



Nevada Dental Benefits, Ltd.®

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Aspect

A QUARTERLY NEWS BULLETIN

Great Health Starts Here®

Spring 2018
Issue 1

Welcome to Aspect, Nevada Dental Benefits, Ltd.'s quarterly newsletter, through which we offer contemporary news information on oral health, the dental industry, the latest research and advice for providers.

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COMPLIANCE

GO

WHAT COMMUNICATIONS ARE HIPAA VIOLATIONS?

HIPAA is a very complicated law with many regulations. Understanding all of them and trying to serve the best interests of patients can be difficult. It seems that a lot of the misunderstandings revolve around electronic communications and privacy rules. The two (2) most frequent questions we see revolve around texting and email. Texting PHI (Personal Health Information) in and of itself may not be a violation UNLESS that text is sent to an unintended recipient (a person that does not have permission to view it). Also, if the text is stored in the text app on an unprotected phone and someone other than the intended recipient views it, which is a violation.

Similarly, email use may not be a breach in and of itself. If it ends up being viewed by the wrong person, it is. We recommend using some form of encrypted email, or encrypt a document in an email, to play it safe. Patients can tell a provider that they wish to receive email that may contain PHI. It is then fine for the provider to use email, but, you must insure that it is not sent to the wrong person, or it could be a violation. Make certain you document the permission, too.

Training of the office staff is very important. We have seen violations that were unintended. As an example, if the receptionist posts on Facebook or other social media that they saw their friend at the grocery store AND also state that the friend is a patient at the practice, yes, that is a violation.

Finally, one note on Business Associate Agreements. Employees of the organization do not need to sign a Business Associate Agreement – though a confidentiality agreement is recommended. Vendors that could have exposure to PHI should be considered for Business Associate Agreements.



NEW GUIDELINES FOR HIGH BLOOD PRESSURE

Dentists routinely screen for hypertension and monitor the blood pressure of known hypertensive patients prior to performing dental procedures. According to the ADA Health Policy Institute, 27 million people visit a dentist and not a physician each year. There are new guidelines for high blood pressure from the American College of Cardiology and American Heart Association that lower the definition of hypertension. The new guidelines for each of the five stages are listed below.

- ▶ NORMAL: As less than 120/80 mmhg;
- ▶ ELEVATED: As systolic between 120-129 and diastolic less than 80;
- ▶ STAGE 1: Systolic between 130-139 or diastolic between 80-89;
- ▶ STAGE 2: Systolic at least 140 or diastolic at least 90 mmhg;
- ▶ HYPERTENSIVE CRISIS: Systolic over 180 and/or diastolic over 120.

The new guidelines eliminated the prehypertension stage and lowered the definition of stage 1 and stage 2 hypertension. Learn more to help you stay informed, educate your patients and know when to refer them to a primary care provider for follow-up.

Visit www.acc.org for more information.



Meet NDB's Dental Director Patricia Steiner, DMD. Currently a Dental Quality Alliance Ambassador, Certified Dental Consultant and member of the American Dental Association, Nevada Dental Association and Southern Nevada Dental Society, Dr. Steiner is using her 17 years of experience in the healthcare industry to provide valuable tips as our resident dental expert.

WRITING PRESCRIPTIONS

Did you know there are new requirements for writing prescriptions for controlled substances?

Patient safety is a very important aspect of the care we provide our patients. Medication safety is one part of the larger patient safety obligation we have as providers, and there are new requirements for writing prescriptions that impact dentists when prescribing controlled substances in Nevada. The new requirements, effective January 1, 2018, do place additional burden on our busy schedules, but it also should present as an opportunity to keep our patients and our community safer from the risk of prescription drug abuse and addiction. I have included a brief summary of the requirements for writing an initial prescription below. Please see links provided for further information and additional requirements.

