

West Michigan Current

Board of Directors 2010

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President's Message

This year has already had surprises for me. I was expecting to be president elect for a year before stepping into the presidency, but unfortunately, life happens and unforeseen things occur! Our current president, Amanda Garza, had to step down, so I have stepped into the role.

This year is filled with different continuing education opportunities. We are having our annual Spring Symposium April 17, 2010 at the Howard Johnson Hotel. We are planning a fun day for Transcriptionist Week on Saturday, May 15, 2010 (with speaker to be announced at a later date) here at the Business Center. We also have two additional continuing education meetings set up. One is planned for September 18, 2010, which is a Student Day event, and the other will be held on November 6, 2010.

We are also doing a credentialing cup this year. We are competing with two other chapters for a \$1000 prize. There are many benefits to taking the CMT or RMT exams. Our local chapter will reimburse up to \$100 per member when you have successfully passed the exam if your place of employment does not reimburse. Employers also often reimburse meeting registration fees for local, state and/or national meetings.

We have decided as a board that it is important for our chapter to be represented at events, so our chapter has graciously voted to send two representatives to the Advocacy Summit this year. Jaime LeQuire and I will be going from March 23 through March 26 for this event. This event is to advocate for our profession and to ensure the safety and quality of the documents we produce for our patients.

I am sending out a message to everyone to try to encourage people to become more involved in our chapter. I got involved 4 years ago and have loved every minute of it. When I was first asked to consider running for president elect, I thought to myself about whether it was really for me. I am a quiet person who tends to keep to myself, but I agreed. I found the courage to come out of my shell and take on this opportunity. It has been 4 years of

(continued, next page)

THE PIGGY BANK

West Michigan Chapter
Financial Report

Beginning Balance as of November 7, 2009	\$6841.76
Deposits	\$ 563.00
Expenses	\$ 281.22
Ending Balance as of Jan 9, 2010	\$7123.54



(President's Message, continued from page 1)

learning. In debating doing this, one of my biggest fears was about how much time I would have to devote and whether I would have the time to do it, but I found it did not take as much of my time as I feared.

Our chapter is a strong chapter. We host many opportunities for transcriptionists to be able to get the continuing education credits they need, whether for certification, work requirements or personal growth. However, without help and volunteers, our chapter could be in jeopardy of folding. I

for one do not want to see this happen. There are many wonderful opportunities for those who participate, such as meeting new people, having a say in speakers or subjects and having a voice when changes are needed. We have another board meeting scheduled for July 17, 2010 if anyone is interested in attending to just see what this opportunity is all about. Looking back to the first time I got involved with our local chapter 4 years ago, I have had nothing but a wonderful experience.

I am looking forward to my year as the president and continuing volunteering. If anyone has any questions or concerns please contact me at Michelle.Gooden@Spectrum-Health.org, or feel free to approach any of our other board members.

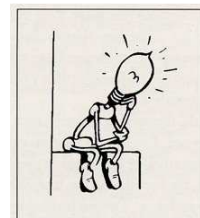
Michelle Gooden
President, WMC/AHDI

TEST YOUR KNOWLEDGE

Do you know your stuff? Below are a few examples of common situations that have tripped up many a transcriptionist. Take a shot at the sentences below and see how you rate!

(Answers appear on the next page. No peeking in advance!)

1. The report is on (it's / its) way.
2. What if (it's / its) too late?
3. We are 3 (week's / weeks' / weeks) past our deadline.
4. I'll see you back in 4 (week's / weeks' / weeks) time.
5. I only have 1 (week's / weeks' / weeks) worth of medication left.
6. Thanks for all (your / you're) help.
7. I appreciate all (your / you're) doing.
8. Don't take (there / their) supplies!



