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SoutheastHEALTH Spotlight - Dr. Chad White

JUNE 26TH 2015 BY DEE LOFLIN

SoutheastHEALTH Spotlight - Dr. Chad White

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Dexter, Missouri - This week's SoutheastHEALTH Center of Stoddard County Doctor Spotlight is J. Chad White, D.O.

Dr. White attended Missouri State University where he received his undergraduate degree. He earned his medical degree at Des Moines University – College of Osteopathic Medicine in Des Moines, Iowa. He is Board Certified AOBFP – Family Practice.

He served his Internship at Washington Regional Hospital in Fayetteville, Arkansas and his Residency at Highlands Regional Medical Center in Prestonsburg, Kentucky.

Dr. White's special interests are in Emergency Medicine. In addition to working in his office at Southeast Medical Plaza, he also works in the Emergency Room at SoutheastHEALTH Center of Stoddard County.

In his spare time, Dr. White enjoys spending time with his family, including wife Courtney, and daughters Tori, Cali, and Kaci.

SoutheastHEALTH Center of Stoddard County's Emergency Room staff act as team. They know each other and they trust each other. They understand the importance of making crucial decision in a period of seconds.

You can count on Dr. White and his emergency staff when seconds count. Take comfort in knowing you are in good hands at SoutheastHEALTH's emergency center in Dexter.

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Southeast Hospital Names Cardiac Unit in Honor of Dr. Spitler

JUNE 25TH 2015 BY DEE LOFLIN

Southeast Hospital Names Cardiac Unit in Honor of Dr. Spitler

Southeast Hospital Names Cardiac Unit in Honor of Cardiologist Allen L. Spitler, MD

Cape Girardeau, Missouri - Southeast Hospital's Cardiac Progressive Care unit has a new name. It's now officially called the Allen L. Spitler, MD, Heart Center in honor of a longtime cardiologist and heart care pioneer.

SoutheastHEALTH officials and colleagues of Dr. Spitler unveiled the new name – Allen L. Spitler, MD, Heart Center – on Wednesday, June 24, at a late afternoon ceremony. Dr. Spitler and members of his family attended the event, along with cardiologists and staff members at Cardiovascular Consultants, and Hospital cardiac staff.

SoutheastHEALTH President and CEO Ken Bateman called Dr. Spitler “one of the most progressive physicians. He was certainly a pioneer at Southeast Hospital.”

Bateman said Dr. Spitler started the first Cath Lab at Southeast Hospital, utilizing a small space in Radiology and a bed used for GI procedures.

“We introduced heart surgery to the region in 1984, which would not have been possible without the support of Dr. Spitler,” Bateman said.

“Bottom line, we have one of the best cardiology programs in the nation,” Bateman added.

Fellow cardiologist David A. Law, MD, of Cardiovascular Consultants said, “Allen is truly what's best in medicine and physicians. He is incredibly kind, compassionate and skilled. He has been a pioneer in starting the heart program from the ground up.”

Dr. Law added, “All of us owe Allen a tremendous debt of gratitude. He's left an outstanding legacy.”

Pictured are David A. Law, MD, (left) congratulates Allen L. Spitler, MD, as Gabe Soto, MD, looks on following a ceremony naming Southeast Hospital's Cardiac Progressive Care unit in honor of Dr. Spitler.

About SoutheastHEALTH

At SoutheastHEALTH, the region's premier healthcare system in southeast Missouri, our patients receive excellent care of the highest clinical quality, close to home. Within our network are more than 50 care locations in 14 communities, including hospitals, primary and specialty care clinics representing over 30 clinical specialties and extending care for patients in a four-state area. Learn more at SEhealth.org.

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Southeast's College of Nursing Announces New Healthcare Options

JUNE 17TH 2015 BY DEE LOFLIN

[Southeast's College of Nursing Announces New Healthcare Options](#)

Cape Girardeau, Missouri - Three new programs at Southeast Hospital College of Nursing & Health Sciences will give additional career options to students interested in healthcare. All three will be offered beginning in August.

The Higher Learning Commission of the North Central Association of Colleges and Schools has approved the addition of:

- €€€€€ Clinical Laboratory Assistant (CLA)
- €€€€€ Associate of Arts in Allied Health
- €€€€€ Registered Nurse (RN) to Bachelor of Science in Nursing (BSN).

The one-year Clinical Lab Assistant program is designed to prepare students for an entry-level position in clinical lab settings such as medical centers and outpatient laboratory facilities.

A clinical laboratory assistant plays a supporting role in preparing and testing specimens in a medical lab, said Sherry Schloss, CLA program director. "Increased demand for clinical lab assistants is expected in response to the medical needs of our nation's growing elderly population." She noted that U.S. Bureau of Labor Statistics projects employment of clinical lab technicians will grow by 30 percent from 2012 to 2022.

The Associate of Arts Degree in Allied Health is an attractive option for those who want to work in allied health settings but do not necessarily want to work directly with patients. The two-year program prepares students for positions including customer service, administration, insurance coding and billing and transcription services.

Programs of this nature have been described as "healthcare without needles," said Dr. Leon Book, Dean of General Education/AA Degree program director. "These positions afford the stability and durability of the healthcare industry but are service-oriented or administrative. Because graduates of the program will know all the science required of nurses as well as imaging, laboratory and surgical technologists, they will be well prepared to support their direct-care coworkers in collective efforts." Book said the program also facilitates the transfer of credits to four-year institutions for those who want to further enhance their career path.