Before writing an initial prescription for a controlled substance, each practitioner must:

- ▶ Have a relationship with the patient
- ▶ Establish a preliminary diagnosis and a treatment plan
- ▶ Perform a patient risk assessment
- ▶ Obtain and personally review the patient's Prescription Monitoring Program (PMP) report
- ▶ Discuss non-opioid treatment options with the patient

Requirements when writing an initial prescription:

- ▶ It must be for 14-days or less supply if treating acute pain
 - It must not be for greater than 90 Morphine Milligram Equivalent (MME) daily for an opiate naïve patient
 - An informed consent must be completed by the patient
- ▶ Obtain and review the patient's medical history/records

- ▶ Conduct a physical examination of the patient and assess their mental health, their risk of abuse, dependence addiction.
- ▶ The practitioner must obtain informed written consent after discussing the following with the patient:
 - The potential risks and benefits of using the controlled substance
 - The proper use, storage, disposal of the controlled substance
 - The treatment plan and possible alternative treatment options
 - Risk of controlled substance exposure to a fetus of a childbearing age woman
 - If the controlled substance is an opioid, the availability of an opioid antagonist;
 - If the patient is an unemancipated minor, the risks that the minor will abuse, misuse, or divert the controlled substance and ways to detect those issues.

This information was cited from the board of pharmacy document at www.bop.nv.gov.

The State Board of Dental Examiners' website has information, including a white paper and other resources, concerning the new requirements: http://dental.nv.gov/Home/Features/AB_474/.

Prescription Monitoring Program found on the Nevada State Board of Pharmacy's website contains instructions on how to run a report and submit data: <http://bop.nv.gov/links/PMP/>.

Link to information regarding morphine milligram equivalents (MME) from the CDC: https://www.cdc.gov/drugoverdose/pdf/calculating_total_daily_dose-a.pdf.

The Nevada Dental Association is providing members with information on the changes for writing prescriptions effective 2018 including:

- ▶ Template for Informed Consent for Controlled Substances
- ▶ CDT-10 Codes - Quick Reference Guide
- ▶ Rx Sample
- ▶ Checklist for Writing a CS Rx for Acute Pain
- ▶ FPA AB474 Regulations Chart
- ▶ AB474 (Prescribing) White Paper
- ▶ ICD-10 Dental Diagnosis Code Sheet
- ▶ **CE Courses in Northern and Southern Nevada: For Members and Non Members**
 - CE Courses in Northern Nevada on January 18, 2018 and Southern Nevada on March 1, 2018

Please contact the Nevada Dental Association for membership information at (702) 255-4211 or online at www.nvda.org.





IT'S A NEW YEAR - CAN YOU JUICE YOUR WAY TO HEALTH?

By Fred L. Horowitz, DMD

This last holiday season probably brought you and your staff to celebrations with friends and family and along with it, a lot of food consumption. Unfortunately, many people think that they can compensate by “juicing” or “detoxing”.

JUICING

Did you know that the process of creating that lovely green drink actually removes one of the healthiest part of the fruits and vegetables, which is the fiber? The maceration process, leaves your “juice” with natural sugar and little fiber. Depending on the brand, the amount of sugar could be equal to a can of non-diet soda!

Little fiber leaves you feeling less full and a lot of sugar gives you a temporary energy boost. If you have no protein, you are going to be riding that sugar high until your blood sugar crashes. Then you’ll feel tired and weak, and then have more juice. This doesn’t make a lot of sense to me.

DETOX

What about the so-called detox cleanses? What you are doing is basically starving your body. The original detox diet also included a laxative as well. In addition, some of the “cleanse” drinks contain citric acid from lemons, etc., which can cause erosion of tooth enamel, especially if exposure is frequent. Why that makes sense is beyond me, because our bodies have a natural process to detox and cleanse. They are called the liver and kidneys. They filter our blood and remove harmful (or not) medications and chemicals along with waste. As long as those organs are functioning, there is no advantage to “detox” diets or “juicing,” in my opinion. However, it is all about the calories. So if you don’t want to gain weight, you need to watch your caloric intake. I would say, though, every once in a while a food celebration is good for the soul. Enjoy the occasional party, just moderate the intake and you will be fine.