Participation Makes All the Difference

Do you ever wonder what life would be like if you didn't make certain choices along the way? I often wonder myself, "where would I be today if I hadn't jumped in with both feet?" I was approached a little over 2 years ago by Liz Aschwege to consider running for office, particularly President-Elect, for the West Michigan Chapter. I had no idea what I was getting myself into, but I knew I wanted to get involved in some way. After giving it some thought, I decided to just go for it, and I don't regret making that decision at all. This opportunity has done so many things for me. I have made many new friends, my public speaking skills (I started out with none) have gotten much better and I have a lot more confidence in front of groups. My leadership skills are more solid than ever as well, and I have had the opportunity to plan successful speaker meetings along the way. It has been such a positive experience for me that I am a little disappointed that I am in the last year of my term. The ladies on the West Michigan Chapter board have been so helpful over the past 2 years. If it wasn't for them, this chapter and our meetings wouldn't be as successful as they have been. I am grateful for their dedication and hard work.

A lot of things are changing in this association from the national level all the way down to our local chapter. A lot of exciting new things are happening and we are branching out and trying more and more things to improve this industry for the benefit of our members, like the Michigan Credentialing Cup and Student Day coming up this fall. It is so exciting to see all these things happening and I am proud to be part of it all. I can honestly say that I would not be where I am today if it wasn't for getting involved with first the local chapter and now the state chapter. It's also exciting to see new faces getting involved in the local and state chapters and getting fresh ideas. I really feel that now is the time to get involved, especially with all the different changes happening so rapidly around us in the healthcare industry and with medical transcription and editing. Now is the time to put those ideas into motion. We wouldn't have all these different educational opportunities and meetings as well as networking opportunities if it wasn't for those who decided to jump in with both feet. I would really encourage you to consider jumping in somewhere to keep the wheels turning and be a part of the exciting changes happening right now.

Jaime LeQuire
Immediate Past President, WMC/AHDI

Advocacy Summit

The fifth annual Advocacy Summit, presented by the Association for Healthcare Documentation Integrity and the Medical Transcription Industry Association, will take place from March 23-25, 2010 in Washington D.C. This event is a tremendous opportunity for us as transcriptionists to speak with our legislators about the important role transcriptionists play in the healthcare industry.

To that end, your West Michigan Chapter is proud to send Jaime LeQuire, immediate past president, and Michelle Gooden, current president, to attend. Part of their focus during that visit will be to support educating our legislators on the potential impact of the proposed "meaningful use" regulations, which fail to recognize the important contributions of transcriptionists in ensuring patient safety and quality of care.

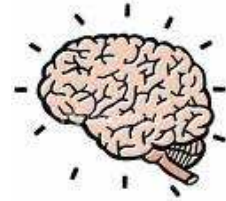
If you are also interested in supporting Jaime and Michelle as well as your fellow transcriptionists across the nation, we would like to encourage you to write a letter to your representatives and express your support for AHDI and the measures to be discussed at this summit. For more information on the Advocacy Summit and how you can be involved, please visit the link below to the AHDI site outlining the summit, which also includes a sample letter and instructions for how you can best offer your support:

<http://ahdionline.org/GetConnected/Events/AdvocacySummit/tabid/184/Default.aspx>



If I Only Had a Brain

by Sarah Dahlstrom



We've all heard the oft-repeated claim, "They say we use only 10% of our brains." It's been recited to us confidently by our coworkers and beamed to our satellite dishes by the popular media, an assertion that has been made for so long that few bother to question its veracity. Who are "they?" Where did this percentage come from? Where's the evidence?

In December of 2007, Drs. Vreeman and Carroll, researchers with the Indiana University School of Medicine, examined this claim (along with several others) and its likely sources. One possibility is that it originated with so-called self-improvement "experts" in the early 1900s. By convincing people that their brains held untapped reserves of mental might, they could offer them miraculous methods to expand their cognitive abilities to previously untold levels.¹

Another possibility is that early brain researchers, unable to find a clear function for various parts of the brain, simply assumed that these areas were unused.² Albert Einstein is often mistakenly credited with having made the 10% claim.¹