The RN to BSN program offers a two-year track and a one-year accelerated track. The curriculum is designed to augment knowledge of individuals with an associate degree in nursing who are licensed as registered nurses.

Dean of Nursing Dr. Donna Shirrell explained the BSN Program "will focus on enhancing and developing communication, use of informatics and technology, critical thinking, leadership and management, interpretation of statistics and integration of research findings in nursing practice." The program will utilize a blended learning format with both online and classroom learning experiences, something Shirrell said students have been requesting.

College President Dr. Tonya Buttry said the three new programs "are intended to provide additional educational opportunities for individuals in our community who want to either enter the healthcare environment or expand upon their existing healthcare education and experiences. These programs are a natural fit for our college and its mission."

Since graduating its first class in 1992 with 15 students, 1,246 graduates of the college have been placed in the healthcare workforce.

The college now offers multiple healthcare program opportunities including LPN to RN, Paramedic to RN, LPN to BSN, ADN to BSN, Clinical lab Assistant, Medical Laboratory Scientist, Radiologic Technology, Surgical Technology and an Associate of Arts in Allied Health as well as a Master's of Science in Nursing through a partnership with Cox College in Springfield, Mo.

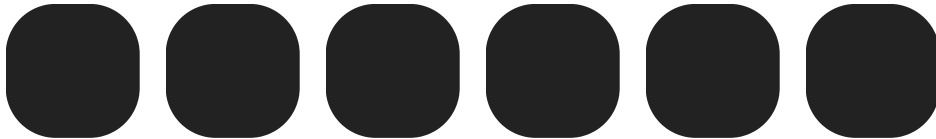
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Southeast Hospital Health Spotlight: Dee Hester

MAY 31ST 2015 BY STAFF WRITER

Southeast Hospital Health Spotlight: Dee Hester

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Please tell us something interesting about yourself:

“When I was young, we did not have organized city or school baseball. Because of this, we played baseball on the sandlots. When I was in 8th grade, my future wife, Marcia Hester, also played sandlot baseball. I made up my mind right then in the 8th grade that I was going to marry her. The main reason I wanted to marry her was because she was a good baseball player!!! The plan must have worked as I have several grandsons that are very good ball players. I also have three children I am proud of : Terry Hester, Tim Hester and Kristi Hargrave. I was also a principle in the Malden Schools for 10 years.“

What made you choose our agency to provide your home health care?

“I was referred by my nurse practitioner.”

What do you enjoy most about home health therapy?

“I really enjoy the visits because the physical therapists are nice, encouraging and helpful. The therapists motivate me to want to get better.”

Please share some of the goals you have for the future and how therapy might help you reach those goals:

“I want to be able to get stronger so that someday soon I will be able to walk into my Church by myself. ’

The Home Health Spotlight is a courtesy of the caring professionals of Southeast Health! You have a choice in who will provide your home health services. Remember to request Southeast Home Health of Dexter or contact us at (573) 624-3511 for additional information.

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SoutheastHEALTH to Offer New Heart Failure Monitor

MAY 21ST 2015 BY DEE LOFLIN

SoutheastHEALTH to Offer New Heart Failure Monitor

**SoutheastHEALTH Becomes First in Southeast Missouri
to Offer Patients a New Heart Failure Monitoring Solution**

Cape Girardeau, Missouri - SoutheastHEALTH is the first facility in Southeast Missouri to implant a new miniaturized, wireless monitoring sensor to manage heart failure (HF). The CardioMEMS HF System is the first and only FDA-approved heart failure monitoring device that has been proven to significantly reduce hospital admissions when used by physicians to manage heart failure.

The CardioMEMS HF System features a sensor that is implanted in the pulmonary artery (PA) during a non-surgical procedure to directly measure PA pressure. Increased PA pressures appear before weight and blood pressure changes, which are often used as indirect measures of worsening heart failure. The new system allows patients to transmit daily sensor readings from their homes to their cardiologist, allowing for personalized and proactive HF management.

“This innovative technology improves our ability to treat and positively impact outcomes for heart failure patients,” said Dr. Bryan Beck, Cardiologist, who will be inserting this monitoring device in our Heart Failure patients starting today. “This device provides us with the ability to detect worsening heart failure sooner and adjust treatment to reduce the likelihood that the patient will need to be hospitalized.”

Heart failure occurs when the heart is unable to pump enough blood to meet the body’s demands. According to the [Centers for Disease Control and Prevention](#), more than 5.1 million Americans have heart failure, with 670,000 new cases diagnosed each year. Patients with heart failure are frequently hospitalized, have a reduced quality of life and face a higher risk of death.

The CardioMEMS sensor is designed to last the lifetime of the patient and doesn’t require batteries. Once implanted, the wireless sensor sends pressure readings to an external patient electronic system. There is no pain or sensation for the patient during the readings. The CardioMEMS HF System allows the patients to transmit critical information about their heart failure status to a clinician on a regular basis, without the need for additional clinic or hospital visits. This provides clinicians with the ability to detect worsening heart failure sooner and adjust treatment to reduce the likelihood that the patient will need to be hospitalized.

“SoutheastHEALTH is committed to improving patient care and investing in innovative technology such as the CardioMEMS HF System,” said Ken Bateman, President and CEO. “This device empowers efficient and effective patient care through innovative solutions that deliver successful patient outcomes in the diagnosis and treatment of heart failure.”

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