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## Southeast Hospital Recognized with Prestigious American Heart Association (AHA) Awards

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JULY 12TH 2022 BY DEE LOFLIN

## Southeast Hospital Recognized with Prestigious American Heart Association (AHA) Awards

Cape Girardeau, MO - Southeast Hospital has received the American Heart Association's 2022 Get With The Guidelines Heart Failure Gold Plus Quality Achievement Award for its commitment to improving outcomes for patients with heart failure, meaning reduced readmissions and more healthy days at home.

About 6.2 million U.S. adults are living with heart failure, which means that the heart is having a hard time pumping blood and oxygen throughout the body. While there is no cure for heart failure, people can live a quality life by working with their healthcare team to create a plan that may include medication, symptom monitoring and lifestyle changes. Among those lifestyle changes is maintaining a healthy weight. Through the Southeast Foundation Ambassadors' Heart Strong program, heart failure patients who need a scale are provided with one free of charge.

The Get With The Guidelines – Heart Failure quality achievement award is earned by hospitals that demonstrate a commitment to treating patients according to the most current guidelines as outlined by the American Heart Association. Matt Janzow, MD, SoutheastHEALTH Vice President and Chief Medical Officer said, "Patient care is our number one priority. The Gold Plus Quality Achievement Award is another example of the national recognition given to Southeast and its outstanding cardiovascular care team for the exceptional care we provide to our patients. We are fortunate to have an expert team of physicians, nurses and support staff who are highly trained and who welcome opportunities to continually advance care of the hundreds of heart failure patients we treat every year."

Clyde W. Yancy, MD, national chairperson of the American Heart Association Heart Failure systems of care advisory group and chief, division of cardiology at Northwestern University, Feinberg School of Medicine, said hospitals that participate in the Get With The Guidelines quality improvement outcomes "often see better patient outcomes, fewer readmissions to the hospital and lower mortality rates – a win for healthcare systems, families and communities."

Southeast Hospital is also recognized on the American Heart Association's Target: Heart Failure Honor Roll Award. Hospitals on the Honor Roll meet specific criteria that improves medication adherence, provides early follow-up care and coordination and enhances patient education. The goal is to reduce hospital readmissions and improve patients' quality of life while managing this chronic condition.

Southeast Hospital additionally received the American Heart Association's Target: Type 2 Diabetes Honor Roll Award. This initiative helps to ensure patients with Type 2

diabetes, who might be a higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to heart disease or stroke.

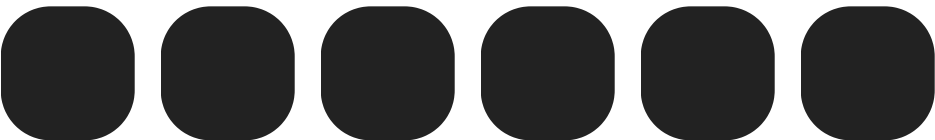
About SoutheastHEALTH

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 51 care locations in 11 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 July 2022 Health Briefs

JULY 02ND 2022 BY DEE LOFLIN

SoutheastHEALTH July 2022 Health Briefs

## **SoutheastHEALTH July 2022 Health Briefs**

### **Be a Healthier You in 2022!**

Small changes can make BIG improvements to your overall health and wellness. It's not too late to join our Healthier You in 2022 Challenge! Visit [SEhealth.org/challenge](http://SEhealth.org/challenge). Our challenge this month is quitting smoking, vaping and tobacco use. Smoking increases the risk of heart disease and stroke by two to four times. It also increases your chances of developing lung cancer. The challenge in July will be to complete a short quiz to test your knowledge of smoking/vaping. For completing the quiz, you will be entered into a drawing for one of the following prizes:

\$50 Visa Gift Card

Bean bag yard game.

Do something for yourself in 2022 to help stay healthier this year and in the years to come.

### **Vascular Screenings**

You may be at risk of a preventable, life threatening condition and not know it. Find out through vascular screenings that take as little as 15 minutes. Screenings include carotid artery (for stroke prevention), abdominal aorta test (for aneurysm prevention) and peripheral artery test (for prevention of peripheral artery disease). All three of these tests cost \$110. A bone density test to identify those at risk for osteoporosis is also available for \$30. Screenings are Wednesday, July 6, noon to 5 p.m., HealthPoint Fitness in Jackson; Thursday, July 7, noon to 4 p.m., Clinton Building in Sikeston; and Friday, July 8, 10 a.m. to 3 p.m., HealthPoint Fitness in Cape. To schedule an appointment, call 1-800-800-5123.

### **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, July 11, at 6 p.m., and Thursday, July 21, 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](http://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, July 11, from 9:30 to 11:30 a.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, July 12, at HealthPoint Plaza in Cape. This month's topic is "Understanding Alzheimer's and Dementia." Participants will learn the difference between Alzheimer's and dementia along with the impact, stages and risk factors of Alzheimer's. A staff member from the Alzheimer's Association will be the guest speaker and will discuss current research and treatment available to address symptoms of these two conditions. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this program.

### Healthy Cooking: Air Fryer Essentials

Join us on Monday, July 18, to learn how to make delicious and healthy air-fried meals, no matter your culinary skill level. 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.

