

March

2018

# NORdX NEWS

## Pre-Collection Variables

In our previous newsletter we highlighted substances that can interfere with the laboratory testing; specifically in regards to biotin. Pre-collection variables also play a role in the potential to change the concentration of an analyte in the patient's blood that can influence the results of the test.

Posture: an upright position increases hydrostatic pressure therefore decreasing the plasma volume. It is possible that after bedrest in the hospital a patient's hemoglobin can decrease from the original admitting value enough to falsely lead a healthcare provider to suspect internal bleeding or hemolysis. NorDx has observed a similar experience with patients collected in the early morning hours while still in bed. Falsely decreased hemoglobin values were reported, some in the critical reportable range. Values were notably "corrected" when the patient was recollected in the emergency room after being in the upright position and moving.\*

Based on this experience we recommend the recollection of patients from Long Term Care facilities with critically low hemoglobin. After the patient has been in the upright position for a while, retest the hemoglobin before bringing them to the Emergency Room.

Other analytes that increase their concentration in blood when the patient switches from a supine to an upright position are: proteins, albumin, and calcium.

\*Henry's Clinical Diagnosis and Management by Laboratory methods; 22nd edition by McPherson and Pincus, page 26.



*Supporting our partners  
in healthcare  
with laboratory services  
of superior value*

## Labeling Requirements

Proper specimen labeling is essential for accurate laboratory results. The College of American Pathologists (CAP) and other governing agencies have specific requirements in regards to specimen labeling. NorDx adheres to these requirements, our goal is to ensure proper patient and specimen identification.

### IMPORTANT:

Please follow NorDx's requirements below carefully to ensure Patient Safety:

- Patients complete (legal) first and last name (please avoid nicknames or initials)
- Date of birth or another unique identifier such as a Medical Record Number
- Date of collection
- Time of collection
- Initials of phlebotomist

NorDx will not be able to accept unlabeled or majorly mislabeled samples. Recollection of the specimen may be required. This includes samples labeled with a patient's name but without a date of birth or other second identifier. Specimens that have an error in labeling can cause the possibility of the wrong results being returned to the ordering provider. NorDx works diligently every day to ensure that we are providing accurate and timely laboratory results to our healthcare providers. It is imperative that samples are received with proper labeling information so we can realize this goal.

First and Last Name  
Full Given Name

12/07/1956  
Date of Birth  
(PID or Unique Marker)

09/19/2012  
Date of Collection

9:20am  
Time of Collection

LJB  
Phlebotomist Initials

## Did you know....

Ticks are generally found near the ground, in brushy or wooded areas. They can't jump or fly. Instead, they climb tall grasses or shrubs and wait for a potential host to brush against them. When this happens they climb onto the host and seek a site for attachment.

- Wear repellent containing at least 20% DEET or permethrin-treated clothing

- Additional repellents:

<http://cfpub.epa.gov/oppref/insect/>

- Treat dogs and cats for ticks as recommended by a vet

- Check for ticks daily, especially under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and on the hairline and scalp

- Shower soon after being outdoors

## Tick Testing

### TEST NAME (CODE)

EHRlichia DNA PCR (ERLIC)

BABESIA MICROTI DNA BY PCR (BMPCR)

ANAPLASMA PHAGOCYTOPHILUM DNA PCR (APPCR)

### TICK PANELS WITHOUT EHRlichia

TICK PANEL PCR AND LYME SEROLOGY (TICKP)  
(Includes Anaplasma, Babesia, Lyme w/reflex)

TICK PANEL PCR (TKPCR)  
(Includes Anaplasma, Babesia)

### TICK PANELS WITH EHRlichia

TICK PANEL W/EHRlichia AND LYME SEROLOGY (TLABE)  
(Includes Anaplasma, Babesia, Ehrlichia, Lyme w.reflex)

TICK PANEL PCR W/EHRlichia (TKABE)  
(Anaplasma, Babesia, Ehrlichia)



