

Medical Match

JUNE 2004
303-980-1000

Permanent or contract staffing *Free web ads *Background checks * 90 day free replacement guarantee

Current Medical Candidate Samples

FRONT

GAIL 8 yrs. Front, billing, surgery sched. IM,OB North
KARI 6 yrs. Front, records, ad asst Eye, Ortho East
BECKY 3 yrs. Front, surg sched, Eng/Spanish Central

BILLING

CAROL 2 yrs. Cert. coder, biller, MD & hospital S.East
SUZI 13 yrs. Sm. office ortho. Front, bill, collect South
MOLLY 6 yrs. Billing, eye, peds, Eng/Spanish Central

MEDICAL ASSISTANTS

JEN 10 yrs. MA back office, Peds, Onc, Neuro North
KATIE 13 yrs. Lead MA front & back, FP, Eye S.East
PAM 3 yrs. MA Front & back. Family, Geri East

MANAGERS

MAGGIE 10 yrs. Family, 7 providers. AR, AP, HR. Central
TERRA 20 yrs. Ob/gyn, Eye, 10 MDs., HR, AR/AP N.West
LANI 7 yrs. Onc, Rehab 9 providers, Managed 5. East

Medical Match receives hundreds of resumes monthly. We place administrative and billing support, clinical staff, managers, and CEOs. For resumes or fee information, call anytime. **303-980-1000**

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RX to Energize and Prevent “Compassion Fatigue”

The healthcare industry attracts bright and empathetic caregivers who share, not only their special skills, but also their emotions. Over time, without even realizing it, they can tire out and develop *compassion fatigue*.

What kind of strategies can healers use to remain healthy and energized while working in healthcare? Studies show that stress-resistant people **take care of their physical health and develop coping skills**; they do not see themselves as powerless. They move ahead with small, subtle behaviors which give them **internal control or personal power** while other events are controlled *externally* by others. Here are examples of easy, energizing activities which have been measured by behavioral medicine, *psychoneuroimmunology*, and humor research.

1. Take a few **deep breaths**: exhale completely, hold, then fill your lungs fully with fresh air, and hold. **Massage** your face, jaw, neck and shoulders to relieve tensions. Stretch. Smile, smile, smile. **Meditate** to quiet your mind.
2. **Keep in touch with nature** to stay grounded: maintain plants in your office; take work breaks outside; play with your pets; walk or work near moving streams or lakes, or post pictures with land or seascapes, flowers, trees, and family.
3. **Humor and laughter** change how we choose to view the world. Creatively look for opportunities to enjoy and share joy, cartoons, jokes, and positive stories into your day. Smiling, humor, and laughter tap into our immune responses and contagiously lighten the bodies, minds, emotions and spirits of everyone.
4. **Control the noise**. Lower obtrusive sounds, and add quiet background music. Organize and maintain your personal **space**, even if it simply one drawer or a locker. Adjust the **lighting** and reduce **computer glare**.
5. **Put boundaries on your business day**. Consciously **leave the office concerns** at the office; “cut the cords” between you and your patients as you leave at the end of the day.
6. **Connect with people and activities which make you happy**: ahhh, mini-vacations to renew and refresh you.

www.medicalmatch.net

Beginning July, 2004, our newsletter, HR articles, and sample candidates will be accessible through our website. If you prefer receiving by fax, please call **303-980-1000**