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Southeast Hospital Nationally Recognized with an ‘A’ for Fall 2021 Leapfrog Hospital Safety Grade

DECEMBER 01ST 2021 BY DEE LOFLIN

Southeast Hospital Nationally Recognized with an 'A' for Fall 2021 Leapfrog Hospital Safety Grade

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

The Leapfrog Group is an independent national watchdog organization, assigns an 'A', 'B', 'C', 'D' or 'F' grade to all general hospitals across the country based on over 30 national performance measures reflecting errors, injuries, accidents, infections and other harms to patients in their care.

The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harms to patients. The grading system is peer reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

"Patient safety is always top of mind throughout our organization," said SoutheastHEALTH President and CEO Ken Bateman. "Patients who entrust their care to us know that they will be in a safe environment throughout their hospital stay. Our strong record of patient safety, along with our exceptional team of caregivers, also helped prepare us for the COVID-19 and the most challenging time in the history of SoutheastHEALTH."

"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. "I thank the leadership and staff of Southeast Hospital for their commitment to prioritizing patients and their safety, especially during these trying times."

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.

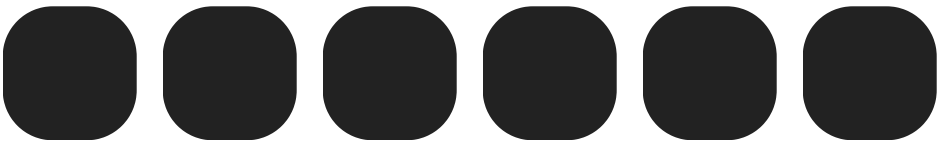
About The Leapfrog Group

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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Southeast Home Health Receives 2021 Press Ganey Guardian of Excellence Award

NOVEMBER 30TH 2021 BY DEE LOFLIN

Southeast Home Health Receives 2021 Press Ganey Guardian of Excellence Award

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Press Ganey has named Southeast Home Health a 2021 Guardian of Excellence Award winner. The Guardian of Excellence Award recognizes top performing healthcare organizations that have achieved the 95th percentile or above for performance in Patient Experience.

The Guardian of Excellence Award, presented annually, applauds hospitals and health systems that consistently sustained performance in the top 5 percent of all Press Ganey clients.

“Press Ganey is pleased to recognize Southeast Home Health as one of the nation’s leaders in patient experience,” said Patrick Ryan, chairman and chief executive officer, Press Ganey. “The award reflects an unwavering commitment to the patient experience, especially through the unimaginable challenges of COVID-19. We are humbled by Southeast Home Health’s incredible efforts, and their ability to adapt to imperatives of COVID-19.”

Southeast Home Care Administrator Vickie Schnurbusch, MSN, RN, CHPN, said Home Health defines its mission with “an unwavering commitment to providing the highest quality of care for both patients and their families. Our Home Health team lives in the community and sees their calling as taking care of friends and neighbors. We are honored that patients and families put their trust in Southeast Home Health.”

Schnurbusch added that during the height of the COVID-19 pandemic last winter, staff went above and beyond to continue services without interruption, “despite the fear and uncertainty of the pandemic and an historic snow and ice storm. Their heroic efforts helped to ensure the continuity and quality of home care services.”

Larry Koenig and his wife Tammy, Jackson residents, speak highly of Home Health and the care they both received, Koenig as a total hip replacement patient and Tammy as a complex ankle surgery patient. “They did a wonderful job. It was comforting to know Southeast Home Health was there for us to provide the help and assistance we needed, and to answer our many questions. Our experience was better than good – it was excellent.”

Southeast Home Health is accredited through The Joint Commission and serves all of portions of seven southeast Missouri counties. Southeast Home Health served over 700 patients in 2020, ranging in age from under the age of one to 100.

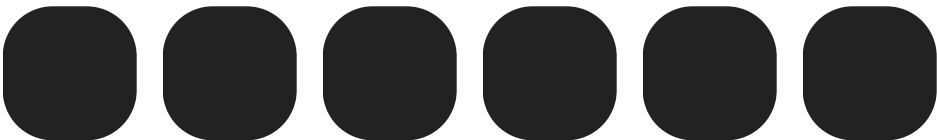
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SoutheastHEALTH Family Medicine of Dexter Now Offering Convenient Care hours

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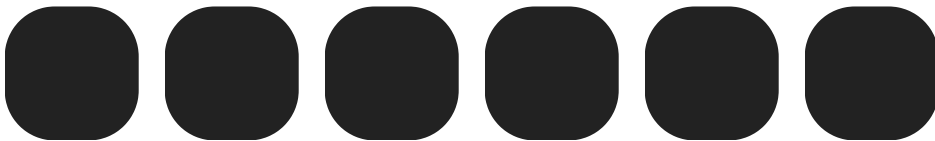
SoutheastHEALTH Family Medicine of Dexter Now Offering Convenient Care hours

SoutheastHEALTH Family Medicine of Dexter is now offering Convenient Care hours. The hours are 8 a.m. to 7 p.m. Monday through Friday and same day appointments and walk-ins are welcome.

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SoutheastHEALTH November 2021 Health Briefs

OCTOBER 29TH 2021 BY DEE LOFLIN

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COVID-19 Vaccination Clinics

SoutheastHEALTH offers Covid-19 Vaccination Clinics every Tuesday and Wednesday from 8 a.m. to noon. Vaccinations are by appointment only. To make your appointment, call 573-519-4522. Since late 2020, SoutheastHEALTH has administered over 34,000 COVID vaccinations. For booster shot information, visit sehealth.org/Covid-19 Resource Center.