Lone Star Tick



Blacklegged Tick

## Ehrlichia Testing by PCR

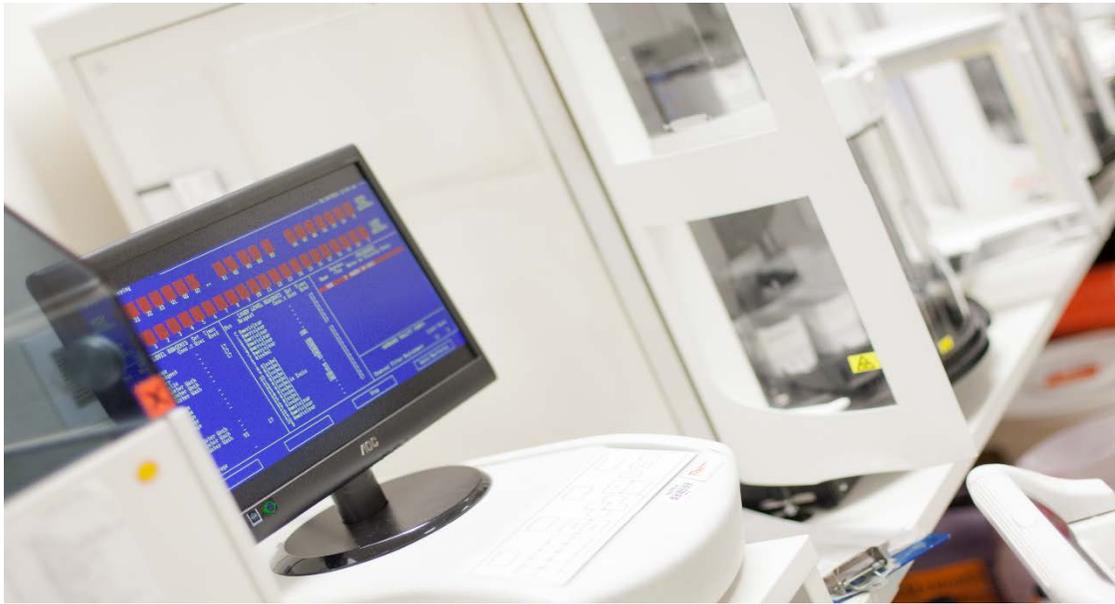
Tick Season is Coming

As the weather warms up, and we start to spend more time outside, preventing tick bites is the key to protecting ourselves and pets from tick-borne diseases. The CDC reminds us to shower directly after coming inside, conduct a full-body tick check and remove any ticks immediately. As the number of tick-borne infections has increased over the years, NorDx has put considerable effort into expanding testing for several tick-borne diseases. Our panels include Lyme disease screening and confirmation, anaplasmosis, babesiosis, and new for this season, ehrlichiosis testing by PCR.

Ehrlichia chaffensis is transmitted by the Lone Star Tick (*Amblyomma americanum*) common to the southern and eastern United States. Human ehrlichiosis can cause flu-like symptoms (fever, headache, body aches) similar to other tick-borne diseases, anaplasmosis and babesiosis which are transmitted by the deer tick or black-legged tick.

## *Mycobacterium tuberculosis* PCR for TB Testing

Tuberculosis (*Mycobacterium Tuberculosis*, TB) is a serious and very contagious bacterial infection that typically infects the lungs and without proper treatment can be fatal. TB is spread through the air, and therefore hospitalized individuals suspected of having a TB infection must remain in isolation and on droplet precautions while infection status is being determined. Currently, we are performing multiple sputum stains for rapid identification of the disease while awaiting up to 8 weeks for the culture result, which is the gold standard for diagnosis. In order to improve the accuracy and TAT of the immediate TB diagnosis and reduce the isolation time for patients suspected of having TB, NorDx will offer a *Mycobacterium tuberculosis* rapid molecular detection by PCR assay beginning in April. Ordered in conjunction with sputum stains and the mycobacterial culture, this PCR will provide diagnostic information within 1-3 days instead of the standard 8 weeks for traditional culture. Preferred specimen is an early morning sputum. This test will decrease the overall time required to determine the patient's infection status and will decrease time spent in isolation, on precautions, and in the hospital. Although this is an excellent diagnostic test, it may also detect nonviable organisms, possibly present after treatment. The test should not be ordered as a test of cure, or on previously positive patients who have been treated.



## Protecting Access to Medicare Act (PAMA) Cuts

On January 1st the Centers for Medicare and Medicaid (CMS) released their 2018 clinical laboratory fee schedule (CLFS). The new fee schedule contained substantial reimbursement cuts to numerous clinical tests. To date the cost reduction is on target to realize a greater than 8% reduction.

The American Clinical Laboratory Association (ACLA) has recently filed a lawsuit against the Department of Health and Human Services (HHS) claiming the reimbursement data that was obtained to determine the cuts in reimbursements were skewed by not including a larger sample size of hospital based laboratories.

At NorDx we are continuing to measure the reimbursement cuts and reviewing our current levels of service in order to keep balance.



