ulmer

Review of talk at SOHN's 40th Congress & Nursing Symposium: ICD-10-CM and Meaningful Use: What's New??

One of the sessions that I always find interesting at our annual SOHN Conference is the coding class. Kim Pollack, RN, MBA, CPC, CMDP, one of our SOHN nurses and a speaker from Karen Zupko & Associates, always provides us with useful information. The implementation of ICD-10 occurred in October of 2015 and within the last year there have been some updates made. In addition to this Kim shared an overview of Medicare's Meaningful Use Program.

For those of you who may be unfamiliar or need a refresher, I have provided the following definitions: ICD-10 is defined as the, International Classification of Diseases, 10th Revision, and Clinical Modification (ICD-10 CM). It is a classification system that is owned by the World Health Organization. ICD-10-CM is used to describe diagnoses, conditions and or symptoms related to a patient visit. It is also used for tracking statistics around the world.

Evaluation and Management Codes (E&M codes) are the codes used for new visits, subsequent visits or consults. The determination of which code is to be applied, is based upon the documentation of:

- The Chief Complaint and History of Present Illness
- Review of Systems
- Past, Family and Social history
- Physical Exam
- Complexity of Medical Decision Making

The ICD-10-CM code along with the Evaluation and Management Code (E&M code) comprises the information necessary for billing and reimbursement.

Since the implementation of ICD-10 these are some of the denials and requests that have been seen:

- Imaging study precertification due to unspecified and symptom codes
- The use of ICD-10-PCS codes, that are associated with procedures done in the hospital setting
- External cause codes for injuries will be required for all payers, not just worker's compensation
- Do not use codes together that are similar (ex: tonsillitis with peritonsillar abscess and or tonsillar hypertrophy)

There have been 2,305 new codes added, 553 revised codes and 212 deleted codes. Most of the codes that are of interest to our specialty, that have been changed, are codes related to otology.

- Codes that address restricted hearing on the contralateral side have been added: H90.A11, H90.A12, H90.A21, H90.A22, H90.A31 and H90.A32. These were added in response to the previous codes that did not allow for a different hearing loss on the contralateral side.

Pulsatile Tinnitus has been added

- Post-procedural codes for hematoma and hemorrhage have been separated and there is a new code for seroma

Other changes/new codes:

- Skull fracture codes now reflect laterality
- The code for an encounter for an allergy shot is Z51.6

As of October 2016, the grace period for using unspecified codes is over. Do not use unspecified codes when the documentation exists in the record.

The American Reinvestment and Recovery Act (ARRA) was enacted on February 17, 2009. One of the ARRA measures, the "Health Information Technology for Economic and Clinical Health Act" is being used to modernize our nation's infrastructure. These acts are the basis for Medicare's Meaningful Use Program.

Meaningful Use is defined as the use of certified electronic health record (EHR) technology to:

- Improve quality, safety, efficiency and reduce health disparities
- Engage patients and families in their health care
- Improve health care coordination
- Improve public health
- Maintain privacy and security of patient health information

Medicare and Medicaid EHR Incentive programs have been developing in three stages. Two of the three stages have been identified and implemented. Stage one requires facilities to have an EHR and to provide patients with a copy of their information. Stage two focuses on supporting the National Quality Strategy and encourages the use of health information technology for quality improvement of care at the point of care. This, in turn will enhance the exchange of information in a structured format. Stage three, although not fully developed, will be part of the Quality Payment Program (QPP). The new QPP has been established by the Medicare Access and Chip Reauthorization Act of 2015 (MACRA) proposed and Medicare's Merit-Based Incentive Program (MIPS).

The QPP is based on 4 strategic goals:

- Design a patient-centered approach leading to better, smarter, and healthier care
- Develop a program that is meaningful understandable, and flexible for clinicians
- Design incentives that drive the delivery system reform principles and participation in Advanced Payment Models (APMs)
- Ensure attention to excellence in implementation, effective communication, and operational feasibility.

Many of our workplaces have begun to implement these processes and are working towards these goals. Reporting for the QPP will begin in January of 2017.

In an office based practice or clinic, having a knowledge base of coding and payment requirements, will decrease denial rates and expedite reimbursement. Many new guidelines are in the process of being set forth. As nurses in this era of change, one of our roles is to support quality improvement programs that ultimately enhance the quality of patient care that we deliver.

Resources: Pollock, Kim (2016). "ICD-10-CM Updates for ENT and an Overview of Meaningful Use". SOHN Presentation

Submitted by: Marybeth L. Hartlove, RN, BSN, CORLN

**FREE HEALTH FAIR & ALL VENDORS ARE INVITED TO PARTICIPATE
Ebenezer Church of God
7550 Buchanan Street,
Landover Hills/Hyattsville, MD. 20784**

SATURDAY July 29, 2017

**Set-up: 9:30 A.M.to 10:00 A.M.
Hours:10:30 A.M to 4:30 P.M.**

The goals of the event are to bring health and wellness awareness, and provide resources on different health topics. The individuals participating will be a diverse group of people, mostly women and men of color, our sister churches, and the surrounding community.

As an exhibitor/vendor, we would like your agency/company to provide services such as screening in these areas:-

Blood pressure screening Yoga Therapy
Cancer Behavioral Health
Massage therapy, Mental Health & Wellness
HIV Hepatitis Screening
Dental Hygiene Alzheimer's
Eyes exam Medicaid/Medicare
Prostate Ear/Nose/Throat exam
Diabetes Women's health
Heart Health Primary Care

Provide additional services, such as presentation, job resources, and informational pamphlets etc., and much more. Feel free to share this event with others.

PS: This year we would like to include job fair presentation for the community. Let me know if you have any information, or would like to do a job fair.

Please reply by close of business Monday June 19th if you are available to provide your service, and the type of service you will be offering. Service will be indoors, as well as outdoor if needed. We will provide tables and chairs & additional services if needed at your request.

Contact:

Jennifer Moore Jabb55@verizon.net
410-422-5171 or 301-598-3354, 301-458-4457