

Welcome to the latest edition of *TeleNews* from the Center for Telemedicine and Telehealth at the University of Kansas Medical Center.

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Feature Articles

- [Healthy Kansans 2020](#)
- [Electronic Health Records – Follow the Latest Developments](#)
- [Smoking Cessation Research Update](#)
- [Online Learning Opportunities](#)

Help Guide Kansas Health Initiatives

Healthy Kansans 2010 is transforming into Healthy Kansans 2020, but needs your help



Healthy Kansans 2010 was part of the federal government's Healthy People initiative, designed to assist all Americans in reaching and maintaining good health. Last year (March, 2009), TeleNews recommended their web site as an excellent resource for a variety of wellness resources. With the year 2010 launching a new decade, the Kansas Department of Health & Environment is setting new goals and requests the public's assistance in determining what the health-related priorities should be in the State of Kansas over the next ten years.

KDHE has developed a survey to solicit input on health issues of importance to the people of Kansas. A large response to this survey will ensure that the results are a

valid reflection of statewide opinion on where state policy-makers should focus health improvement efforts for the next 10 years. Take advantage of this opportunity to make your opinions known by going to the Healthy Kansans 2020 web site at <http://www.healthykansans2020.org>.

To learn more about the Healthy People initiative and the Healthy Kansans 2020 project from KDHE, go to <http://www.healthykansans2020.org>.

Electronic Health Records – Follow the Latest Developments



For those with a need to closely follow the regulatory developments on Electronic Health Records, deliberations of the Health Information Technology Policy and the HIT Standards committee workgroups are available in both audio

and video formats.

The Office of the National Coordinator for Health IT provides webcasts of workgroup meetings and related oversight committee meetings. Webcasts are available live for monitoring by phone or Internet, and audio files (in mp3 format) are available within 48 hours after each meeting.

For updates on what committee sessions are available, contact judy.sparrow@hhs.gov or

Smoking Cessation Research Update



Although cigarette smoking is the No. 1 preventable cause of death in the US, helping patients quit cannot always be a top priority during health provider visits. Research studies such as *Connect2Quit*, the federally funded smoking cessation research study at the University of Kansas Medical Center, help providers find a way to fit smoking cessation advice into their busy schedules, without placing an undue burden on their practices. Long term, this study also offers the potential for contributing to improved treatment techniques for other major chronic health concerns, such as obesity or diabetes.

Ten rural clinics throughout Kansas currently are collaborating in *Connect2Quit*, which was featured in the summer 2009 issue of this newsletter. Program development and daily management comes from the Department of Preventive Medicine and Public Health at KU Medical Center, with interactive video conferencing and technology resources provided by the KU Center for Telemedicine & Telehealth. In the accompanying photograph, Leah Lambert, MPH, and Alex Perez-Estrada (on screen), both with the Department of Preventive Medicine and Public Health, are demonstrating the telemedicine connection used in the study.

In each of the ten clinics, study participants are randomly assigned to receive counseling sessions delivered through one of two techniques:

1. Through standard telephone "quit-lines" at their homes
2. Through computer connections at their physicians' office

In addition to individual counseling, each session includes tips to help participants quit smoking and guidance in considering the need and effective use of medication.

If you or someone you know would like to take part in this ongoing study, it is not too late to take advantage of this opportunity to help people break the smoking habit. To learn more about *Connect2Quit* and to see whether you are eligible to participate, call 877-992-7848 or 877-992-QUIT. For more information about other telemedicine research or outreach programs at KUCTT, contact Dr. Eve-Lynn Nelson at enelson2@kumc.edu.

Online Learning Opportunities



Title: *Is Your Organization Ready for Telehealth?*

What: Free Webinar

When: Noon – 1 p.m. CST (1–2 p.m. EST), Thursday, February 25

Who: Mary Devany, Outreach Specialist, Great Plains Telehealth Resource and Assistance Center

Just purchasing equipment does not guarantee a successful telehealth program – you need a plan!

- How might telehealth fit into your organization's mission and goals?
- Leaders and Champions – necessary for success.
- Internal awareness – a vital part of your plan.
- Evolving technology – how do you deal with that?
- Change is always difficult, and telehealth IS change! How will you manage?

Over the past 17 years Ms. Devany has served in many telehealth capacities, including statewide Telemedicine Activity Coordinator for South Dakota, Director of Avera Telehealth and Telemedicine Coordinator for Sanford Health. She has served on the Telehealth Taskforce of the American Bar Association and the Health Care Practice Taskforce of the National Governors' Association State Alliance for e-Health. Currently, she serves on the board of directors for the Center for Telehealth and E-health Law.

To register for this free webinar, or for more information, contact the Midwest Alliance for Health Education at



Title: *Providing Long-Term Health Care for People with MS*

When: 2:00 – 6:15 p.m. CDT, Wednesday, March 31

Who:

Dr. Sharon Lynch, Professor of Neurology and Director of the Multiple Sclerosis Clinic at the University of Kansas Medical Center;

Jennifer Theis, Nurse Practitioner with Neurological Associates of Joplin;

Deanna Markley, Physical Therapist with Mid America Rehabilitation Hospital;

Dorothy Northrop, Vice President of Research and Clinical Operations for the National Multiple Sclerosis Society;

Pam Shipman, Vice President of Operations for Delmar Gardens;

Cathy Phillips, Administrator of NHC Town and Country;

Jeffrey Ellis, Partner with Lathrop & Gage, LLC, and brother of an MS patient.

This event, sponsored by the Central Plains Geriatric Education Center at the Landon Center on Aging (part of the University of Kansas Medical Center), is open to all health professionals involved in long-term care and home health, including: physicians, TN, LPN, ACHA (Resident Care). Four credit hours are available (CNE, CME, ACHA, Certificate of Attendance). Cost is \$35.00.

For more information and location of the interactive video conferencing site nearest to where you live or work, contact [http://gec@kumc.edu](mailto:gec@kumc.edu), or go to <http://coa.kumc.edu/cpgec/UpcomingPrograms.htm>.

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