TRY THIS RECIPE

Bucky is here with a little **bite** of inspiration to help you spruce up your St. Patty's day.

Make rainbow fruit skewers for your celebration! They're easy to put together and fun to eat. Oh, and everyone “trying to be good” with their New Year's diet will thank you, and the kids will love it!

If you don't have skewers, or a lot of time, spread the fruit out on a platter by color in a rainbow shape and you're done!

Feeling even more festive? Add mini marshmallows for clouds and Rolo's candies or chocolate covered coins to represent a pot of gold. This is a great party idea or afterschool snack for the kiddos.

UNLV Fundraiser



Benefit for Smiles Gala

Congratulations to the University of Nevada, Las Vegas, on raising \$46,000 at their first annual Benefit for Smiles Gala on Dec. 1, 2017.

NDB staff members were in attendance to help raise money for the Dental School's community service clinics that provide preventive oral health care and education for those unable to access quality dental services. Proceeds will also support the Southern Nevada Dental Society Scholarship.

NDB would like to applaud the evening's honoree, Dr. Robert Talley, for his continued effort in making oral health in Nevada stronger. We recognize the tremendous support he shows to community clinics and scholarships of the UNLV School of Dental Medicine and Southern Nevada Dental Society, and are grateful to have participated in honoring him that evening.

In February, we often think of candy hearts and red roses as expressions of love, but as dental professionals, we also recognize February as National Children's Dental Health Month, when many dentists show their passion in ensuring children receive good oral health care.

One such group of dental professionals is Access Health Dental (AHD). I had the opportunity to speak with Kristen Simmons, Marketing and Sales Manager with AHD, where she shared their commitment to serving the oral health care needs of children in the Las Vegas community.



"We've been privileged to be a part of 'Project Smile,' a charitable cause that partners with local dentists, for about three years," Simmons said. "We, at AHD, receive referrals from Project Smile, a Clark County School District group that provides financial assistance on behalf of low-income students who don't regularly receive dental care. They partner with Future Smiles, a group of registered dental hygienists that provides dental screenings and cleanings in schools. When a student needs x-rays and a further assessment or treatment, they refer the child to Project Smile, who then refers them to us, and our dentists are able to perform the treatment necessary."

AHD partners with Project Smile in each of their seven offices, year-round. In 2017, AHD provided needed dental care to 11 children at no cost to their parents. This is all with appreciation for the partnership with Project Smile.

