

EMPLOYEE ROUNDS

News for Employees from Employees



Bridgton Hospital Central Maine Medical Center Rumford Hospital

Our mission is to provide exceptional healthcare services in a safe and trustful environment through the expertise, commitment and compassion of our family of caregivers

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Happenings

ScoreHealth Web-Score HRA is coming soon

Work has been going on for quite some time to make easy, confidential assessment to your personal health status available to you. We have tested the software and gotten reactions from employees in four different departments this past winter. The results have been very positive.

Through the use of the ScoreHealth web-based health risk assessment you can take a confidential look at your health status and make some personal decisions that can make substantial, measurable improvements in your health, if needed. You can decide how the information will be used and who will have access to it. If you are interested and willing to work with your provider and our Wellness Department to take positive steps for your wellness, we will reward you with periodic Hannaford Gift Cards. And we are looking at ways to increase the incentive for employees to participate.

Stay tuned for more information in the coming weeks.

Bridgton Hospital Chief Technologist Receives Specialist in Chemistry Designation

Susan Hamel, MT (ASCP), Director of Ancillary Services at Bridgton Hospital, has announced that Chief Technologist, Sandy Clark MT (ASCP), SC (ASCP) has been awarded her Specialist in Chemistry designation by the American Society of Clinical Pathology Board Registry.

Ms. Clark joins her colleague, Barbara (Babs) Gately, MT (ASCP) BB (ASCP) who has her Categorical Certification in Blood Bank. According to Ms. Hamel, "It is very rare that a community hospital can brag of the specialty certifications of individuals like Sandra Clark and Babs Gately."



Sandy Clark

Rumford Hospital Nurse Gains RNFA Certification

Becky Hall, Nurse Manager of RH's OR, has recently completed advanced study and passed a rigorous exam to obtain a certificate of registered nurse first assistant (CRNFA). She will now be able to assist surgeons with such skills as using surgical instruments and medical devices, handling or cutting tissue and suturing.

Becky's classroom education was through Delaware County Community College. Her surgeon preceptor for her supervised clinical education was Dr. William Kiley, an RH surgeon, although Becky also performed internship activities with Drs. Gary Baldwin and Dennis Goodman.

Becky has been a registered nurse at Rumford Hospital since graduating from the CMMC School of Nursing in 1985. She was recruited to become an operating room nurse early in her career and became the OR nurse manager in 1999.



Becky Hall



For Your Benefit

wausaubenefits.com

As you know, CMH changed to Wausau Benefits 18 months ago. Many employees use the on-line services. If you have not, this article will help access your account so you can:

- 📁 Order new ID cards
- 📁 Check on claim status, including Rx expenses (NEW!!!)
- 📁 See how much remains in your spending account
- 📁 Access the PHO directory
- 📁 Ask questions of Wausau
- 📁 Much, much more

To access the Online services, just follow these simple steps

- 📁 Go to <http://member.wausaubenefits.com>
- 📁 Click on the Registration tab
- 📁 Answer the two questions (do you have ID card and are you an employee)
- 📁 Provide the requested information (NOTE our group number is 76150028)
- 📁 You may then select a username and password for future access

When first using the Wausau Benefits website, you will only scratch the surface of all the information available. Save this website (and your username and password) as you will want to visit often!

If you experience any problems or have any questions, please contact your Human Resources office.

Contributors to this issue

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Compliance Information You Should Know

Compliance HotLine Number is 795-2906

Q: Can ICD-9-CM procedure codes be reported on hospital outpatient claims? If I use HCPCS codes to report hospital outpatient services at the "required" service line level segment for a claim, may I use the ICD-9-CM procedure codes to report hospital outpatient services at the claim level "situational" segment?

A: NO. ICD-9-CM procedure codes were named as the HIPAA standard code set for inpatient hospital procedures. The ICD-9-CM procedure codes were not named a HIPAA standard for procedures in other settings such as hospital outpatient services or other types of ambulatory services. Hospitals may capture the ICD-9-CM procedure codes for internally tracking or monitoring hospital outpatient services; but when conducting standard transactions, hospitals must use HCPCS codes to report outpatient services at the service line level and the claim level, if the situation applies. Even though an ICD-9-CM procedure code qualifier is available, in addition to a HCPCS code qualifier, at the "situational" claim level segment, the Transactions and Code Sets regulation states that ICD-9-CM procedure codes is the adopted standard code set for hospital inpatient services.

Q: What is the difference between fraud and abuse?

A: Fraud is an intentional deception or misrepresentation that someone makes, knowing it is false, that could result in an unauthorized payment. Keep in mind the attempt itself is fraud, regardless of whether it is successful.

Abuse involves actions that are inconsistent with accepted, sound medical, business or fiscal practices. Abuse directly or indirectly results in an unnecessary costs to the program through improper payments. The real difference between fraud and abuse is the person's intent.



Heart Health Minute

Do you love your heart? Then cherish it, protect it, nurture it. While you can't change some of your risk factors for heart disease, such as age, race and heredity, you can do a lot to reduce or control others.

Healthy Bites

Berry good:

Blueberries are rich in vitamins A,C and E, and antioxidants that help prevent cancer and heart disease. Top some cereal or yogurt with blueberries for healthy eating.

