

INTEGRITY LEGAL NURSE CONSULTING PDX NEWSLETTER
Helping you understand medical issues,
giving you more time to practice law

SEPTEMBER OCTOBER 2015

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- *WORKAHOLICS AND HIGHER STROKE RISK



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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

LOWER BACK PAIN- MODIFIABLE TRIGGERS

What are the associated risk factors of developing lower back pain?

- Research done to determine associated risk factors of lower back pain
- Most important triggers were poor ergonomics, distraction and fatigue
- Most important risk factor was prior history of low back pain
- Older age not significant in predicting a higher incidence of low back pain

We have experience in sorting out injuries and possible triggers, in both civil and criminal cases (Medscape Nurses, 2015)

NURSE PRACTITIONER vs MD:
DIAGNOSTIC REASONING AND CORRECT CARE -
IS THERE A DIFFERENCE?

Research does not support any difference between NP and MDs, with diagnostic reasoning in complex cases

- Study done to determine correct diagnoses, problems and actions identified by NP vs MD
- Correct diagnoses made by 61.9% of MDs and 54.7% of NPs
- Similar findings in problem identification and suggested provider action
- None of the differences were statistically significant; therefore both NP and MD with similar diagnostic capability and identified care

We have experience in evaluating potential problem with by both MDs and NPs, as in following appropriate standards of care (International Journal of Nursing Studies, 2015)

RESOURCES

Filemaker Pro - for managing contacts, inventory as well as projects, running on iPad, Windows, Mac and the web
<http://www.filemaker.com/products/filemaker-pro/>

Growly Notes - for organization and note taking, and available for Windows and Macs
<http://www.growlybird.com/notes/>

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.

"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.

"Ms. Votroubek was very prompt and timely in providing her evaluation, focusing on the key issues in the case."

W. Wallace Ogdahl, Esq.

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

Zack Stern, Esq.

ELDER ABUSE

Many times nursing home cases include elder abuse as well as provider and facility negligence. Unfortunately, the abuse can occasionally be fatal

- Elder abuse risk factors - cognitive and physical impairment and psychosocial distress
- Consequences of elder abuse can include:
 1. Morbidity and mortality
 2. Psychosocial distress including anxiety, depression and irritability
 3. Greater health service usage, including ER department use
 4. Greater hospitalization and 30 day admission rates
- Additional abuse can include chemical restraint, as in usage of regular administration of pain medications, when little to no reported pain

*We are adept in determining elder abuse as well as negligence in the geriatric population
(Journal of American Geriatrics Society , 2015)*

WHAT DO I NEED TO OBTAIN- NECESSARY CHART NOTES IN NURSING HOME CASES

With the increased number of nursing home negligence, it is important to know and understand which chart notes are important to request

- All medication administration records (especially if concern of chemical restraints being used)
- All nursing notes including progress notes (if concern of falls, skin breakdown, weight loss and deterioration)
- ADL flowsheets (if concerns of weight loss)
- Skin care and assessment documents (if concerns of skin breakdown)
- Care plans (with reported falls, to determine fall prevention)
- Physician progress notes and orders (to determine overall involvement, evaluation and possible problems with medication administration)
- Hospice chart notes and communication (determine appropriateness of care and management)
- Hospital chart notes as in ER chart notes, admission history and physical and discharge summary (determine status of care)

We have experience in nursing home cases, outlining all negligence and abuse by facility and providers

WORKAHOLICS AND HIGHER STROKE RISK

Working over 55 hours per week can increase risk of stroke and heart disease

- People who work 55 or more hours are 13% more likely to develop heart disease as compared to working the standard 40 hours
- Increased risk of stroke (1/3) with working longer hours
- The longer hours people worked, increased stroke risk (10% in 41-48 hours vs 27% in 49-54 hours)
- Physical inactivity, higher drinking rates and stress levels might be to blame

*Work life balance is important to maintain one's health
(The Lancet, 2015)*



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