



Partnership with Hamot Brings Telemedicine, Specialists to CCMH



Top photo, Leo Sillick, PA-C, listens to Mark Close's heart, which is also seen and heard on the laptop and monitor and also at Hamot in Erie. At right, Mark Close communicates with a provider at Hamot in Erie.

Patients from the area often travel to larger cities for their specialty care. However, thanks to modern technology, area patients may now be spared what is typically a four-hour drive.

Charles Cole Memorial Hospital, in collaboration with Hamot Medical Center, added prominent specialists Dr. Steven Herrmann and Dr. James DeMatteis to CCMH's medical staff earlier this year. This partnership also includes the addition of telemedicine technology, in which patients at CCMH interact with Hamot physicians via live, interactive videoconferencing with specially designed medical devices. A telemedicine evaluation is similar to a regular office visit except the specialists are in Erie and the patient can remain close to home. Health care professionals at CCMH assist the patient and the consulting physician during the evaluation and act as advocates for the patient, according to Val Jackson, telemedicine program director and regional director, Hamot Heart Institute.

Clinicians at CCMH can use the technology, which includes a large, high definition screen, with clinical accessories

including a stethoscope and video camera for real time assessment. The provider at Hamot is able to discuss a patient's clinical history and presenting health issues as well as see and hear everything that is happening in the patient room in Coudersport.

An example of the benefit of telemedicine is the follow up appointment after cardiac bypass surgery. An individual would be expected to return to Hamot for a follow up surgical visit in four to six weeks. That means a total of five or six hours in the car for a 15 minute examination. The long distance travel, coupled with unpredictable winter conditions, can cause a significant hardship for patients. Telemedicine can accomplish the same high level, quality care with significantly reduced travel, financial investment, time commitment and reliance on friends and family, Jackson said.

As an enhancement to health care, telemedicine has been used nationally with accuracy and convenience. For rural areas, where patients would typically travel great distances to see a specialist, telemedicine provides a great service to patients in our local community, said Netra Baker, director of staff development and professional enrichment at CCMH.

Nancy Lamb of Coudersport was the first patient to use telemedicine at CCMH. She has traveled to Erie to see Dr. DeMatteis in the past but was extremely pleased with having the option of seeing him in Coudersport using telemedicine. Traveling out of town to see a specialist is a strain due to her medical condition. Therefore a five minute drive to CCMH versus three hours was appealing. "My experience was excellent," she said. "It was just like a face-to-face office visit. The technology is excellent."

Initially, Dr. DeMatteis, a neurologist, will use the technology to see his current patients for follow up appointments. CCMH plans to expand telemedicine to other clinical areas including cardiology, emergency department, and even continuing education for doctors and nurses.

Telemedicine can be used as an educational tool for physicians, allied health staff and the community. Continuing education is an application that is of great need for all hospitals; sending staff to a conference creates a financial hardship and manpower issue. With this technology in place, Hamot can share educational programs with Charles Cole staff at no additional cost, Jackson said.

"Telemedicine was started at Hamot in 2006 as an avenue to provide access to specialty care and services that might not be provided in rural communities. It is another way to keep with Hamot's mission of leading the way to better health," Jackson said.

Hamot Neurologist Joins Medical Staff

Neurologist and stroke specialist James DeMatteis, MD, FACP, FAAN, FAHA, joined the medical staff at Charles Cole Memorial Hospital March 19.

Dr. DeMatteis is director of the Stroke Center at Hamot Medical Center where he is also the neurology division chief. He also serves as director of neurological services at HealthSouth Great Lakes Rehabilitation Hospital, HealthSouth Lake Erie Institute of Rehabilitation, and is a staff neurologist at Northshore Clinical Associates, LLC in Erie.

Dr. DeMatteis earned a medical degree at the University of Miami and completed post graduate training in internal medicine and neurology at the Cleveland Clinic Foundation. He is board certified in internal medicine, psychiatry and neurology, electrodiagnostic medicine, and neurorehabilitation.

