

## WHAT'S NEW

### Lydia's House Holiday Project

The Holiday Deadline is approaching for Lydia's House! Join HTA as we collect donations for the families of Lydia's House, including gifts and meal baskets. The collection deadline is December 13th. There's still time to adopt a family by contacting Lydia's House at (314)771-4411 or by email at [holidayproject@lydiashouse.org](mailto:holidayproject@lydiashouse.org).



## UPCOMING EVENTS

Wednesday,  
December 11th

11:30am-1pm Holiday Luncheon at  
Helen Fitzgerald's  
Greater St. Louis MGMA  
St. Louis, MO

Wednesday,  
December 18th

3pm-5pm The Expanding Scope of  
Federal Kickback Compliance  
Greater Kansas City MGMA  
Overland Park, KS



See more at:

[htadvisorsllc.com/events](http://htadvisorsllc.com/events)

## IN THIS ISSUE

Page 2 - Spotlight: Windows 7 End of Life

Best Practice: Technology Reviews

Page 3 - HIPAA Fine Spotlight: 2.15 Million

Page 4 - The HTA Gift Guide for a "Tidy" Age

## REFERRAL

Join the HTA  
Advisory Committee!



Have a coffee on us, and get a chance at a  
FREE iPad.

With our new referral rewards program, every  
qualified referral enters you into a drawing  
for a new iPad. Don't miss your chance to win  
this quarter!



# Healthcare Technology Advisors

This monthly publication  
provided courtesy of Derrick  
Weisbrod & Hugh Anderson,  
Founding Advisors of Healthcare  
Technology Advisors.

Our mission is to be trusted  
advisors guiding healthcare  
businesses through the complex  
IT and HIPAA landscape while  
providing a comprehensive  
service that always maintains a  
human touch.



## SPOTLIGHT: WINDOWS 7 END OF LIFE APPROACHES

On January 14th, 2020, Windows 7 and Windows Server 2008 will leave extended support. This will result in several things.

1. Any machine running these operating systems will no longer receive vital security patches and updates. Any new virus or exploit that is discovered may not be patched, leaving the system vulnerable to hackers, malware, and ransomware.
2. Many third-party line-of-business applications may stop supporting the operating systems, meaning new updates to the software will not be available for Windows 7 computers.
3. Without proper security updates, any machine running outdated operating systems will no longer be HIPAA-compliant due to their increased vulnerability to breach.

Any healthcare practice still relying on these network-connected machines needs to immediately plan for their replacement. If that plan is not already in place with your IT provider, schedule a meeting today! Windows 7 workstations and Windows Server 2008 servers will no longer be HIPAA compliant and will make your practice vulnerable to ransomware. Knowing about the problem and not addressing it is grounds for a HIPAA fine should a breach occur. Contact your IT provider or Healthcare Technology Advisors today to discuss updating and safeguarding your practice.

### BEST PRACTICE OF THE MONTH: TECHNOLOGY REVIEWS

A standard part of any management plan is to review, evaluate, and plan the future. This happens with employees, financial budgets, vendors, and ought to be happening with your technology. When was the last time you had a strategy meeting with your Chief Information Officer or IT Director?

For a healthcare practice, HTA recommends quarterly technology reviews. These meetings should be structured, with a focus on either bringing the practice into alignment with the current technology plan or on crafting that plan for the future. For instance, if a practice's technology is years behind, it can be a disruptive and expensive undertaking to upgrade, modernize, and bring it into compliance. Such a large-scale project should be tackled in small parts, and quarterly technology reviews can guide and shape that work so it is completed in the fastest and least disruptive way possible.

Once an environment is adhering to best practices, it becomes a question of strategy. Instead of blindly maintaining the status quo, technology reviews can be used to discuss different ways of heightening efficiency, creating new workflows and connections, or creatively solving tricky problems. They should also be used to plan future technology upgrades and projects, so the practice is never hit with a surprise in the billing department.

A quarterly technology review with your IT Director or CIO is a vital part of maintaining a smooth working environment for your healthcare practice. If you would like advice on how to enact this in your practice, schedule a free consultation with Healthcare Technology Advisors today.

# HIPAA FINE SPOTLIGHT

## \$2.15 MILLION



Lost boxes of paper records, protected health information (PHI) leaked on social media, and an employee caught selling patient's PHI are just the beginning of the issues found with Jackson Health System (JHS), a nonprofit academic medical system based in Miami, Florida. The Office for Civil Rights (OCR) recently imposed a civil money penalty of \$2,154,000 against JHS for violations of the HIPAA Security and Breach Notification Rules between 2013 and 2016.

This began with a properly submitted breach report. In August of 2013, JHS reported that it had lost paper records containing the PHI of 756 patients. Their own internal investigation went on to determine that three additional boxes of paper records had been lost. However, JHS failed to report this discovery, or notify OCR that the number of patients affected increased to 1,436 - until June 7, 2016, during the OCR's investigation.

