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Ozone Injections for Knee Pain?

In an article found in [National Institutes of Health/Medline Plus](#), researchers presented their findings to the American College of Rheumatology at the November 2015 meeting in San Francisco.

Steroid injections were found to do nothing to slow the progression of osteoarthritis, according to Dr. Tim McAllindon of Boston. He studied 140 people after a steroid injection and found no improvement in mobility, pain, or joint damage as compared to a placebo. Dr. Neil Roth, of Lenox Hill, and Dr. Calin Moucha, of Mt Sinai-New York disagree, stating steroid shots do help in symptom reduction and can postpone knee replacement surgery.

The new technique of putting Ozone gas was explored in a Brazilian study in a small trial of 63 people. The belief is that the ozone gas may decrease inflammation, but that this procedure will need additional study. It is an interesting concept to consider since so many of our residents suffer from knee and joint pain.

More on ICD-10 Preparedness

In this Centers for Medicare & Medicaid Services (CMS) [ICD-10 video](#), Sue Bowman from the American Health Information Management Association (AHIMA), and Nelly Leon-Chisen from the American Hospital Association (AHA), discuss the unique characteristics and features of the ICD-10 coding system. Topics include: What is a valid code? Guidelines for coding and reporting, coding process and examples: 7th character, unspecified codes, external cause codes, laterality, how to submit coding questions, and resources for coders.

Visit the [Medicare Fee-For-Service Provider Resources](#) webpage for a complete list of Medicare Learning Network resources on ICD-10.

Visit the CMS [ICD-10 website](#) for latest news and official resources, including the [ICD-10 Quick Start Guide](#) and a [contact list for provider Medicare and Medicaid questions](#). Sign up for [CMS ICD-10 Email Updates](#).

Registration Open for TeamSTEPPS® 2016 Master Training Courses

Limited space is remaining for 2016 AHRQ TeamSTEPPS® Master Training Courses beginning in January through April. The two day in-person course with a train-the-trainer approach educates participants on the TeamSTEPPS fundamentals content, provides participants with resources for training others, and ensures participants gain the knowledge and training required to implement and coach behaviors needed to achieve positive results. This course (at no charge to you) is available at eight regional training centers across the U.S. and requires teams of three to attend. Participants must pay for their own travel and lodging. To view the full schedule and learn about registration requirements, please visit <http://www.teamsteppportal.org/teamstepps-master-training-course> or contact AHRQTeamSTEPPS@aha.org with questions.

Top Concerns about the Current State of Nursing

Danielle Bullen writes about barriers to patient-centered care as discussed by Clareen Wiencek, RN and president-elect of AACN at a recent nursing conference. The article can be accessed here: [Advance healthcare network for nurses](#).

The top ten concerns are:

1. Financial (Nurses not replaced, necessary meetings often occur outside shifts.)
2. Less Respect from Institutions
3. High Turnover
4. Increased documentation demands
5. Progressive patient mobility trends (less staff and moving residents without lifts or supports)
6. Negative perceptions
7. Inconsistent leadership
8. Lack of manager engagement
9. No support for education
10. Disconnect between numbers and patient

Ergo Nurse- the No Lift Patient Lift Developed by a Nurse

Ergo Nurse is the first advance in more than 60 years to effortlessly reposition, boost, and turn any size and weight resident in bed. The company states that the bed does all the work and not the caregiver. If you would like to learn more, click here: [Ergo Nurse website](#)

Telligen Webinar Notices

SAVE THE DATE: 1/14/16 | Webinar | 30 minutes

Nursing Home Quality Improvement: Foundational Elements

Limited to 1- or no-star nursing homes

SAVE THE DATE: 1/26/16 | Webinar | 1 hour

Use Wisely: Medication Safety

RN License Renewal Reminder 2016

The quickest way to renew will be credit card via the internet. These licenses should be processed and mailed within one week. You cannot renew by credit card if you are renewing after the expiration date, changing your name, or requesting a waiver of CE requirements. The postcard from IDFPR will come in March with your PIN number to complete the online transaction. If you also hold an APN license, you must first complete the renewal of your RN license. Any questions? IDFPR 1-800-560-6420 or <https://www.idfpr.com>

Questions about this week's **Clinical Capsule** can be addressed to HelpDesk@hccil.org

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