## 3rd Annual Fall Charity Festival

October 13th, 2018

At 301A US Route One Scarborough

**Raffles and Silent Auction, Face and Pumpkin Painting, Bake & Craft Sales, Community Health Wellness Fair... AND MUCH MORE!!!**

**Benefiting Operation Hope**

## Phone Tree Option Change

Please note the following change in regards to the phone tree when calling NorDx at 1-800-773-5814

Option 1: Specimen Pick-Up

Option 2: Client Support

Option 3: Billing

Option 4: Supplies

In order for us to service your needs quickly please call our Client Support at the number listed above.

## New Medicare Cards

Medicare has announced that they will start delivering in a brand new card to each member. They are going to phase in the cards over a year long period, starting April 2018.

All new Medicare cards will omit social security numbers omitted and each member will be assigned a new number.

Please watch for these new cards and update your patient's insurance information as it changes.



To receive an electronic copy of this newsletter please send a request to [sales@nordx.org](mailto:sales@nordx.org)

Like us on Facebook: [facebook/nordx.org](https://www.facebook.com/nordx.org)

## NorDx Patient Service Centers

### MAINE

#### **Biddeford**

5 Wellspring Rd.  
Phone: 207-283-0818  
Mon-Fri: 7:30am-12pm

#### **Falmouth**

5 Bucknam Rd.  
Phone: 207-781-1595  
Mon-Fri: 7:30am-4:30pm

#### **Freeport**

23 Durham Road  
Phone: 207-865-6768  
Mon-Fri: 7:30am-4pm  
Closed: 12pm-1pm

#### **Gorham**

94 Main St.  
Phone: 207-839-2696  
Mon-Fri: 7:30am-12pm

#### **Lewiston**

198 Main St.  
Phone: 207-661-7890  
Mon-Fri: 7am-3pm  
Closed: 12pm-12:30pm

#### **Kennebunk**

24 Portland Road  
Phone: 207-467-8426  
Mon-Thur: 7:30am-5pm  
Closed: 12pm-1pm

#### **Oakland**

25 First Park, Ste B  
Phone: 207-873-7722  
Mon-Thur: 7am-3pm  
Fri: 7am-11:30am  
Closed: 12:30pm-1pm

#### **Portland**

335 Brighton Ave.  
Phone: 207-662-8353  
Mon-Fri: 8:30am-4:30pm  
Sat: 9am-11:30am  
Closed: 12pm-1pm

#### **Portland**

887 Congress St.  
Phone: 207-662-6303  
Mon-Fri: 8:30am-5pm  
Closed: 12:30pm-1pm

#### **Portland**

22 Bramhall St.  
Phone: 207-662-2711  
Mon-Fri: 7:30am-5pm  
Sat: 8am-12pm

#### **Scarborough**

100 Campus Drive Suite (West)  
Phone: 207-396-7980  
Mon-Fri: 7am-6pm  
Sat: 8am-12pm

#### **Scarborough**

300 Professional Drive  
Phone: 207-396-7350  
Mon-Fri: 8:30am-5pm  
Closed: 12:30pm-1pm

#### **Springvale**

15 Oak St.  
Phone: 207-608-4486  
Mon-Fri: 9am-12:30pm

#### **Westbrook**

1 Harnois Ave., 2nd Fl  
Phone: 207-662-1402  
Mon-Fri: 8am-4:30pm  
Closed: 12pm-1pm

#### **Windham**

2D Commons Ave., Ste4  
Phone: 207-892-2832  
Mon-Fri: 7:30am-4pm  
Closed: 12pm-1pm

#### **Yarmouth**

60 Forest Falls Dr.  
Phone: 207-846-3724  
Mon-Fri: 7:30am-12pm

### NEW HAMPSHIRE

#### **Exeter**

1 Hampton Rd Ste 102  
Phone: 603-778-3878  
Mon-Fri: 7:30am-12:30pm

#### **Somersworth**

311 Route 108  
Phone: 603-841-2510  
Mon-Fri: 8am-4pm  
Sat: 8am-12pm  
Closed: 12:30pm-1pm

## Urine Drug Monitoring Program

NorDx has an established comprehensive Urine Drug Monitoring program designed to equip healthcare providers with reliable results for patients being treated for chronic pain. NorDx has numerous qualitative screening and quantitative confirmation testing options available, as well as specific drug testing. NorDx provides a Urine drug monitoring 24/7 consult hotline to answer any questions. The hotline is staffed by Pharm D and toxicologist and are standing by to answer any of your questions.

For more information about the NorDx Urine Drug Monitoring program please contact your Account Manager

PATIENT  
CENTERED

RESPECT

INTEGRITY

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INNOVATION

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