Reminder for future issues:

This issue is provided electronically and as a hard copy via fax. Beginning January 2015, only electronic copies will be sent. To ensure that you receive all updates from Spectrum Health Regional Laboratory, please email LaboratoryServices@spectrumhealth.org with your office name and email addresses.

Past issues can be found in our online test catalog.

Series: Improving Test Utilization

Diagnosis of Epstein Barr Virus Infection

1. We recommend starting off with the Mononucleosis Screen, Epstein Barr (EBV) IgM if Negative as the first step in the evaluation of possible EBV infection. This is a reflex test combination that will order the EBV IgM test if the mononucleosis screen is negative.

2. Component testing is recommended to help determine prior infection.
   a. If the components are to be ordered, we recommend they be ordered together

<table>
<thead>
<tr>
<th>ORDERABLE &gt;&gt;&gt;</th>
<th>MONONUCLEOSIS SCREEN (Heterophile antibody)</th>
<th>EBV VCA IgM</th>
<th>EBV VCA IgG</th>
<th>EBNA</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUSCEPTIBLE</td>
<td>NEGATIVE</td>
<td>NEGATIVE</td>
<td>NEGATIVE</td>
<td>NEGATIVE</td>
</tr>
<tr>
<td>ACUTE/CURRENT INFECTION</td>
<td>POSITIVE</td>
<td>POSITIVE</td>
<td>POSITIVE/NEGATIVE</td>
<td>NEGATIVE</td>
</tr>
<tr>
<td>PAST INFECTION</td>
<td>NEGATIVE</td>
<td>NEGATIVE</td>
<td>POSITIVE</td>
<td>POSITIVE</td>
</tr>
</tbody>
</table>

- **EBV VCA IgM**
  - Appears in acute phase
  - Peaks within 3 – 4 weeks and usually lasts up to 2 – 4 months
  - Used to determine active infection

- **EBV VCA IgG**
  - Appears in acute phase
  - Peaks 2 – 4 weeks after onset
  - Persists for life
  - Used to determine prior infection

- **EBNA**
  - Appears 2 – 4 months after onset
  - Used to determine prior infection

Any questions may be directed to Dr. David Alter, MD, Clinical Pathologist at David.Alter@spectrumhealth.org.

Special Thanks to Dr. David Dobbie, M.D., SHMG Infectious Disease
Specimen Integrity

Winter Lockbox Preparation
To help ensure that all specimens arrive to the laboratory at the correct temperature and with the best specimen integrity, we are asking for your help. Please use the guidelines below:

- Follow these steps for loading your outdoor lockbox during the winter months to prevent freezing of refrigerate and ambient specimens:
  - Place a refrigerated cool pack in the bottom of the lockbox.
  - Place refrigerated temperature specimens on top of the cool pack.
  - Layer 3-4 paper towels over the refrigerated specimens for insulation.
  - Place ambient temperature specimens on top of the paper towels.
  - Place a non-refrigerated/ambient cool pack on top of the ambient specimens.

- Frozen specimen should not be left in the lockbox for after-hours pickup. These tests may be better preserved in the office freezer until the next day’s courier pickup.

Spectrum Health Laboratory is committed to specimen integrity. Specimen integrity directly affects the quality of laboratory results. The Specimen Transport Integrity guide is available in the online test catalog (http://spectrumhealth.testcatalog.org/) or via Spectrum Health Laboratory Courier Services. If you have further questions, please call the Laboratory Customer Service Call Center at 616.774.7721.

Adding Registration to Preserve Patient Demographics

Home Collections (formerly specimen drop offs)
Beginning January 5, 2015 patients doing home collections of urine and stool specimens will be registered by patient access when they deliver these specimens to the outpatient labs. This will provide the patient the best opportunity to exchange accurate insurance and specimen information. We will also offer the patient the opportunity to visit with the phlebotomist. Accurate dates and times of collection are required before testing can be performed. Accurate specimen labeling can be checked at this point, too. Allowing this time for interaction with the patient will increase the value of these lab tests.

To be of value to patient care, the laboratory must provide quality results, in a timely manner, and for a fair price. Quality results are obtained from quality specimens; this is tied very closely to processing specimens in a timely manner. Having accurate information for specimen collection allows the specimens to move through the lab without interruption. Accurate billing information affords the best fair price possible. In the complicated world of laboratory testing, having accurate specimen and billing information allows us to find the balance between good patient care and fair market value.

Have Questions?
The Laboratory Customer Service Call Center is here to help you! We are staffed 24 hours a day, 7 days a week, including holidays. Please call 616.774.7721.
Outpatient Laboratory Draw Sites

2014 Winter Holiday Schedule
In observance of the upcoming holidays, Outpatient Draw Site schedules will be adjusted as follows:

December 2014
- OPEN limited hours Wednesday, December 24 7:00 a.m. to 12:00 p.m. (noon)
- CLOSED Thursday, December 25
- OPEN Friday, December 26th regularly scheduled hours

January 2015
- CLOSED Thursday, January 1
- OPEN Friday, January 2, regularly scheduled hours.

For information regarding Outpatient Laboratory locations, hours and phone number please visit Laboratory Locations

East Paris Laboratory (1000 East Paris Avenue, Suite 119, Grand Rapids, 49546) will be closed one day, for renovations on Saturday, December 6th and will re-open on Monday, December 8th at 7 am. Please use the above link for another Laboratory Location closest to your patient.

One of the real joys of the Holiday Season is this opportunity to say

Thank You

and wish you happiness in the coming year.

Wishing you peace, joy and good health in the New Year!

Sincerely,

Spectrum Health Laboratory Services

Have you checked the catalog?
If you are in need of specimen requirements or testing information it can all be found with a simple click! We have even included many of our referral testing to Mayo Medical Laboratories or Specialty Lab. Please visit the new online test catalog:

spectrumhealth.testcatalog.org

Receive Laboratory News via email.
If you would like to receive this newsletter electronically, please contact Spectrum Health Laboratory, email your request to

LaboratoryServices@SpectrumHealth.org

Need a Specimen Pick Up?
If your facility needs a courier to pick up specimens, call the Laboratory Customer Service Call Center 616.774.7721.