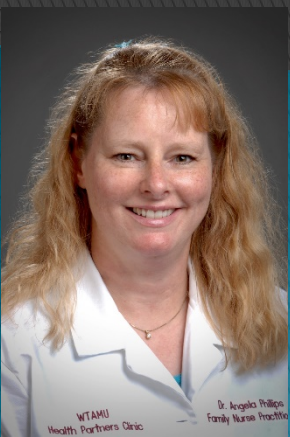


# A Detailed Review of Systems (ROS): The Backbone of Practice

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# 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
- Flashing 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
- Skipping heart beats
- Heart murmur
- HX of heart Medication
- Bronchitis/emphysema
- Rheumatic heart disease

## GASROINTESTINAL

- 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 (jaundice/hepatitis)
- Food intolerance
- 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/Anxiety
- Depression/suicide 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

# ROS for Evaluation and Management (Coding and Reimbursement)

- ▶ Four levels of service recognized for evaluation and management:
  - Problem focused
  - Expanded problem focused
  - Detailed
  - Comprehensive





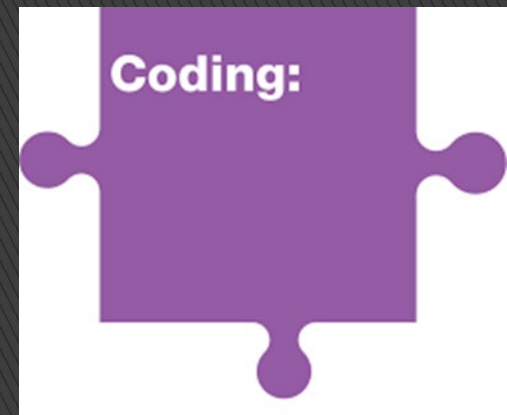
# E&M – Coding

- ▶ Problem focused
  - 99201 or 99212
  - Example: “My finger hurts.”
  - ROS not required



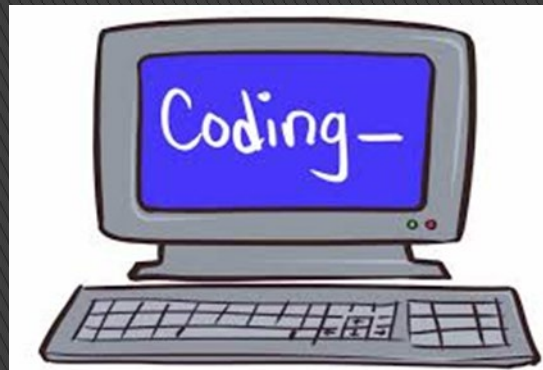
# E&M – Coding

- ▶ 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



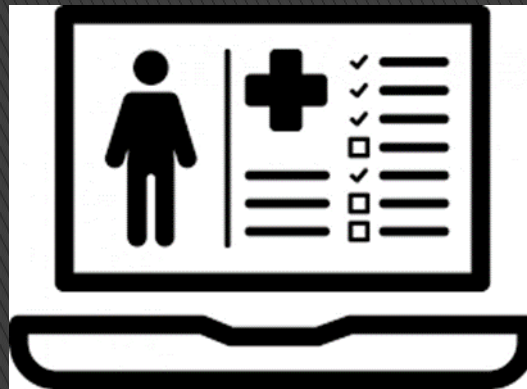


# Electronic Health Records (EHRs)

- ▶ 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

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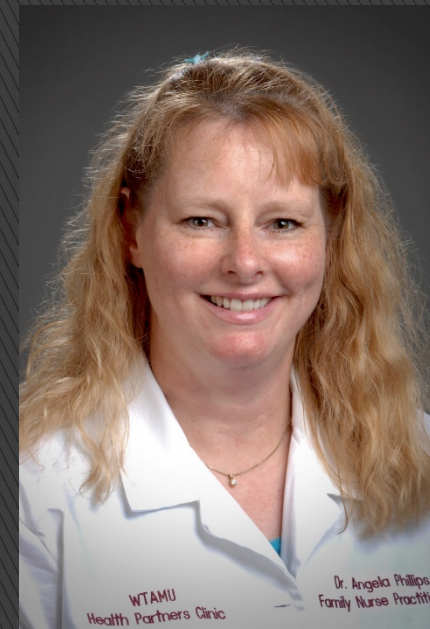
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# Questions?