He is an American College of Physicians, American Academy of Neurology, and American Heart Associate fellow and a member of the American Association of Electrodiagnosis and Electromyography, American Medical Association, Pennsylvania Medical Society, Erie County Medical Society, American Society of Neurorehabilitation, and Movement Disorders Society. Dr. DeMatteis has written numerous publications and conducted clinical research projects on disorders of the nervous system.

"Dr. DeMatteis comes to CCMH through our emerging clinical relationship with Hamot Medical Center. We are pleased to welcome him and we have plans to introduce other well respected and experienced subspecialty providers to our staff," Ed Pitchford, president and chief executive officer at CCMH, said.

In addition to seeing patients at CCMH, Dr. DeMatteis will schedule appointments using newly available telemedicine technology in which patients at CCMH communicate with him in Erie using electronic video communication.

"Providing this neurology service for our patients is a wonderful addition to CCMH. Patients will have access to a world class physician for their follow up care sooner and without the need to travel long distances," Pitchford said.

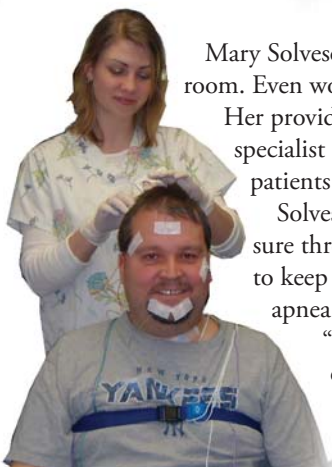
This clinical affiliation brings nationally recognized care to the region. Hamot was named one of America's Best Hospitals by U.S. News and World Report, one of the 100 Top Hospitals in the nation by Solucient, and received numerous excellence awards from HealthGrades®.

Appointments with Dr. DeMatteis at Charles Cole can be scheduled by calling 888/559-5111 or 814/452-8300.



May is Better Sleep Month Sleep Center Helps Patient Get Much Needed

Zzzzzs...



Sleep technologist Brianna Jones prepares Robert Walters for a sleep study.

Mary Solveson knew she wasn't sleeping well. She was exhausted. Her snoring could be heard in another room. Even worse, she woke up choking and gasping for air.

Her provider, Kathy Fragle, PA-C, recommended a sleep study. Dr. Amit Khanna, a board certified sleep specialist and medical director of CCMH's Sleep Center, diagnosed Solveson with sleep apnea, in which patients actually stop breathing during sleep.

Solveson was fitted with a CPAP (continuous positive airway pressure) which gently delivers air pressure through a specially designed mask that fits over the nose or mouth to keep the airway open. It also gives immediate relief from sleep apnea and snoring.

"Dr. Khanna was very caring and knowledgeable. He explained everything," she said.

After trying a couple of styles at Cole Care, Solveson said the CPAP gave her the relief and much needed sleep she was seeking. "I actually look forward to bed time. I was exhausted before," she said. "People need to go to sleep at night and feel better in the morning," she said.

"Helping people find their way back to sound and restful sleep and, in turn, healthier lives, is one of the most rewarding aspects of my work," Dr. Khanna said.

Please join us at a **Sleep Center Open House, 4 to 6 p.m., May 7.** The Sleep Center is located at the Women & Family Health Center; use the hospital's west entrance. For more information, call 260-5560 or visit http://www.charlescoleshospital.com/services_sleep.shtml.

Tips for a better night's sleep

- ☞ Don't go to bed unless you are sleepy and get up at the same time every morning.
- ☞ Keep a regular schedule for meals, medications, chores, and other activities.
- ☞ Don't read, write, eat, watch TV, talk on the phone, or play cards in bed.
- ☞ Avoid caffeine after lunch and alcohol within six hours of your bedtime.
- ☞ Do not have a cigarette or any other source of nicotine before bedtime.
- ☞ Do not go to bed hungry, but don't eat a big meal or consume a lot of fluids near bedtime.
- ☞ Avoid any tough exercise within six hours of your bedtime.
- ☞ Try to eliminate stress/worry.
- ☞ Make your bedroom quiet, dark, and a little bit cool.