In July of 2015, a media report featured a photo of a JHS operating room, in which a patient's medical data could be read from a screen. As OCR investigated, JHS determined that two employees impermissibly accessed the exposed patient's medical record.

The most egregious offense was revealed in February 2016, when JHS reported that an employee had been selling patient PHI. Though no number of sales was reported, this employee had inappropriately accessed over 24,000 patient records since 2011.

The subsequent OCR investigation concluded that JHS had failed to conduct risk analyses, manage identified risks to a reasonable level, regularly review log reports, or restrict workforce member's access to patient ePHI to the minimum necessary to accomplish their job duties.

"OCR's investigation revealed a HIPAA compliance program that had been in disarray for a number of years," said OCR Director Roger Severino. "This hospital system's compliance program failed to detect and stop an employee who stole and sold thousands of patient records; lost patient files without notifying OCR as required by law; and failed to properly secure PHI that was leaked to the media."

## HTA'S GIFT GUIDE FOR A TIDIED AGE

Did you have a spree of “Tidying Up” in 2019? Are you turning to minimalism, sustainability, locally or ethically sourced goods in your general life? Whether the motivation is minimizing our affect on the climate, supporting our local economy, or curbing our worst consumer habits, many people are re-thinking the things we buy for ourselves and others. This Christmas, we’re proud to present the HTA Gift-Giving Guide for a Tidied Age; Our office’s plans for a Holiday Season that is sustainable, ethical, or just simply more logical!

**Derrick Weisbrod, CEO:** I’m not one to actively think about gifting things nor do I really like receiving items, but I do very much enjoy creating and sharing experiences with my family and friends. Every year I host a Winter Solstice party at my house. This involves a potluck, smoked meats, live music, and an ambitious bonfire designed to see us through till dawn. I can invite my family and friends and not only spend time with them, but gift them a great night of festivities. That’s my preferred present, every year – time, company, and good cheer.

**Abigail Kern, Marketing Manager:** Years ago I took over my mother’s tradition of making banana bread as gifts for the family. The bread is delicious, and once consumed takes up no space in your kitchen. While it’s time intensive, it’s still more affordable than getting gifts for everyone and I frankly feel better about giving a thing I have made rather than something I bought. The recipe can also be easily adjusted for dietary restrictions or “improved upon” each year to add variety, mostly with chocolate. Chocolate is the variety.

**Kara Nagel, Marketing Administrator:** I’m not a huge gift-giver, but my go-to is a local farmer’s market such as the one at Point Labaddie Brewery. There I can find useful, local goods that are of high quality. Not only does this help my local economy, but the products are more sustainable than mass-produced items. I’d much rather my money go to local artists and craftspeople than to Amazon!

**Hugh Anderson, Co-Founder:** I love making food for friends and family as presents for the holidays. I get to try out new recipes without being stuck with eating it all, and my loved ones get delicious treats!

### Banana Bread

1 stick (1/2 cup) butter	1 cup granulated sugar
3 large ripe bananas	1 teaspoon baking soda
2 large eggs	1/2 teaspoon salt
1 teaspoon vanilla extract	1/2 teaspoon cinnamon
2 cups all purpose flour	

Preheat oven to 350 degrees. Spray a loaf pan with non-stick cooking spray or grease with butter and set aside.

Add the stick of butter to a large bowl and microwave for 1 minute, or until melted.

Add the bananas to the same bowl and mash with a fork.

Add the vanilla extract and egg to the bowl and use the same fork to mash and stir until no yellow streaks of egg remain.

In a second large bowl whisk together the flour, sugar, baking soda, salt, and cinnamon.

Add the dry ingredients to the wet ingredients and mix together with a spatula just until combined.

Pour the batter into prepared loaf pan and bake for 45-55 minutes until a toothpick inserted in the center of the bread comes out clean.

### Apple Cider Caramels *from Smitten Kitchen*

4 cups apple cider	1 stick unsalted butter, cut into chunks
1/2 teaspoon ground cinnamon	1 cup granulated sugar
2 teaspoons flaky sea salt, such as Maldon, or less of a finer one	1/2 cup packed light brown sugar
	1/3 cup heavy cream

Reduce the apple cider in a saucepan over high heat until it’s a dark, thick syrup and about 1/3 to 1/4 cup in volume.

Line the bottom of an 8-inch square baking pan with crisscrossed parchment. In a small bowl combine the cinnamon and flaky salt.

Add the butter, sugars, and heavy cream to the apple cider syrup. Heat on medium-high and let boil until a thermometer reads 252 degrees.

As soon as it hits 252 degrees, remove from the heat and add the cinnamon-salt mixture and stir to combine.

Pour the caramel into the 8-inch pan and let sit until cool.

Using an oiled knife, cut into 1-inch squares and wrap with waxed paper.

Do ahead: The caramels will keep in an airtight container at room temperature for two weeks.