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SoutheastHEALTH June 2021 Health Briefs

MAY 27TH 2021 BY DEE LOFLIN

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Weight Management First Steps

Join us for this free, informative seminar as we discuss strategies for beginning the process of health improvement and weight management on Monday, June 7, at 6 p.m., and Thursday, June 24, at 2 p.m., at HealthPoint Plaza, 2126 Independence in Cape. Are you just beginning your fitness journey? Or perhaps picking back up where you left off? Learn how nutrition, physical activity and behavior modification can help you get going in the right direction. Class size is limited. Register online at SEhealth.org/Events or by calling (573)986-4440.

Heart Saver CPR Certification Class

This is an instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children and infants. It will be held on Thursday, June 17, from 9:30 to 11:30 a.m. at HealthPoint Fitness in Jackson. This course teaches skills with the American Heart Association's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the students' learning skills. The course is for anyone with limited or no medical training who needs a course completion card for CPR and AED use to meet job, regulatory or other requirements. This class is not for healthcare providers seeking a BLS class. Cost of the class is \$50 and includes a booklet. Participants can reserve a spot by calling or stopping by the front desk of HealthPoint Cape or HealthPoint Jackson. For more information, call 573-755-2301 or 573-986-4400.

Diabetes Self-Management Support Group

Southeast Diabetes Center hosts this free support group facilitated by Southeast's Diabetes Educators. The programs are geared toward people who are living with diabetes and trying to control blood glucose. Friends and family members are also welcome. The meeting will be from 1 to 2 p.m. on Tuesday, June 8, at HealthPoint Plaza in Cape. This month's topic is "Diabetes and Heart Failure." Morgan Siemer, APRN with the SoutheastHEALTH Heart Failure Clinic, will discuss management of heart failure in patients with diabetes. She will also share ways to reduce risk factors for developing this serious condition. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this program.

Grief Support Group: Nurturing

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, June 16, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie

Metgzer, LCSW, a bereavement counselor with Southeast Hospice, is “Nurturing Yourself in Grief.” For more information about this support group, please call Southeast Hospice, 573-335-6208.

Healthy Cooking: Convenient, Healthy Eating

Join us on Monday, June 21, to learn about tricks for navigating the center aisles of the grocery store. Find out more about tasty, budget friendly and yes, healthy dishes that are “convenient.” Healthy Cooking classes at HealthPoint Fitness – Cape are taught by HealthPoint Nutritional Services Coordinator Raina Childers-Richmond, MS, RD, LD. Cost is \$5 for HealthPoint members and non-members. Class sizes are limited. To register, call (573)986-4440.

American Red Cross Blood Drive

There’s no vacation from maintaining critical blood supplies during the summer months. SoutheastHEALTH Volunteer Services will host a blood drive on Wednesday, June 23, from 7 a.m. to 4 p.m. in the Southeast Hospital Harrison Room. Registration is required to allow for social distancing. To make an appointment, visit rcblood.org/appt.

Coming in July: Independence Day 5K

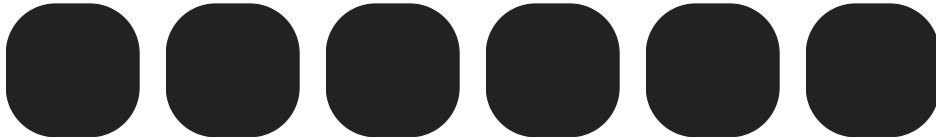
Southeast HealthPoint Fitness will host the Independence Day 5K on Sunday, July 4. The race, which has a 7:04 a.m. start, begins and ends at HealthPoint Fitness in Jackson. Events include a Firecracker 1 Mile Walk or Run, a 5K Walk, a 5K Run and a Virtual Run/Walk. This is a Cape Road Runners Grand Prix Race. Proceeds benefit SoutheastHEALTH Children’s Health and Wellness programs. Individuals who register by Wednesday, June 16, will receive a Dri-Fit T-shirt. Online registrations are accepted until July 1 at SEhealth.org/July4race. For more information, call HealthPoint Fitness in Jackson, 573-755-2301.

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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SoutheastHEALTH Welcomes Kathryn Hileman, FNP-BC

MAY 25TH 2021 BY DEE LOFLIN

[SoutheastHEALTH Welcomes Kathryn Hileman, FNP-BC](#)

SoutheastHEALTH is excited to welcome Kathryn Hileman, FNP-BC to Southeast Convenient Care, Southeast Primary Care - Perryville

Kathryn grew up in Southern Illinois and chose Southeast Missouri to be near family and friends and enjoy the lifestyle southeast Missouri has to offer. Healthcare as a profession runs in the family. Kathryn went on a mission trip in high school and that's where she found her calling. Since that time, Kathryn has gone on medical mission trips with Zonta International. Kathryn is a board member of HAPNN and volunteers at the Samaritan Regional Health Clinic – a free clinic in downtown Cape. When not caring for patients Kathryn likes participating and coaching sports, such as volleyball, softball, and swimming. She also enjoys spending time with her children and family.

Southeast Convenient Care, Southeast Primary Care - Perryville

She earned her BSN at Southeast Missouri State University - Cape Girardeau in 2008 and her MSN at Southeast Missouri State University in 2013.

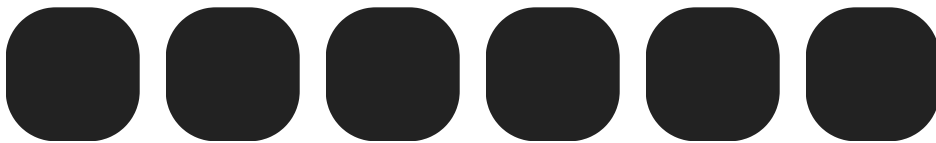
She is a member of American Nurses Association, Missouri State Nurses Association, Sigma Theta Tau National Honor Society of Nursing, Heartland Advanced Practice Nurses Network, and Zonta International.

