A Detailed Review of Systems (ROS): The Backbone of Practice

Angela Phillips
DNP, APRN, FNP–BC, CNN
Objectives

- Identify the importance of accurate ROS completion during a patient encounter.
- Acknowledge and understand the impact ROS has on value based health care.
- Recognize the role of ROS and how it interfaces with social determinants for effective health care delivery.
What is ROS?

- Body systems inquiry
- Assessment is the foundation of healthcare
- Widely accepted and recognized throughout healthcare
- 14 areas recognized by Centers for Medicare and Medicaid Services (CMS)
14 areas recognized by CMS

- Constitutional
- Eyes
- Ears, Nose, Mouth, Throat
- Cardiovascular
- Respiratory
- Gastrointestinal
- Genitourinary
- Musculoskeletal
- Integumentary/Breast
- Neurological
- Psychiatric
- Endocrine
- Hematologic/Lymphatic
- Allergic/Immunologic
REVIEW OF SYSTEMS

SKIN
☐ Rashes
☐ Itching
☐ Change in hair or nails

HEAD
☐ Headaches
☐ Head injury

EYES
☐ Glasses or contacts
☐ Change in vision
☐ Eye pain
☐ Double vision
☐ Flushing lights
☐ Glaucoma/Cataracts
☐ Last eye exam

EARS
☐ Change in hearing
☐ Ear pain
☐ Ear discharge
☐ Ringing
☐ Dizziness

NOSE/SINUSES
☐ Nose bleeds
☐ Nasal stuffiness
☐ Frequent colds

ALLERGIES
☐ Hives
☐ Swelling of lips or tongue
☐ Hay fever
☐ Asthma
☐ Eczema/Sensitive
☐ Sensitivity to drugs, food, pollens, or dander

MOUTH/THROAT
☐ Bleeding gums
☐ Sore tongue
☐ Sore throat
☐ Hoarseness

NECK
☐ Lumps
☐ Swollen glands
☐ Goiter
☐ Stiffness

BREAST
☐ Lumps
☐ Pain

NIPPLE DISCHARGE
☐ BSE

RESPIRATORY/CARDIAC
☐ Shortness of breath
☐ Cough
☐ Production of phlegm, color
☐ Wheezing
☐ Coughing up blood
☐ Chest pain
☐ Fever
☐ Night sweats
☐ Swelling in hands/feet
☐ Blue fingers/toes
☐ High blood pressure
☐ Slipping heart beats
☐ Heart murmur
☐ HX of heart Medication
☐ Bronchitis/emphysema
☐ Rheumatic heart disease

GASTROINTESTINAL
☐ Change of appetite or Weight
☐ Problems swallowing
☐ Nausea
☐ Heartburn
☐ Vomiting
☐ Vomiting blood
☐ Constipation
☐ Diarrhea
☐ Change in bowel habits
☐ Abdominal pain
☐ Excessive belching
☐ Excessive flatus
☐ Yellow color of skin
☐ Anosmia/hepatitis
☐ Food intolerances
☐ Rectal bleeding/
☐ Hemorrhoids

URINARY
☐ Difficulty in urination
☐ Pain or burning on urination
☐ Frequent urination at night
☐ Urgent need to urinate
☐ Incontinence of urine
☐ dribbling
☐ Decreased urine stream
☐ Blood in urine
☐ UTI/stones/prostate infection

PERIPHERAL VASCULAR
☐ Leg cramps
☐ Varicose veins

☐ Clots in veins

MUSCULOSKELETAL
☐ Pain
☐ Swelling
☐ Stiffness
☐ Decreased joint motion
☐ Broken bone
☐ Serious sprains
☐ Arthritis
☐ Gout

NEUROLOGIC
☐ Headaches
☐ Seizures
☐ Loss of
☐ Consciousness/Fainting
☐ Paralysis
☐ Weakness
☐ Loss of muscle size
☐ Muscle spasm
☐ Tremor
☐ Involuntary movement
☐ Incoordination
☐ Numbness
☐ Feeling of "pins and needles/tingles"

HEMATOLOGIC
☐ Anemia
☐ Easy bruising/bleeding
☐ Past Transfusions

ENDOCRINE
☐ Abnormal growth
☐ Increased appetite
☐ Increased thirst
☐ Increased urine production
☐ Thyroid trouble
☐ Heat/cold intolerance
☐ Excessive sweating
☐ Diabetes

PSYCHIATRIC
☐ Tension/Axiety
☐ Depression/biude ideation
☐ Memory problems
☐ Unusual problems
☐ Sleep problems
☐ Past treatment with Psychiatrist
☐ Change in mood/change in attitude towards family/friends

SIGNATURE

DATE
Why is ROS important?