Start with Ten:

It's a myth that it's necessary to lose a lot of weight to begin to lower blood pressure. Losing just 10 lbs. is enough to allow some people with hypertension to take less medication and still keep their blood pressure down. Every pound lost matters!

Reach for the red:

Red peppers have three times as much vitamin C as citrus fruits.

Drink Water:

The average adult body is 50-65% water. Since your body loses 2-3 quarts a day, it's important to keep replenishing your supply. Be smart and drink 6-8 glasses of fluid a day.

Be Sharp Smart!

Have you or someone you work with ever had a needle stick or sharps injury? Chances are you can say "Yes" to both questions.

- ❶ Did you know that there are nearly 800,000 needle-stick injuries nationwide each year and over 1,000 healthcare workers contract serious infections as a result.

- ❶ We frequently discuss the risk of infection from hepatitis D, hepatitis C and HIV, there are approximately 20 other blood borne pathogens that can be transmitted by needle sticks!
- ❶ Prevention is the best way to avoid exposure. While CMMF is constantly working to prevent needle sticks and sharps exposures, all employees should know what to do if they have a sharp related injury at work:

Immediately

- 🔊 Wash with soap and water
- 🔊 Report to Employee Health or the ED for evaluation and treatment
- 🔊 Alert your supervisor who will complete a 1st Report of Injury
- 🔊 Identify and document the source patient
- 🔊 Identify and document the needle/sharp responsible for injury
- 🔊 Be tested immediately and confidentially for HIV, hep. B, and hep. C
- 🔊 Get post-exposure prophylaxis (PEP) when determined advisable due to testing results or risk factors

Follow-up

- 📅 Schedule confidential follow up testing and counseling with Employee Health
- 📅 If taking PEP receive follow up and monitoring
- 📅 Take precautions to prevent exposing others (safe sex)
- 📅 Contact Employee Health and/or the National Clinicians PEP hotline for more information

1-888-448-4911

Your input is always welcome

Please remember that the *Employee Rounds* is for you. Submit suggestions for future editions to Tom Reichard at the Employee Center, or email them to reichart@cmhc.org

Announcements

The following Events are currently being offered to all CMMF employees through the Employee Special Events Committee. Please call or e-mail the contact person's name listed with the event for ticket information. Payroll deduction is available for all charges of \$40 or more for full-time and regular part-time employees.

- ↪ Portsmouth Harbor Cruise and Kittery outlets on August 5. Cost includes bus ticket and lunch, \$48.50. Contact is Lynn Medlen at 2790.
- ↪ Plimoth Plantation, September 9. Cost is \$60 for adults and \$54 for children 5 to 12. Cost includes bus, ticket and lunch. Contact is Rhiannon Fetterman at 5702.
- ↪ As Time Goes By at the Carousel Music Theater in Boothbay Harbor, September 23. Cost is \$33 per ticket. Contact is Lisa Asselin at 2839.
- ↪ Richard Petty Nascar Driving Experience at New Hampshire International Speedway, September 30. Cost is \$131 for bus and ticket. Contact is Lisa Girouard at 5544.
- ↪ Murder Mystery Theater, October 14. Cost is \$36.50 for ticket and dinner. Contact is Lisa Girouard at 5544.
- ↪ New York City in a Day, October 21. Cost is \$57.50 for the bus. Contact is Lynn Medlen at 2790.
- ↪ Haunted Happenings, October 28. Cost is \$18 for the bus. Contact is Lisa Asselin at 2839.
- ↪ Boston Craft Fair, November 4. Cost is \$27 for bus and ticket, \$17 for children under 14. Contact Lisa Asselin at 2839.
- ↪ Mall of America Weekend, November 2 through 5. Cost includes airfare and hotel and varies depending on room occupancy. Contact is Kelly Olsen at 2944.
- ↪ Yankee Candle and Pheasant Lane Mall in NH, November 11. Cost is \$27. Contact is Deb Shennett at 2522.
- ↪ The Rockettes at the Wang Theater, December 9. Cost is \$93 for bus and ticket. Contact is Lisa Asselin at 2839.

- ↪ Stomp at the Colonial Theater in Boston, December 16. Cost is \$90 for bus and ticket. Contact is Rhiannon Fetterman at 5702
- ↪ Cruise on Carnival's Valor in the Eastern Caribbean, February 10 through 18, 2007. Cost is \$1,319 and includes airfare. Contact is Terry at Dube's Travel at 1-800-698-6720

Eagles Auxiliary Donates \$1,000 to Rumford Community Home



Linda Gaskill, Rumford Eagles Auxiliary immediate past president, right, presents a check from the Auxiliary for \$1,000 to Jane Quint, Director of Nursing at Rumford Community Home. The funds were designated for the Alzheimer's Unit at the home. Alzheimer's services are one of several charitable causes that the national Eagles organization recognizes as especially important. Nationally, Eagles clubs and Auxiliaries have given more than \$60,000 this year to local Alzheimer's organizations, according to Gaskill.

Monthly Meditations

The Monthly Meditations from The Dept. of Pastoral Care are now available in Pub_Docs. You can access them in the following way:

- Launch the CMMF Intranet from the shortcut on your desktop
- In the top left is the Pub_Docs section, choose the correct site; CM, BH, RH
- Then choose the Chaplain Meditations folder