Southeast Primary Care is located at 624 Old Saint Marys Road, Perryville, MO 63775.
Phone: 573.547.3232

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SoutheastHEALTH Nationally Recognized with an ‘A’ for Spring 2021 Leapfrog Hospital Safety Grade

MAY 18TH 2021 BY DEE LOFLIN

SoutheastHEALTH Nationally Recognized with an 'A' for Spring 2021 Leapfrog Hospital Safety

SoutheastHEALTH has once again been awarded an 'A' in the spring 2021 Leapfrog Hospital Safety Grade, a national distinction recognizing SoutheastHEALTH's achievements in protecting patients from harm and providing safer healthcare.

The Leapfrog Group is an independent national watchdog organization committed to healthcare quality and safety. The Safety Grade assigns an 'A', 'B', 'C', 'D' or 'F' grade to all general hospitals across the country and is updated every six months. It is based on a hospital's performance in preventing medical errors, injuries, accidents, infections and other harms to patients in their care.

"SoutheastHEALTH is absolutely committed to patient safety," said president and CEO Ken Bateman. "When patients come to the hospital, they expect and deserve excellent care. Part of that care is knowing that our staff always has patient safety top of mind, even during the very challenging year we have experienced with the COVID-19 pandemic. We're honored to once again earn this national recognition."

"An 'A' safety grade is an elite designation that the community should be proud of," said Leah Binder, president and CEO of the Leapfrog Group. "The past year has been extremely difficult for hospitals, but SoutheastHEALTH shows us it is possible to keep a laser focus on patients and their safety, no matter what it takes."

Developed under the guidance of an expert panel, the Leapfrog Hospital Safety Grade uses up to 27 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. acute care hospitals twice a year. The National Safety Grade's methodology is peer-reviewed and fully transparent, and results are free to the public.

To see Southeast's full grade details and access patient tips for staying safe in the hospital, visit hospitalsafetygrade.org and follow the Leapfrog Group on Twitter and Facebook.

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 13 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.

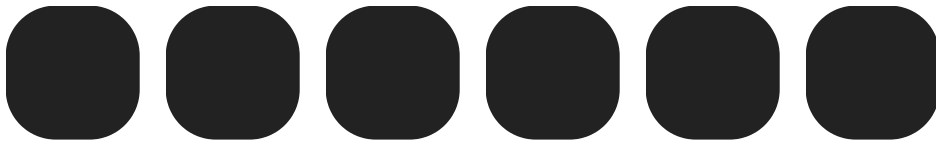
About The Leapfrog Group

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey and new Leapfrog Ambulatory Surgery Center (ASC) Survey collect and transparently report hospital and ASC performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents and infections.

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SoutheastHEALTH Will Provide Free Physicals to Dexter Athletes

MAY 12TH 2021 BY DEE LOFLIN

SoutheastHEALTH Will Provide Free Physicals to Dexter Athletes

Dexter, MO - SoutheastHEALTH will once again be providing FREE physicals for all Dexter athletes entering grades 7th - 12th.

This will take place at SoutheastHEALTH in Dexter on Thursday, May 13, 2021 from 3:30 p.m. - 5:00 p.m.

Athletes should take advantage of this service even if you had a physical in the last year.

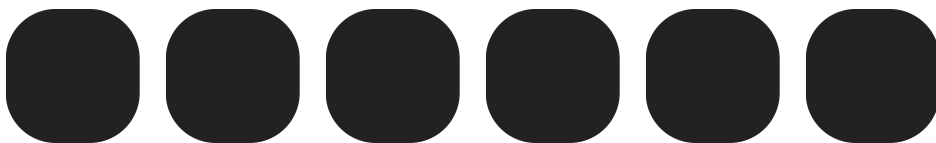
Physical forms will be on hand at T.S. Hill Middle School and the Dexter High School offices.

Students must have page 2 and page 3 completed along with a signature from their parent/guardian before meeting with the healthcare provider.

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Welcome Michelle Backfisch, APRN, FNP-BC

SoutheastHEALTH

MAY 07TH 2021 BY DEE LOFLIN

Welcome Michelle Backfisch, APRN, FNP-BC SoutheastHEALTH

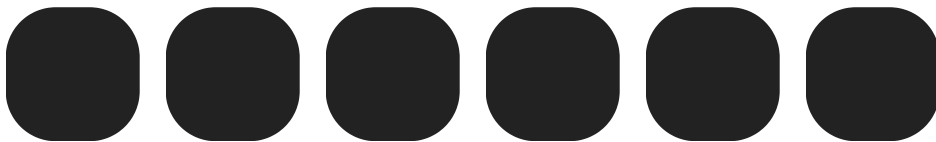
Welcome to SoutheastHEALTH Michelle Backfisch. She earned her BSN at Southeast Missouri State University in 2014. She is a member of the American Association of Nurse Practitioners, Association of Missouri Nurse Practitioners, American Nurses Association, and Sigma Theta Tau Nursing Honor Society. She also has certification in Basic Life Support (BLS)

Since she was a child, Michelle Backfisch knew that she wanted to provide care for people in rural areas. That desire developed into a nursing career. It was while working in outpatient care that Michelle learned that many people have chronic, challenging conditions that require more than an office visit. Working in palliative care, Michelle is able to focus on the many needs of individuals with these conditions. In her spare time, Michelle and her family enjoy exploring the great outdoors through hiking, fishing, hunting and camping.

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