- Identify potential or underlying illness
- Way to prioritize objective examination
- Guides objective physical examination
- Structured patient assessment improve clinician performance
- Serves as a safety net
- Evaluation and Management
  - Billing, coding and reimbursement
Evaluation and Management (E/M)

3 key components when selecting the appropriate level of E/M service
- History
- Examination
- Medical decision making

Elements required for history
- Chief complaint
- History of present illness
- Review of systems
- Pertinent past, family, and/or social history
Four levels of service recognized for evaluation and management:
- Problem focused
- Expanded problem focused
- Detailed
- Comprehensive
E&M – Coding

- Problem focused
  - 99201 or 99212
  - Example: “My finger hurts.”
  - ROS not required
E&M – Coding

- Expanded problem focused
  - 99202 or 99213
  - Example: “I have a sore throat.”
  - Problem pertinent ROS required
E&M – Coding

- Detailed
  - 99203 or 99214
  - Example: “I have increased nasal congestion and an earache.”
  - Extended ROS is required
E&M – Coding

- Comprehensive
  - 99204, 99205 or 99215
  - Example: “I need a primary care provider.”
  - Complete ROS required
E/M Coding tips for ROS

- Questions asked in head to toe manner
- Document both pertinent positives and negatives
- Not recommended for staff or patients to complete ROS
- Follow up visits do require a ROS
- Acceptable to review previous ROS and note current date of review
Training on ROS

- Nurses / physicians
Electronic Health Records (EHRs)

- EHR mandated in 2009
  - HITECH Act
- Foundation for health care reform
- Meaningful use of EHRs
  - E-prescribing
  - Electronic exchange of health information
  - Submission of clinical quality
- Paper charting will eventually cease
ROS and EHRs

- Does EHR charting adequately cover what we want it to?
- Take care with charting – Check boxes are easy
ROS and the Nurse Practitioner

- ROS within primary care
- ROS within urgent care
- ROS within NP education
  - OSCE experiences
- ROS within research
  - Medical surveillance program from US DOE
ROS and Value Based Healthcare

- Transition from volume to value
- Patient satisfaction and population health focus are both expected
- Providers are paid based on health outcomes
- Chronic disease management
- All requires adequate ROS
Benefits of Value Based Healthcare

- Less money spent
- Provider efficiency
- Patient and provider satisfaction
- Positive patient outcomes
- Society becomes healthier
- Financial stability of practice
What are social determinants?

- Conditions in the environments in which people are born and live
- Health starts where our patients are
- Interaction between healthy choices and good health
- Healthy People 2020 Goal
Social determinants of healthcare and ROS

- Payers are focusing on addressing social determinants of health as a way to improve outcomes
- ROS can help identify social determinants
- It is important to see the WHOLE picture!
Value Based Healthcare and MACRA

- Transition from fee for service to pay for performance
  - Quality of service
  - Value to patient
Impact of MACRA on NPs

- NPs are eligible to participate in merit based incentive payment system (MIPS)
- Assess current operations and systems
- Develop a plan
- Develop partnerships with third party entities
- Address social determinants of health as a way to improve outcomes
Summary

- ROS is important for:
  - Foundation for patient assessment
  - Drives the plan of care
  - Value based healthcare and quality of care
  - Identification of social determinants
  - E&M coding
Contact information

Angela Phillips, DNP, APRN, FNP–BC, CNN
Associate Professor
Director of Family Nurse Practitioner Program
West Texas A&M University
806–651–2662
aphillips@wtamu.edu
References

Questions?