

INTEGRITY LEGAL NURSE CONSULTING PDX NEWSLETTER

Helping you understand medical issues,
giving you more time to practice law

WISHING YOU ABUNDANCE AND DELIGHT IN 2015!

JANUARY/ FEBRUARY 2015

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*MENTAL HEALTH DISORDERS DOUBLE THE RISK OF HEART DISEASE AND STROKE

*COLD OR FLU



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Consultant.**

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SERVICES INCLUDE:

- * Providing medical record evaluation and analysis,
- *Screening cases for merit,
- *Developing chronology of events and timelines,
- * Providing cost projections
- *Coaching your client and attending DMEs,
- *Locating and vetting expert witnesses,
- *Serving as TE

POTENTIAL RED FLAGS DURING DME/IMEs

Are you aware of possible findings that may impact your case?

There are certain findings that might be potential red flag during DMI/IME. These include:

- Type of dwelling - as in more than one level. Does the plaintiff have ability to go up and down stairs without pain or need for accommodations?
- Recent moves - possible increased stress and pain from the move itself - contributing to neck, shoulder and back pain.
- Family stress - is the plaintiff a caregiver with resultant depression and chronic pain? If caregiver, are they responsible for taking relatives to medical appointments (increased time in vehicle)?
- Educational level - higher educational level and better able to understand care/resourcefulness with prescribed care.
- Employment - is plaintiff able to manage a full day at work? Any accommodations in the work setting because of pain?
- Smoker - with associated problems of poor pain control.
- Depression - with contributory pain, poor adherence and overall poor outcome.

We have experience in determining vital pre existing conditions, that may impact your case.

BONE FRACTURE- IMPORTANT RISK FACTORS

Important risk factors for bone fractures -from celiac disease to kidney stones

- People with celiac disease almost twice as likely to have a bone fracture; 30% general bone fracture and 69% hip fracture.
- Thought to be related to poor absorption of Vitamin D and calcium with need for replacement as well as bone density scans.
- Diet high in yogurt and cheese (as compared to milk) with decreased risk of fracture and death.
- Kidney stones with increased fracture risk, especially in men aged 40- 59 and 80- 89.

We have experience uncovering the connections between stated damages and pre existing conditions, in both civil and criminal cases.

RESOURCES

- How to write- writing center and how to guides (*Writing Center @ CU Denver*)
- Proofreading Software (*wordrake.com*)
- Jack Canfield- Success Principles, How to Get From Where You Are To Where You Want To Be. (jackcanfield.com.)

TESTIMONIALS:

"Thank you so much for your timely response to this case. We appreciate what you do."
Katie Ireland, Esq.

"Wendy provides her expertise and compassion with humor and energy. She is a delight to work with, and I recommend her highly."
Jim Jennings, Esq.

"Wendy provides prompt, professional, courteous service with a ready smile that sets clients at ease. She lasers in on the medical issues that matter most to highlight them for legal review as we consider how to best represent our medical cases to the triers of fact."
Jenna Harden, Esq.

"Thank you for the hard work and detailed report."
Judy Snyder, Esq.

"This is awesome! You are well worth the money! Thanks Wendy."
Andrew Mathers, Esq.

"We are well acquainted with Wendy L. Votroubek and her work product. We have used her on more than one occasion and are very satisfied with her work."
Roy Dwyer, Esq.

"I had Wendy review a complex set of hospital records for me. Her synopsis was thorough, understandable and she then went further and provided me with some very insightful medical journal articles and research which put the case in excellent perspective. I will definitely use her again."
Richard D. Adams, Esq.

"You are truly a delightful person, and a consummate professional."
Sara M. Winfield, Esq.

"Thank you for your speedy work and comprehensive spreadsheet."
Jim Nelson, Esq.

"You did an excellent job."
Michael H. Bloom, Esq.

"Ms. Votroubek was very prompt and timely in providing her evaluation, focusing on the key issues in the case. She also prepared questions to ask of the defendant providers. When asked to vet an expert, she promptly produced a shining star. I would highly recommend Wendy Votroubek without hesitation."
W. Wallace Ogdahl, Esq.

ELECTRICAL INJURIES -NEUROLOGICAL CONSEQUENCES

Electrical injuries are compared to mild traumatic brain injuries with diffuse progressive or delayed symptoms

Neurological consequences of electrical injuries can include:

- Headaches, dizziness, memory lapse and PTSD
- Loss of consciousness, initial confusion and slurred speech
- Short term memory issues and concentration
- Psychiatric problems- depression, aggressive behavior, irritability and mood swings
- Complex Regional Pain Syndrome (CRPS) and peripheral neuropathies.

Uncovering important facts is what a legal nurse does best; saving the attorney valuable time and money.

MENTAL HEALTH DISORDERS DOUBLE THE RISK OF HEART DISEASE AND STROKE

Mental health disorder can contribute towards concerning risk factors

Three main contributory factors include:

1. Behavioral risk factors as in tobacco and alcohol usage, poor diet and physical inactivity (40-90% tobacco usage)
 2. Psychiatric medications with weight gain and problems breaking down fats and sugars; leading to obesity, high cholesterol and diabetes
 3. Poor health care access as in inability to communicate needs, not seeking care and less likely to receive appropriate care to manage disease
- Risk population includes schizophrenia, bipolar disease, major depressive disorder and anxiety disorders
 - Twice as likely to have had heart disease and three times as likely to have had stroke
 - High long term risk of developing cardiovascular disease as compared to the general population

There are numerous factors that can impact an individual's reported damages, a legal nurse is skilled at uncovering that information.

COLD OR FLU

Do you know the difference between cold and flu?

- Cold- comes on gradually, with feeling tired, sneezing, cough, runny nose and possible low grade fever
- Flu- comes on suddenly and hits hard, feeling weak, tired, moderate to high fever, aching muscles and joints, severe headache and sore throat. Can feel weak for 2-3 weeks
- Regular sugar intake can weaken your immune system and affect one's ability to fight off infections
- Important to get adequate rest, drink fluids, eat healthy, take Vitamin C and use hand sanitizers. Flu shots are also helpful, especially if you have pre existing conditions that are negatively impacted by the influenza virus (asthma).

Take care of yourself to avoid both cold and flu virus; stay home if ill to prevent others from contacting the virus.



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