

# Practice Management Insight

A report on events affecting Oklahoma providers

March 2017

## Next Deployment is fast Approaching

It is a very busy season here at OrionNet Systems. For this time of year we have several things going on with ThinkHealth. Our support and development team have worked diligently, without complaint, to insure the next deployment goes as smooth as possible. The team here at OrionNet Systems is taking the necessary steps to make sure our clients are not affected by the upcoming updates. While we don't have a date set yet, we can only say that it is fast approaching.

We would like to thank all parties involved in this process, without your understanding and support we could not make this possible. We here at OrionNet Systems will keep you informed as to when the actual date comes available. If you have questions please feel free to send all correspondence or inquiries to OrionNet Systems LLC.



[More information](#)



Spring Forward  
March 12  
From your friends at  
OrionNet Systems  
[www.ionion.com](http://www.ionion.com)  
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## Understanding the U.S. Health Care System

Have you wondered what the health care debate is all about? Or why your accident and sickness insurance works the way it does? The U.S. health care system can be difficult to understand, and the word "system" itself can be misleading as different parts of it are run by hundreds of individual organizations, including the government and nonprofit and for-profit enterprises.

## MARK YOUR CALENDAR

**March 1**  
**The Professional Ripple Effect**  
[OKC, OK](#)

**March 7**  
**Tribal Consultation**  
[OKC, OK](#)

**March 8**  
**Drug Utilization Review**  
[OKC, OK](#)

**March 9**  
**Medical Advisory**  
[OKC, OK](#)

**March 12**  
**Daylight Saving Begins**

**March 17**  
**St. Patrick's Day**

**March 21**  
**Spring Begins**

**March 22**  
**Essentials**  
[OKC, OK](#)

**March 23**  
**OHCA Board Meeting**  
[Vinita, OK](#)

**March 24**  
**PRSS for Youth and Young Adults in Transition**  
[OKC, OK](#)

**March 28**  
**Opioid Use Disorder**  
[OKC, OK](#)

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Medical care was hard to come by in the early days of the colonies, because few British trained physicians came to North America. By the mid-eighteenth century, however, New Orleans, Philadelphia and New York had founded the first major hospitals, and the first medical schools had opened. The first hospital, The Royal Hospital in New Orleans, was too expensive for the majority of residents, so they built a second hospital, The Charity Hospital, that would cater to the masses on a charitable basis. Throughout U.S. history and still today, many hospitals are run by religious organizations, and they have traditionally tended to the illnesses of the poor.

During the U.S. Civil War, the federal government and individual states began to build hospitals in each state to tend to sick and wounded soldiers. The government also began public health provisions such as clean water, sanitation services and tuberculosis control, which began to have a significant effect by the beginning of the twentieth century. Since then, health care in the U.S. has grown into a giant system run by multiple groups.

[More Information](#)

### 4 Types of Tobacco That Are More Dangerous Than You

While cigarette smoking has been on the decline, many alternative tobacco and nicotine delivery products have been gaining popularity. Many of these products are perceived to be safer substitutes for cigarettes. However, these products still pose serious health risks due to the chemicals and toxins they contain.

Cigarette smoke contains over 7,000 chemicals. Many are poisonous, and at least 70 of them are known to cause cancer. These chemicals don't just harm the smoker. Secondhand smoke is harmful for nonsmokers too. Cigarette smoke causes many chronic diseases and health issues including COPD, lung infections, heart disease, stroke and cancer.

[More Information](#)

### Mindfulness for Anxiety: Research and Practice

Anxiety softens when we can create a space between ourselves and what we're experiencing. When you react in ways that aren't mindful, they can gradually [grow into habits that are detrimental to your health](#) and well-being. Consequently, these patterns of reactivity further your suffering or distress. This is why it's so important to discern clearly the difference between reacting with unawareness and responding with mindfulness. When you become aware of the present moment, you gain access to resources you may not have had before. You may not be able to change a situation, but you can [mindfully change your response to it](#). You can choose a more constructive and productive way of dealing with stress rather than a counterproductive or even destructive way of dealing with it.

### (HIE) use leads to shorter lengths of hospital stay, lower chance of ED

Hospitals in New York are finding big quality and efficiency gains thanks to the ability to access patient EHR data via a regional health information exchange.

A new study just released by HealthlinkNY, which operates the HIE connecting providers and patients in more than a dozen counties across the Hudson Valley and Southern Tier of New York, finds that use of the exchange reduced the patient's length of stay both in the ED and inpatient stay.

Moreover, according to the report – which examined 86,000 encounters at hospital EDs with access to patient records through the HIE – it also lowered the likelihood that patients would be readmitted to an ER within 30 days and reduced the number of physicians needed to examine them.

## ThinkHealth Feedback!

Check out ThinkHealth on Capterra the Top Mental Health Software Products list!

Please [click here](#) to give a review on your ThinkHealth System.

## What's New at OrionNet Systems

ThinkHealth is EHR Certified and is HealthHome compliant! If you are looking for the most used System.

[Please visit our website](#)  
[www.iorion.com](http://www.iorion.com)

Or

Give us a call at  
405.286.1674



### March is

**American National Nutrition Month**

**Mental Retardation Awareness Month**

**Self Harm Awareness Month**

**National Nutrition Month**

[More Information](#)

[More Information](#)



# OPEN MINDS

Market intelligence to navigate. Management expertise to succeed.



## ThinkHealth

Practice Management Software

software solutions for the behavioral health industry

readmission

# BEHAVIORAL HEALTHCARE

THE BUSINESS OF TREATMENT AND RECOVERY



# NAMI

National Alliance on Mental Illness



# ADDICTION PROFESSIONAL

DRIVING CLINICAL EXCELLENCE

Substance Abuse and Mental Health Services Administration



# SAMHSA



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