# MDGuidelines® User Guide Contents

This user guide will introduce MDGuidelines® users to features offered on our new and improved website.

If you need immediate assistance, please call 800.442.4519 or email supportteam@reedgroup.com

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Logging into the Website

You can reach the MDGuidelines® homepage at http://www.mdguidelines.com

If you have a user name for the old website, it will also work for the new site. However, you will be prompted to change your password for security purposes.

- From the MDGuidelines® homepage, click the Log In button on the top right:

- After you have logged in to the site, your homepage will look like this:
Searching for Content

MDGuidelines® now has an enhanced search that allows you to find content instantaneously.

The website features “suggestive search” and displays your recent searches in a dropdown list that appears as you are typing in the search bar.

There are 3 primary ways to search for content from the search bar at the top of your screen:

- Name of the condition or keyword
- Medical code
  ICD-9-CM, ICD-10-CM, ICD-10-WHO, or a 5-digit CPT procedural code (if part of your subscription)
- General anatomical region
  “shoulder,” “knee,” “elbow,” etc.
Search Results

The search results page will display the most relevant topic pages.

Simply click on the title and you will be directed to the topic page.

Arthroplasty Shoulder
ICD-9-CM | CPT*
A shoulder arthroplasty is a surgical procedure designed to replace the damaged or diseased natural bones of the shoulder with a prosthesis made of metal and po
Source: Medical Disability Guidelines

Adhesive Capsulitis of Shoulder
ICD-9-CM | ICD-10-CM
Adhesive capsulitis is a condition of the shoulder characterized by stiffness, loss of motion (contracture), and pain, typically with a gradual onset, worsening
Source: Medical Disability Guidelines

Sprains and Strains Shoulder and Upper Arm
ICD-9-CM | ICD-10-CM
There are two main joints in the shoulder. The acromioclavicular joint connects the upper part of the shoulder blade (acromion) to the collar bone (clavicle). T
Source: Medical Disability Guidelines

Sprains and Strains Shoulder Joint Capsule and Rotator Cuff
Related Medical Codes

Your search will also bring up a tab for medical codes related to your search.

» From the search results page, click on the Medical Codes tab, then expand the code set you wish to view.

» From each medical code result, you will have the option to click directly to the Predictive Model or search for related topics.
Topic Layout

MDGuidelines® topics have a new look and feel, allowing you to easily scan and analyze the information for what you need as quickly and efficiently as possible.

Overview

Carpal tunnel syndrome (CTS) is a condition that results in symptoms of numbness, paresthesia, or pain in the distribution of the median nerve at the wrist. The exact pathophysiology is not completely understood but can be viewed as compression of the median nerve as it passes from the forearm into the hand at the level of carpal ligament. The median nerve is the main nerve of the hand. Its branches enter the hand through a narrow passageway (carpal tunnel) formed by the wrist bones (carpal bones) and the tough ligament that holds the tendons in place (the transverse carpal ligament). The median nerve supplies sensation to the thumb, index finger, middle finger, and, in most people, to part of the ring finger. Because this passageway is rigid, thickening of structure, inflammation, swelling, or increased fluid retention may compress the nerve (nerve entrapment), causing pain and numbness in the fingers (particularly the thumb and the index and middle fingers) and, over time, hand weakness. Pain may eventually extend to the arm, shoulder, and, rarely, the neck. Sensation in the palm is not always affected because of a branch of the median nerve that does not go through the carpal tunnel.

Any condition, trauma, or injury that increases pressure on the median nerve and tendons in the carpal tunnel can result in carpal tunnel syndrome, including a smaller carpal tunnel than normal, wrist injury such as sprains or fractures that produce swelling and alter the shape and size of the carpal tunnel, overactive sweat gland, underactive thyroid, tumors of the median artery, repeat use of vibrating hand tools, fluid retention during pregnancy or menopause, or the presence of a cyst or tumor.

Incidence and Prevalence

An estimated 5% of the US population is affected by carpal tunnel syndrome (Hosker). Idiopathic CTS is more common in adults (NNIS). During the period from 1981 to 2005, the average annual incidence of carpal tunnel release surgery was 109 per 100,000, while that for work-related CTS was 11 per 100,000 (Gelfand).
Reordering Topic Sections

You now have the ability to reorder the content sections based on your personal preferences.

- On the left side of the topic page, click the **Reorder** button, which will expand the content sections in the sidebar.
- You can then drag each section to reorder as desired. Once you have the sections in your preferred order, click the **Save** button at the bottom of the list. Your ordering will then be saved so that all topics are displayed with the sections in your preferred order, each time you visit the website.
Duration Tables (Length of Disability)

The Length of Disability tables can be found as a section within the topic content.

- Click on the Length of Disability section from Contents list on the left side of the topic page to navigate to the duration tables within the topic.
- In the main text of the topic page, choose the appropriate duration table (e.g., Medical Treatment, Surgical Treatment).
- Expand the content by clicking the plus sign to the right of the table title to view the minimum, optimum, and maximum durations.
Job Titles

The Job Titles section allows you to search for a job title (as provided by the US Department of Labor) and identify the associated job classification, which is used when determining the Length of Disability.

> The Job Titles tool is located under the Resources tab on the top right of the page:

> From the Job Titles page, use the Job Search bar to search for a job title.
Click on the most appropriate job title in the displayed results to view a detailed description and job classification for that title.

The job classification (which used with our Length of Disability tables) is located at the bottom of the job description in bold.
Predictive Model

The enhanced MDGuidelines® Predictive Model continues to use our data set of more than 5 million claims.

The tool appears as an overlay on your current page.

You can access the Predictive Model from the following locations:

- The MDGuidelines® homepage (after you have logged in)
- The Tools menu on the top right of the page
- The Medical Codes tab from the search results page
- The Medical Codes tab of a topic page
- You can search by keyword or medical code (including ICD-10) in the primary diagnosis field, as well as the co-existing (co-morbid) fields.
ICD Mapping Tool

The MDGuidelines® ICD Mapping tool allows you to look up an existing ICD-9 code to find an equivalent ICD-10 code, or vice versa.

The tool appears as an overlay on your current page.

You can access the ICD Mapping tool from the following locations:

- The MDGuidelines® homepage (after you have logged in)
- The Tools menu on the top right of the page

Simply type in the keyword or medical code to search for the code equivalent. The tool will recognize whether the code you entered is an ICD-9 or ICD-10 code.
DART (Diagnosis and Related Treatments) and Formulary Tools

The DART and Formulary tools are new features added in 2015, based on recommended treatments from the American College of Occupational and Environmental Medicine (ACOEM) clinical practice guidelines.

For more information on the DART tool and how it can be used to find appropriate (or inappropriate) treatments based on a diagnosis, see https://new.mdguidelines.com/dart/help

For more information on how the Formulary can be used by physicians and utilization review / claims professionals to find appropriate drugs and medications based on the condition, see https://new.mdguidelines.com/formulary/help

Coming Soon

- Full version of ACOEM Treatment Guidelines
- State Treatment Guidelines
- Duration trend graphs
- Print view

Contact Us

Phone: 800.442.4519

Email: supportteam@reedgroup.com