### Grief Support Group: Secondary Losses

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, July 20, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Secondary Losses." For more information about this support group, please call Southeast Hospice, 573-335-6208.

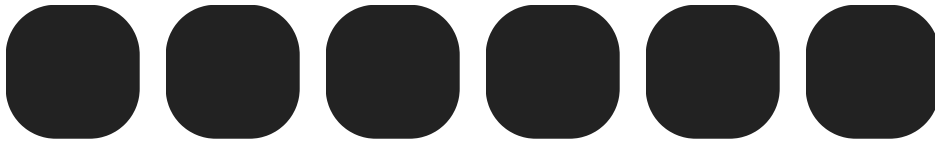
## About SoutheastHEALTH

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## Southeast Hospital Nationally Recognized as a Best Maternity Care Hospital by Newsweek

JUNE 19TH 2022 BY DEE LOFLIN

Southeast Hospital Nationally Recognized as a Best Maternity Care Hospital by Newsweek

Southeast Hospital has been named to Newsweek's 2022 list of Best Maternity Care Hospitals for the second consecutive year. This prestigious distinction recognizes facilities that have provided exceptional care to mothers, newborns and their families. Southeast earned five ribbons, the highest possible rating for its maternity service, joining the ranks of 350 hospitals across the nation and just 12 in Missouri. Southeast Hospital is the only hospital in southeast Missouri to earn this honor.

Newsweek's evaluation was based on three data sources: a nationwide online survey in which hospital managers and healthcare professionals (neonatal care providers and obstetricians/gynecologists) were asked to recommend leading maternity hospitals; medical key performance indicator data relevant to maternity care, including the rate of cesarean births; and patient satisfaction data, including how patients rated a hospital's medical staff for responsiveness and communication.

"I'm incredibly proud of the entire obstetrics team for their dedication and commitment to excellence," said SoutheastHEALTH President and CEO Ken Bateman. "To be the only one in southeast Missouri and one of only 12 in the state of Missouri, speaks to the exceptional care we deliver every day to the those we serve. This honor highlights our commitment to providing a safe, personalized birthing experience. Expectant mothers can be confident about the extraordinary care they receive from our experienced obstetrics staff. High quality maternity care from pregnancy through birth and postpartum is key to the long-term health of both newborns and new mothers."

Since its opening in 1928, Southeast Hospital has offered uninterrupted obstetrics services, welcoming tens of thousands of babies into the world.

Newsweek's full America's Best Maternity Hospital 2022 report is posted online, and hospitals are listed alphabetically. Overall, 161 hospitals earned five ribbons and 189 received four ribbons.

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## New Pediatric Orthopedic Services at SoutheastHEALTH

JUNE 13TH 2022 BY DEE LOFLIN

### New Pediatric Orthopedic Services at SoutheastHEALTH

SoutheastHEALTH of Sikeston is excited to announce that G. Shawn Duxbury, MD, will soon offer pediatric Orthopedic services at the SoutheastHEALTH Sikeston clinic!

Call 573.519.4960 to schedule an appointment!

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## Southeast Hospital Nationally Recognized with an ‘A’ Leapfrog Hospital Safety Grade

MAY 18TH 2022 BY DEE LOFLIN

### Southeast Hospital Nationally Recognized with an ‘A’ Leapfrog Hospital Safety Grade

Southeast Hospital has received an “A” for the fifth consecutive time in the Leapfrog Hospital Safety Grade for spring 2022. This national distinction recognizes Southeast’s achievements in protecting patients from preventable harm and error in the hospital.

“Patient safety is always top of mind,” said President and CEO Ken Bateman. “When patients come to the hospital, they deserve exceptional care in the safest setting. The past two years have been challenging for hospitals across the globe, and I am incredibly proud of our commitment to delivering high quality patient outcomes. It is a testimony to the unwavering dedication of our entire staff.”

For the state of Missouri, Southeast Hospital is one out of 18 hospitals to have received this achievement for Spring 2022, and Southeast is one out of just six Missouri hospitals to earn this distinction five times in a row.

The Leapfrog Group, an independent national watchdog organization, assigns an “A,” “B,” “C,” “D,” or “F” grade to general hospitals across the country based on over thirty national performance measures reflecting errors, accidents, injuries and infections, as well as systems hospitals have in place to prevent harm.

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.

“As our healthcare system continues to feel the strain of the pandemic, I thank the workforce and leadership of Southeast Hospital for sustained commitment to patient safety, day in and day out,” said Leah Binder, president and CEO of The Leapfrog Group. “An ‘A’ Safety Grade is an outstanding achievement, and one that is not possible without a 24/7 effort by the entire health care workforce to protect patients from harm. This community should be proud.”

To see Southeast Hospital’s full grade details and to access patient tips for staying safe in the hospital, visit [HospitalSafetyGrade.org](https://HospitalSafetyGrade.org) and follow The Leapfrog Group on Twitter, Facebook, and via its newsletter.

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 for patient safety. 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. For more, follow us on Twitter and Facebook, and sign up for our newsletter.

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