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Charles Cole TODAY Calendar

Charles Cole's calendar can also be viewed at www.charlescoleshospital.com.

Alzheimer's Clinic and Support Group, second Wednesday of each month, 10 a.m., Patterson Cancer Care Center, for more information, call 260-5208

Bereavement Support Group, last Tuesday of each month, 7 p.m., Women's Health Center

Cancer Support Group, third Monday of each month, 7 p.m., Patterson Cancer Care Center

Hospice Clinic and Support Group, last Thursday of each month, 1 - 3 p.m., Patterson Cancer Care Center, for more information, call 274-0384

NEW! Victorious Losers, obesity support group, second Friday of each month, 5:30 p.m. and third Saturday of each month, 10:30 a.m., hospital conference room, call 260-5550

Vision Support Group, last Wednesday of each month, 12 p.m., Irwin Rehabilitation Center, call 274-6180

April

Alcohol Awareness Month • Counseling Awareness Month
Cancer Control Month • Donate Life Month
Youth Sports Safety Month • Sports Eye Safety Month
Cesarean Awareness Month • Autism Awareness Month
Foot Health Awareness Month • STD Awareness Month
Child Abuse Prevention Month • Occupational Therapy Month • Minority Health Awareness Month • Women's Eye Health/Safety Month • Irritable Bowel Syndrome (IBS) Awareness Month

28 - Ostomy Club meeting, 10 a.m., hospital conference room

28 - Road to Recovery training session, 11 a.m., Patterson Cancer Care Center, call 888/227-5445 (option 3)

29 - Prime Time Health: Rehabilitation Services with Amy Boardman (held in conjunction with the Potter County Area Agency on Aging at 11:30 a.m.), Ulysses Senior Center

May

American Stroke Month • Better Hearing and Speech Month • Clean Air Month • Hepatitis Awareness Month
Asthma and Allergy Awareness Month • Better Sleep Month • Healthy Vision Month • Lupus Awareness Month • Lyme Disease Awareness Month • Melanoma/Skin Cancer Detection & Prevention Month • Mental Health Month • Amyotrophic Lateral Sclerosis Awareness Month • Arthritis Awareness Month • Bike Month
Cancer Research Month • Celiac Disease Awareness Month • High Blood Pressure Education Month
Neurofibromatosis Month • Osteoporosis Awareness &

Prevention Month • Physical Fitness and Sports Month
Teen Pregnancy Prevention Month • Toxic Encephalopathy/Chemical Injury Awareness Month • Older Americans Month • Sturge-Weber Awareness Month • Tuberos Sclerosis Awareness Month • Ultraviolet Awareness Month

2 - Comprehensive Blood Analysis, 6 to 10 a.m., St. Eulalia Parish Center, Coudersport, \$40 (CBA), optional prostate test, \$26, optional thyroid test, \$9, for an appt., register online, www.charlescoleshospital.com, or call 260-5474

7 - Sleep Center Open House, 4 to 6 p.m., CCMH Sleep Center

13 - Open House, 3 to 6 p.m., Bowman Health Center, Smethport

13 - Every Woman: A Breast Cancer Panel Discussion for women and their loved ones, 6 to 8 p.m., Wellness Center, Coudersport, RSVPs appreciated, 274-5246

15 - Heel Screenings, preliminary bone density test, \$10, 1 to 3 p.m., Women's Health Center, call 274-8200 for an appt.

20 - Prime Time Health: Home Safety, Medical Equipment & Supplies with Pat Northeimer, RN, 9:30 a.m. to 2 p.m., (held in conjunction with the Potter County Area Agency on Aging) at the Semi-Annual Potter County Senior Center Gathering

21 - Free Breast Cancer Screening for uninsured women, Women's Health Center, call 877-274-8200 to register

26 - Ostomy Club meeting, 10 a.m., hospital conference room

27 - Prepared Childbirth classes begin, 7 to 9 p.m., Wellness Center, call 274-5470 for more information or to register

June

Fireworks Safety Month • Home Safety Month
Myasthenia Gravis Awareness Month • Aphasia Awareness Month • Scleroderma Awareness Month
Scoliosis Awareness Month • Vision Research Month

11 - Community Blood Bank blood drive, 10 a.m. to 2:30 p.m., hospital conference room, walk ins welcome, call 260-5550 for appt.