This belief is perpetuated in part by our popular media. It is a common theme in advertising to tell potential consumers how a product can make up for the terrible waste and inefficiency of the human brain. Advertisements for an airline, a digital TV company and for database software, among others, have all made recent use of this myth, explaining to consumers how much smarter we'd be if only we would allow their special product to pick up the brain's slack.³

Another culprit in the spread of misinformation is the "psychic" community and pushers of the paranormal. The claim that the average human being uses only 10% of their brain's power leads to the further claim that psychics have somehow found the means to channel part or all of the "extra" 90%. (For a small fee, some of them can even teach others their powerful secret!)⁴

Whatever the origins of the belief or the reasons for its tenacity, there is plenty of evidence to its fallacy. Brain imaging studies consistently have revealed no dormant areas of the brain, nor have metabolic studies shown nonfunctioning areas.¹

Neither have there been any statistics to support the arbitrary figure of 10%. Does this imply then that if you were to have 90% of your brain removed that you would still function as before? That only 10% of the brain's neurons are active at any given time? Damage to a far lesser percentage of the brain than 90% has been shown to cause major changes in function and/or behavior, as seen in stroke victims or those suffering from other traumatic brain injury.

As put by Dr. James Kalat, perhaps it is being implied that we could all know and do more than we do now. While this is true, he says, it has nothing to do with 10% or any other numerical estimate. He goes on to say, "I am not much of an athlete, but that does not mean that I am using only 10% of my muscles. We all use all of our brain (even those who do not seem to be using their brains very well.)"²

This and other myths do offer us at least one important lesson, however. When they are proved false and the truth is revealed, we are reminded of the importance of not believing a statement just because "they" say it's true. The ability to question, discern and draw conclusions is an important one, and it is one for which I am grateful to have 100% of my brain available!

SOURCES:

1. Indiana University (2007, December 21). Medical Myths Even Doctors Believe. ScienceDaily. Retrieved February 24, 2009, from <http://www.sciencedaily.com/-releases/2007/12/071220195639.htm>
2. Kalat, J.W. (1996) Introduction to Psychology, Fourth Edition, Pacific Grove: Brooks/Cole Publishing Co. (1996), pg. 117
3. Posit Science Corporation, Myths About the Brain: 10 percent and Counting by Eric Chudler, Ph.D. Brain Connection. Retrieved February 24, 2009, from <http://www.brainconnection.com/topics/?main=fa/brain-myth>
4. *Skeptical Inquirer* Magazine (March/April 1999). The Ten-Percent Myth. Benjamin Radford. Retrieved February 24, 2009, from <http://www.csicop.org/si/9903/ten-percent-myth.html>

Looking Ahead

March

15 WMC-AHDI Board Meeting
23-25 Advocacy Summit



April

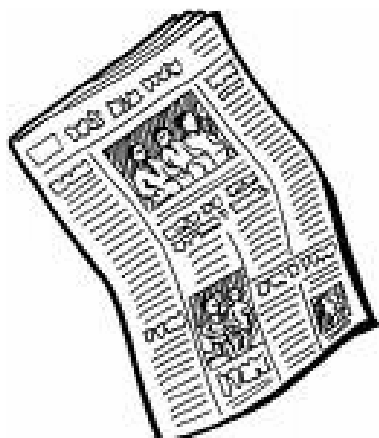
2-3 M-AHDI BOD Site Visits
17 Spring Symposium

May

1 M-AHDI BOD Meeting
12-14 MHIMA Convention – Troy, MI
15 Transcriptionist Week Speaker Meeting/MT Appreciation Day
15-27 National Medical Transcription Week

June

6 Newsletter Deadline
13 Newsletter Release Date



ARTICLES FOR WMC-AHDI NEWSLETTER

Our newsletter is published four times a year. Articles and features are solicited and accepted by the newsletter editor with the understanding that corrections and/or modifications may be made without changing the content.

The **deadline** for articles in our next issue is:

June 6, 2010

Please submit articles to the editor at
sarah.dahlstrom@spectrum-health.org