

INTEGRITY LEGAL NURSE CONSULTING PDX NEWSLETTER

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

MARCH/APRIL 2017

- *10 HEALTHCARE TRENDS HAPPENING THIS YEAR
- *NEW GUIDELINES FOR TREATING LOW BACK PAIN
- *SELF DIAGNOSIS AND THE INTERNET'S INVOLVEMENT IN HEALTHCARE
- *NURSING HOMES TO CONTINUE REQUIRING BINDING ARBITRATION
- *WEIGHT LOSS ATTEMPTS LOWER AS OBESITY RISES



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SERVICES INCLUDE:

- * **Providing medical record evaluation, analysis and summaries**
- * **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**
- * **Record retrieval**

10 HEALTHCARE TRENDS AND CHANGES HAPPENING RIGHT NOW

In its third month, 2017 is already vastly changing U.S. industries, and healthcare is no exception. Here are 10 specific trends that will result in significant changes for U.S. healthcare throughout the year

1. The uncertainty of the ACA's fate and the new GOP healthcare bill is causing healthcare organizations to rapidly reconfigure business models to account for a significant increase in uninsured patients
2. Pharmaceutical companies are strategically partnering with patients to justify prices and satisfy regulators
3. There is a greater emphasis on value-based payment to insure higher quality care for for a lower cost
4. Payment is being modernized to create more secure payment options while accounting for increased credit card usage
5. Healthcare's relationship to technology is being updated to compete with other industries through investment in engineers and designers
6. The battle against infectious diseases is sparking invention
7. Nutrition takes center stage as health organizations focus more on preventing costly medical problems and promoting overall health
8. After severe criticism and pressure, drug companies are easing off prices and increasing transparency to gain consumers' trust
9. New partnerships and collaborations are happening to keep the industry innovative and competitive
10. Medical students are being prepared to enter a value-based world

Our consultants are skilled at advising you on recent changes in the healthcare industry that may be affecting your client's unique needs and situation.

NEW GUIDELINES FOR TREATING LOW BACK PAIN

The American College of Physicians recently released guidelines emphasizing non-drug therapies to treat low back pain

- 85% of Americans will experience an episode of mechanical low back pain at some point in their lives
- Prescribing medication and conducting tests is the easiest, most lucrative way for doctors to treat low back pain, but this can lead to unnecessary costs and opioid addiction in patients
- The ACP suggests doctors instead encourage patients to participate in yoga, tai chi, Pilates, and other exercise therapies to improve their condition
- Psychological and relaxation therapy can improve pain intensity and functional status, helping patients with problem-solving, goal setting, cognitive pain control, and coping techniques
- Additionally, massage, acupuncture, spinal manipulation, and superficial heat can all temporarily relieve pain
- The most important thing a doctor can do is to assure patients that they will get better in time, no matter what treatment they opt for

We routinely work with PI attorneys, providing chart analysis, cost projection and time off from work and appropriateness of charges.

TESTIMONIALS

"When we use Wendy, we get a thorough and complete report. She finds issues that I had never considered and her thorough analysis is worth every penny."

Kelly L. Andersen, Esq.

"Thank you very much for your hard work on the case thus far - what I learned with you will surely help us out at mediation."

Kristen West McCall, Esq.

"Very nice report, the report will be useful to cut and paste into my settlement demand."

Jan Kitchel, Esq.

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

Katie Ireland, 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.

"Because of several large cases going on at the same time, I had to find someone to do the medical review that my legal assistant normally does. I contacted Wendy and hired her for the job. The review was in the format and style I requested. It was every bit as thorough, perhaps even more, than my legal assistant. It was exactly what I needed. I would not hesitate to use Wendy again, in fact I am."

Jim Dwyer, 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.

"Thanks so much, will definitely use you for another criminal case."

Zack Stern, Esq.

THE INTERNET'S ROLE IN MODERN HEALTHCARE

Approximately 80% of internet users search for health information online, but how accurate is this information?

- A 2010 study found that of the search results for commonly researched pediatric questions, 39% contained correct information, 11% were incorrect, and 49% failed to answer the question
- More than ever before, physicians are seeing patients who demand certain tests, diagnoses, medications, and procedures after reading about them online. Patients unintentionally reframe their symptoms to fit with what they have read online, and doctors concerned about approval ratings do not dissuade them
- After reading online about the potential conditions their symptoms could indicate, patients will often worry excessively and spend more money than necessary trying to self-treat
- Others, in denial or convinced their symptoms match only a minor illness they read about online, will not see a doctor immediately. Instead, what could end up being a life-threatening illness will progress without attention
- The most reliable information comes from government health websites. Patients should consult these as well as their doctors, going straight to a dependable source

We can provide chart reviews and analysis for PI, medical negligence and criminal defense attorneys.

NURSING HOMES TO CONTINUE REQUIRING BINDING ARBITRATION

Despite attempts made by federal regulators, nursing homes will now continue requiring residents to agree in advance to settle disputes through arbitration

- The Centers for Medicare and Medicaid Services (CMS) issued a rewrite of nursing home regulations last year that included a rule barring nursing homes from requiring patients to agree to binding arbitration at admission.
- Though nursing homes argue that arbitration is a faster and more cost-efficient way to resolve disputes, consumer advocates claim the industry arbitrators are biased and that this process allows the industry to keep major violations private
- The American Healthcare Association sued to reverse the arbitration curbs, and a district court judge in Mississippi blocked the ban, turning the decision over to congress. However, President Trump's and congressional republicans' intentions to roll back regulations means that nursing homes will almost certainly be able to once again require arbitration upon admission to their institutions

We can provide both testifying expert and consulting work for long term cases.

WEIGHT LOSS ATTEMPTS LOWER AS OBESITY RISES

A recent study published on JAMA reveals that though rates of weight gain and obesity are increasing, fewer people are attempting to lose that weight

- Two-thirds of Americans are overweight or obese, and these numbers have continued to rise since the 1980s
- The study assessed groups of individuals from three different time periods: 1988-1994, 1999-2004, and 2009-2014
- Though the prevalence of obesity and overweight individuals increased by 13% between 1988 and 2014, the percentage of those who tried to lose weight dropped by 7%
- One likely reason why this trend is occurring is that higher body weights are now more widely socially accepted. If an individual is satisfied with their weight, they are less motivated to lose it.
- Another reason for this statistic could be due to the chronic nature of obesity; the longer an individual lives with obesity, the less likely they are to lose weight, especially if they have tried before with limited success.

NEWSLETTER RESOURCES

<http://www.healthcareitnews.com/news/pwcs-top-10-healthcare-industry-issues-2017>

<https://www.acponline.org/acp-newsroom/american-college-of->

<http://mashable.com/2012/06/15/online-medical-searches/#m5q8QKSQaSqH>
<https://www.forbes.com/sites/howardgleckman/2017/01/04/nursing-homes-can-continue-to-require-residents-to-agree-to-binding-arbitration/#79b5ea8b2df9>
<http://www.medicalnewstoday.com/articles/316228.php>

Please feel to contact us for the newsletter's sources, as all information is thoroughly explored and researched.

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