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U.S. News & World Report Ranks
SoutheastHEALTH

AUGUST 27TH 2015 BY DEE LOFLIN

U.S. News & World Report Ranks SoutheastHEALTH

Cape Girardeau, Missouri - Southeast Hospital ranks among the nation's "High Performing" hospitals as rated by U.S. News & World Report.

Southeast ranked high in treatment of patients with chronic obstructive pulmonary disease or COPD in this year's study, which evaluated hospitals regarding five procedures and medical conditions.

Southeast Hospital was the only hospital in the southeast Missouri region to receive a "high performing" rating. The Hospital was credited with success in preventing unplanned returns of COPD patients to the Hospital for causes related to COPD within 30 days of discharge.

Southeast Hospital's pulmonologists emphasize the importance of rehab in treatment of patients with pulmonary disease.

Khalid Khan, MD, of Southeast Pulmonology says, "I refer my patients to Southeast Pulmonary Rehab because they are able to provide the proper treatment for lung disease. The facility and staff are excellent. My patients always come back telling me how much better they feel after going through the program."

Aravind Pothineni, MD, of Southeast Pulmonology and medical director of Pulmonary Rehabilitation, says, "The American College of Chest Physicians recommends that patients with moderate, severe or very severe COPD, who have had a recent exacerbation (increased severity of any symptoms) in less than four weeks, undergo pulmonary rehabilitation to prevent future exacerbations of COPD."

Dr. Pothineni adds, "It has been well established that pulmonary rehabilitation improves quality of life, exercise tolerance and dyspnea (shortness of breath) in patients with various pulmonary pathologies."

Ben Harder, chief of health analysis for U.S. News, notes, "The choice of hospital is one of the most important and costly decisions an individual makes. We evaluated the treatment of more than 3.6 million patients and identified a small percentage of hospitals that have superior outcomes compared with their peer institutions."

U.S. News evaluated more than 4,500 hospitals across the nation. Only about 10 percent of hospitals were rated as high performers.

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When It Comes to Home Health Providers, There is a Difference!

AUGUST 26TH 2015 BY DEE LOFLIN

When It Comes to Home Health Providers, There is a Difference!

When it comes to Home Health Providers, there is a difference!

Established in 1983, Southeast Home Health of Dexter (formerly Dexter Home Health Agency) has served our area for nearly 35 years – longer than any other provider in the area.

Southeast Home Health of Dexter enables patients to remain where they feel most comfortable – at home – while still receiving many skilled therapy and rehabilitation services via in-home visits.

Home Health is a professional service provided to people who have a medical need which requires the skills of a nurse or therapist. Most patients who use home health are those who have recently been hospitalized and have a change in their condition or medicines, a new diagnosis, or those who have had surgery. Many people who require dressing changes can also benefit from home health services.

As part of SoutheastHEALTH's regional system of care, transitioning from hospital to home health or vice versa is quicker, easier and ensures a true continuum of care. With access to the system's extensive resources, including consultations with specialty departments, patients can feel confident they are receiving the best care possible.

Southeast Home Health of Dexter offers a number of services including skilled nursing, physical therapy, occupational therapy, speech pathology, and home health aide. Our staff is made up of experienced professionals that are dedicated to Southeast Home Health of Dexter and our community. There is a difference in home health providers. The difference is Southeast Home Health of Dexter.

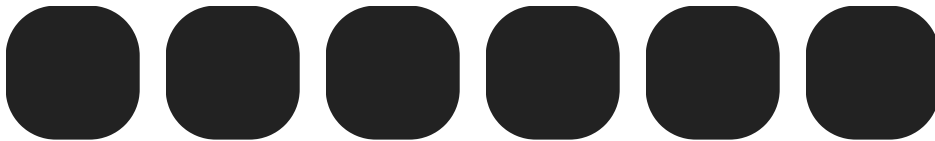
Pictured is the Southeast Home Health of Dexter staff. Back row from left, Kristen Allen, RN; Terri Bennett, CCC-SLP; Sarah Guethle, OTR/L, CLT; Brandy Cannady, RN; Ron Moses, RN; Front row from left, Kim Moore, RN; Krystal McGowen, PTA; Tracy Hedrick, PT; Sherri Hann, Home Health Coordinator. Not pictured, Jennifer Stone, LPN.

Photo and article submitted by Amy Ellinghouse.

LAST UPDATED ON AUGUST 26TH 2015 BY DEE LOFLIN

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Want to Quit Smoking? The Time is NOW!

AUGUST 24TH 2015 BY DEE LOFLIN

Want to Quit Smoking? The Time is NOW!

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The Time is Now!

If you're like many smokers and other tobacco users, you know you should quit. You just aren't sure how to do it.

Creating a quit-tobacco plan may improve your chances of stopping for good. Having a plan helps prepare you for coping with the physical and emotional issues that often arise when you stop using tobacco, such as nicotine withdrawal and strong urges.

Join us for this free, one-hour class to learn more about the many options available to help you quit for good.

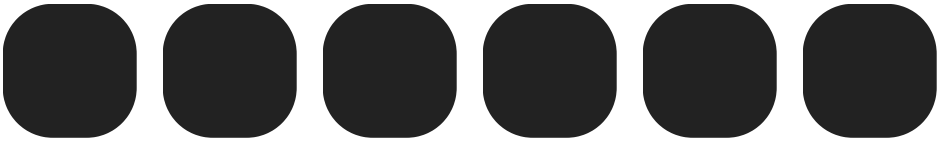
Classes will be held in Dexter on Thursday, August 27, 2015 at 6:00 p.m. in the Hospital Boardroom. To register for a class online, visit sehealth.org/tobacco

For more information, call 573-331-6369.

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Dr. Jeffrey Biskup Joins Southeast Hospital Medical Staff

AUGUST 19TH 2015 BY DEE LOFLIN

Dr. Jeffrey Biskup Joins Southeast Hospital Medical Staff

/images/2015 Images/S.E. Health Logo.jpg

Jeffrey A. Biskup, DO, Anesthesiology, has joined the medical staff at Southeast Hospital. He is affiliated with Southeast Anesthesiology.

Dr. Biskup holds a Bachelor of Science degree from the University of Florida in Gainesville.

He received his DO degree from the Kansas City University of Medicine and Biosciences. Dr. Biskup completed an internship and residency in anesthesiology at Des Peres Hospital in St. Louis.

Dr. Biskup's professional memberships include the American Osteopathic College of Anesthesiologists, the American Osteopathic Association and the American Society of Anesthesiologists.

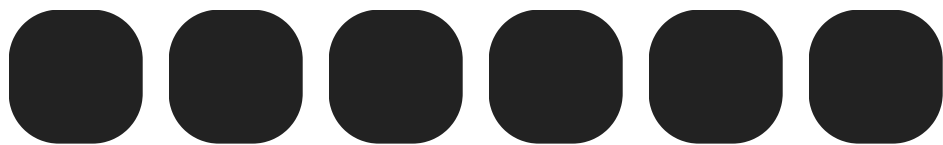
About SoutheastHEALTH

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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Kohl's Donates to Youth Diabetes Care Network

AUGUST 16TH 2015 BY DEE LOFLIN

Kohl's Donates to Youth Diabetes Care Network

We would like to thank Kohl's for their generous donation of \$14,683 to the Youth Diabetes Care Network.

This donation will aid children with diabetes and provide such services as Camp DAY Break (Diabetes and Youth), diabetes training for school staff in the region, grandparent/caregiver workshops, and prevention and inpatient education.

Anna Ellinghouse, daughter of Dave and Amy Ellinghouse of Dexter is on first person sitting on the floor on the left.

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