16 - Ostomy Club meeting, 10 a.m., hospital conference room

19 - Heel Screenings, preliminary bone density test, \$10, 1 to 3 p.m., Women's Health Center, call 274-8200 for appt.

26-27 - Relay for Life, CCMH's Strawberry Field, call 800/458-3856 or visit www.cancer.org for more info.

Dr. Kulling Joins Bowman Health Center

Charles Cole Memorial Hospital has announced the addition of David Kulling, MD, FACP, to its medical staff. Dr. Kulling will see new and returning patients at the Bowman Health Center in Smethport, formerly known as Misty Valley Health Center. Appointments can be made by calling 814/887-5395.



Dr. Kulling earned a medical degree at Munich University of Technology in Germany. He completed his family medicine residency at Altoona Hospital and a family practice and primary care sports medicine fellowship at the University of Michigan Medical Center.

He is an American Academy of Family Physicians fellow and member of the Pennsylvania Academy of Family Physicians and a member of the American College of Sports Medicine. He is board certified in family medicine and sports medicine.

For over 20 years, Dr. Kulling has practiced family and emergency medicine in central Pennsylvania. He has worked at CCMH's emergency department since November.

"I've been thinking about going back to primary care for a long time, but I hadn't found the ideal opportunity," he said.

He added that he was attracted to the opportunity because it was an established practice in a solid community. And while he realizes he has "big shoes to fill," he hopes that it won't take long for the community to be comfortable with him and his practice, he said.

"Charles Cole has given me the impression that they care about their patients and physicians. It really impressed me."

"Our hospital and the residents of the greater Smethport area are very fortunate to have someone with the knowledge and experience of Dr. Kulling joining us in Smethport," said Ed Pitchford, CCMH president and chief executive officer. "We are pleased to be able to continue the tradition of excellent primary care in honor of our friend and colleague Douglas Bowman, MD."

Community members are invited to meet Dr. Kulling at an **Open House, 3 to 6 p.m., May 13 at the Bowman Health Center, 17129 Route 6, Smethport.**

April is Cancer Control Month Charles Cole, Cancer Society Offer Comprehensive Cancer Care

The Patterson Cancer Care Center provides the best care in the region for its patients. Highly skilled and caring professionals, including board certified oncologists, a hematologist, nurses, and a nurse practitioner, provide superior, personalized care, including chemotherapy, radiation, blood transfusions, iron infusions, and complementary therapy, all close to home. CCMH also offers free cancer screenings.

In addition, patients benefit from having an American Cancer Society patient resource center at the Patterson Cancer Care Center.

Charles Cole partners with the ACS to provide support, education, and encouragement. Cancer patients benefit from joint programs, such as Look Good...Feel Better, I Can Cope, Man to Man, Road to Recovery, Reach to Recovery, and Relay for Life.

Look Good...Feel Better helps women with beauty tips during their treatment. Patients learn about makeup, skin and nail care, and dealing with hair loss.

I Can Cope is an educational program for cancer patients and their caregivers.

Man to Man offers education and support for men dealing with prostate cancer.

Road to Recovery provides transportation to and from cancer treatment. CCMH and ACS recently acquired a van and will be offering this service for patients at PCCC.

Reach to Recovery provides peer to peer education and support for women dealing with breast cancer.

For the second year, CCMH will host the Relay for Life June 26-27 at the hospital.

You and your loved ones are not alone in the fight against cancer. For more information, visit http://www.charlescoleshospital.com/services_pattersoncancercare.shtml or www.cancer.org.

Did you know?

Charles Cole cares about your health and well-being. If you are not receiving health care because of your inability to pay, contact us about our sliding fee schedule and charity care policy which, based on your income, may qualify you for low cost or no cost medical care. For more information, visit www.charlescoleshospital.com/services_patientfinancial.shtml or call 274-5500.

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