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, November 1, at 6 p.m., and Thursday, November 18, 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 Monday Nov. 8, from 6 to 8 p.m. at HealthPoint Fitness in Cape. 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, November 9, at HealthPoint Plaza in Cape. This month's topic is "Walk, Walk, Walk." Staying active is good for the mind and body. As part of this month's program, participants will take part in a group walking activity, so be sure to wear comfortable clothes and walking shoes. Seating is limited, and pre-registration is required. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this program.

Community Memorial Service

Southeast Hospice will host its annual Community Memorial Service from 2 to 3 p.m. Sunday, November 14, at Cape First, 254 South Silver Springs Road in Cape. The service remembers loved ones through music, prayer and eulogies. For more information, contact Hospice Bereavement Coordinator Juie amegzger, LCSW, at 573-335-6208.

Grief Support Group: Not by Sadness Alone

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, November 17, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Coping with Holidays and Special Dates." For more information about this support group, please call Southeast Hospice, 573-335-6208.

Healthy Cooking: 'Holiday Baking with Flour Alternatives'

Join us on Monday, November 22, to learn how to create some baked items that don't use traditional wheat flours. There are many alternatives that produce healthy, mouth-watering holiday treats. Healthy Cooking classes at HealthPoint Fitness – Cape are taught by HealthPoint Nutritional Services Coordinator Laura Vollink, RD, LD. Cost is \$5 for HealthPoint members and non-members. Class sizes are limited. To register, call 573-986-4440.

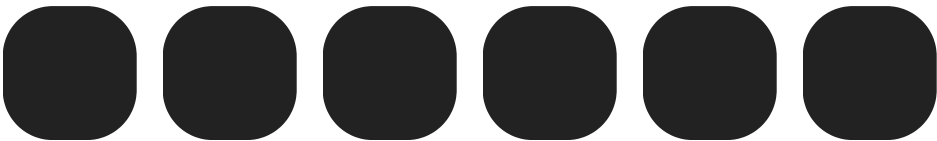
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It's Breast Cancer Awareness Month - Get Screened!

OCTOBER 14TH 2021 BY DEE LOFLIN

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October is Breast Cancer Awareness Month, and we want to not only stress that 1 in 8 women in the U.S. will develop invasive breast cancer, but that many women with breast cancer have no symptoms which is why regular breast cancer screenings are so important.

We know that leading-edge technology and highly trained specialists are the bedrocks of any breast care center. But we believe warm, patient-focused care is also a must. When you come in for a visit, you'll get all three.

Find a location and provider near you to schedule your mammogram!

Breast cancer: What to do if you find a lump

In most cases, a breast lump doesn't mean cancer. Still, if you discover a lump, you should have your doctor check it.

Understandably, discovering a lump in your breast can be cause for concern. You may worry that it could be a sign of breast cancer.

But there's reassuring news: Most breast lumps and other changes don't turn out to be cancerous, according to the National Cancer Institute (NCI).

Still, it's important to know why lumps occur and what steps to take if you find one. The following information from the NCI and the American Cancer Society (ACS) can help.

What causes breast lumps?

Most women have some type of lumpiness in their breasts.

For example, some women may have areas of their breasts that are denser than other areas. This can cause the breasts to have a lumpy feeling.

Often, lumps occur due to changing hormone levels during your monthly menstrual cycle. These lumps usually go away by the end of your period. Lumps can also occur at other times when hormone levels fluctuate, such as during pregnancy, breastfeeding and menopause.

You may also notice lumps or other breast changes if you use hormones such as:

Birth control pills.

Injectons.

Menopausal hormone therapy.

If you find a lump

Even though a lump usually isn't serious, you should still see your doctor and get it checked out. Your doctor can examine your breasts and the surrounding tissues for any other changes that could indicate a problem.

Be prepared to answer questions your doctor may have, such as:

Do you have a family history of breast cancer?

When was your last mammogram?

What was the date of your last period?

Are you pregnant or breastfeeding?

What medications are you taking?

When did you find the lump?

Has the lump gotten smaller or larger?

Also be sure to tell your doctor about any other breast changes, including:

Nipple discharge or tenderness.

Redness, dimples or puckers.

A change in breast size or shape.

Your doctor may also request other tests to determine whether the lump is cancerous. These tests can include:

Diagnostic mammogram. Though mammograms are used mostly for screening, this x-ray of the breasts can also be used to get a closer look at breast problems.

Breast ultrasound. Using sound waves, a breast ultrasound can be used to target a specific area of concern found on a mammogram. This test can help distinguish between fluid-filled cysts and solid masses and between benign and cancerous tumors.

Magnetic resonance imaging (MRI). This test creates detailed pictures of the breast that can show the difference between normal and diseased tissue.

Biopsy. In this procedure, a sample of cells from the lump is removed for examination. A biopsy is the only definitive way to find out whether a lump is cancerous, according to the NCI.

Protect yourself with regular screenings

Finding breast changes early can help detect breast cancer early, when it's most treatable.

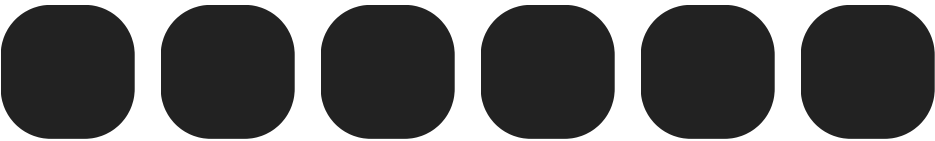
Generally, the ACS recommends that women have regular mammograms beginning at age 45. Your doctor can suggest a screening schedule that's right for you.

Women should also get to know how their breasts normally look and feel so they can notice changes more easily—and report them to their healthcare provider right away.

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