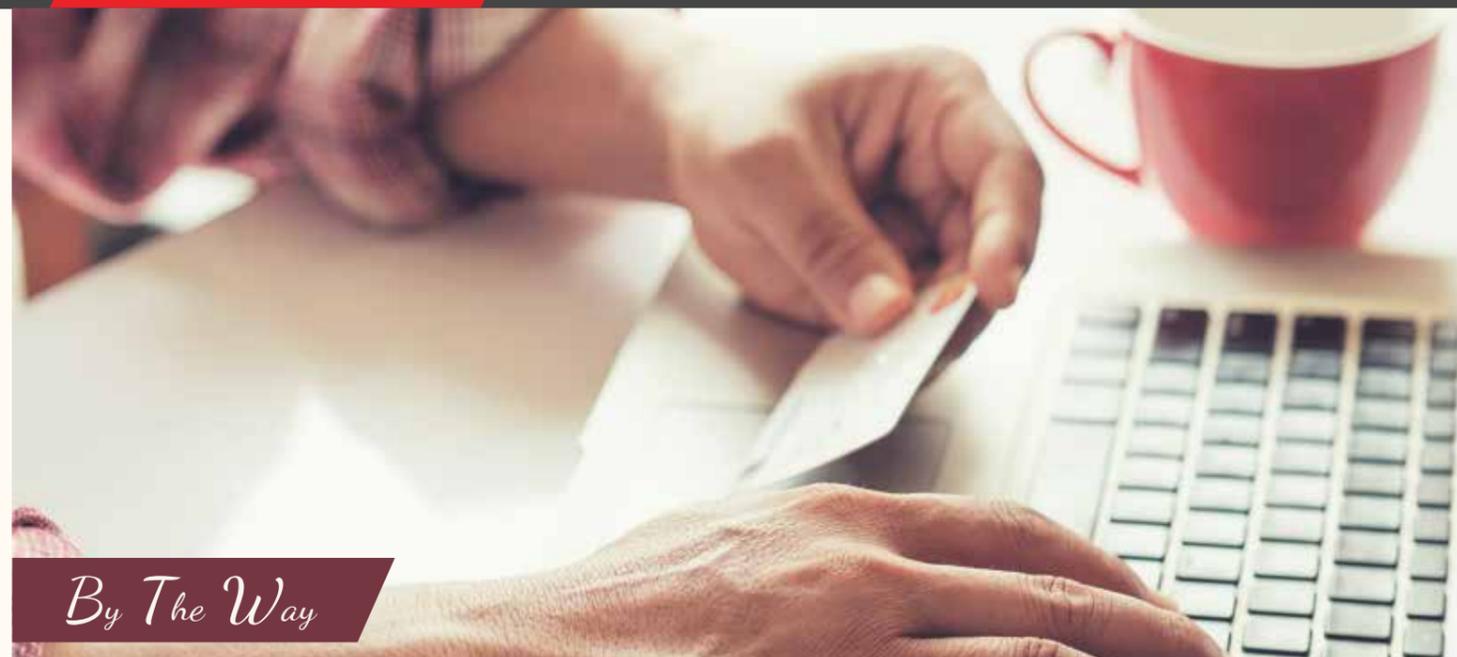
"It's such a wonderful program because most of the children that we're caring for, have rampant tooth decay and are missing school because of the pain," Simmons said. "We've treated children of all ages, but the real heartbreak comes from the high school students who are trying to get a job, but can't because their teeth haven't been cared for, their self-esteem is diminished and they do not want to smile. I feel blessed to be even a small part of this program, and our dentists love treating these children and being able to make a difference in their lives."



In addition to the work inside the offices, AHD's mobile dental office visits day care centers in February to celebrate National Children's Dental Health Month. During these visits, AHD teaches children the importance of taking care of their teeth with engaging and fun activities. "When kids get excited about brushing and flossing their teeth at an early age, they have positive dental check-ups and are not afraid of coming to the dentist," Simmons said.

Thank you Kristen Simmons and the AHD team of dental professionals for sharing your contribution to caring for the oral health of kids in our community.

 If you know of a dentist that might like to be featured in one of our upcoming newsletters, please let us know. E-mail Tammy Ishibashi at tishibashi@nevadadentalbenefits.com.



By The Way



Dental License Renewal

Reminder that during each period of licensure, a dentist who is registered to dispense controlled substances must complete at least 2 hours of continuing education relating to the misuse and abuse of controlled substances, the prescribing of opioids or addiction.



It's not too late to join the PrimeCare Administrators Network!

This is your chance to be part of a network of dental professionals, partnering with the most reliable and valuable dental plan administrators. To request an application, visit www.primecareadministrators.com or contact a Professional Networks Representative by calling (702) 724-9080.



P.O. Box Reminder

Our P.O. Boxes for claims, authorization, referrals, appeals and all other correspondence have moved to the addresses listed. We are no longer accepting mail at the old P.O. Box addresses and your mail may be returned.

MANAGED CARE CLAIMS
Nevada Dental Benefits, Ltd.
P.O. Box 80990 | Las Vegas, NV 89180

PPO CLAIMS
PrimeCare Administrators
P.O. Box 81380 | Las Vegas, NV 89180

PRIOR AUTHORIZATIONS & SPECIALTY REFERRALS
(For Both NDB & PCA)
P.O. Box 80117 | Las Vegas, NV 89180

APPEALS & ALL OTHER CORRESPONDENCE
(For Both NDB & PCA)
P.O. Box 80118 | Las Vegas, NV 89180



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