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SoutheastHEALTH October 2022 Health Briefs

SEPTEMBER 30TH 2022 BY DEE LOFLIN

SoutheastHEALTH October 2022 Health Briefs

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, October 3, at 6 p.m., and Thursday, October 20, 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, October 13, from 6 to 8 p.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, October 11, at HealthPoint Plaza in Cape. This month's topic is "Main Dish Salads." Come join Laura Vollink RD, LD, Nutrition Services Coordinator at HealthPoint Fitness and explore different ingredient combinations that are bursting with flavor and nutrition.

Healthy Cooking: Chili, Soups and Stews

Join us on Monday, October 17, to learn more about some hot and healthy soups as we enter the cooler months and how to incorporate vegetables and grains to boost nutrition and enhance the flavor of these fall favorites. 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: The Grief Roller Coaster

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, October 19, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "The Grief Roller Coaster." For more information about this support group, please call Southeast Hospice, 573-335-6208.

American Red Cross Blood Drive

Every two seconds, someone needs a blood transfusion. Roll up your sleeve and help. Southeast Hospital will host a blood drive on Friday, October 28, from 7 a.m. to 4 p.m. Registration is required to allow for social distancing. To make an appointment to donate, visit rcblood.org/appt.

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 Dietitian Works to Promote Malnutrition Awareness in Missouri

SEPTEMBER 19TH 2022 BY DEE LOFLIN

SoutheastHEALTH Dietitian Works to Promote Malnutrition Awareness in Missouri

A person's nutrition status is a direct measure of health. SoutheastHEALTH Lead Clinical Dietitian Laurie Carlton, MS, RD, LD, is well aware of the importance of good nutrition and the detrimental effects of malnutrition, particularly in the hospital setting.

“As a clinical dietitian at SoutheastHEALTH with almost 11 years of working in the critical care setting and oncology unit, I have witnessed firsthand the effects malnutrition can have on patient outcomes,” Carlton says.

With all of this in mind, Carlton pursued a Governor's Proclamation declaring the week of September 19 through 23 Malnutrition Awareness Week in Missouri. She notes that Malnutrition Awareness Week was launched in 2012 by the American Society for Parenteral and Enteral Nutrition, a community of dietitians, pharmacists, nurses, physicians and others who are committed to the improvement of patient care.

“Not all states recognize this week, and I wanted Governor Mike Parson's help in bringing more awareness to this issue in Missouri,” she says. “I hope this will influence policy discussions, increase public awareness, allow for stronger and earlier nutrition interventions and encourage people to discuss their nutrition status with healthcare professionals.”

At Southeast Hospital, Carlton explains that patients are screened for malnutrition within 24 hours of hospitalization using thorough nutrition assessments and nutrition-focused physical exams. Through early detection, nutrition interventions, monitoring and transition of care plans for patients identified as malnourished, patient outcomes are

improved, length of hospital stays decreases, 30-day readmission rates decrease, the risk of pressure injuries is reduced and there is a reduction in post-op complications.

Adults age 65 and over have the highest rate of malnutrition and are the most likely to be hospitalized, Carlton adds. At Southeast Hospital, a total of 496 patients were diagnosed with malnutrition from January 2021 through August 2022. She stresses the importance of screening and early diagnosis, adding that malnutrition affects 25 to 54 percent of hospitalized adults in the U.S., but is underdiagnosed and only recorded for about 8 percent of patients.

Southeast also screens patients to determine food insecurity issues. Those who are identified receive a box of food from the hospital-based Heroes of Hope food pantry to take home with them upon discharge. Through a grant and partnership with the SEMO Food Bank, two weeks of food is provided and patients are connected with other food assistance services within their community. Since the pantry became operational in February, over 100 patients have been served.

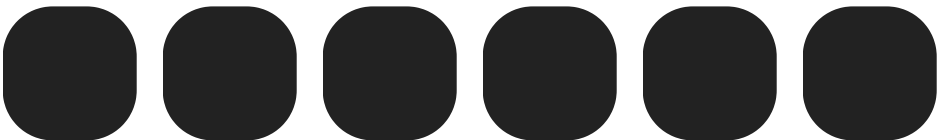
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SoutheastHEALTH September 2022 Health Briefs

SEPTEMBER 01ST 2022 BY DEE LOFLIN

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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](https://sehealth.org/challenge). Our focus this month is controlling cholesterol. High cholesterol contributes to a higher risk of cardiovascular diseases, such as heart disease and stroke. It's important to have your cholesterol checked. Tips for managing cholesterol include getting more dietary fiber into your daily diet. That includes whole grains, plenty of vegetables, limiting sugary foods and drinks and opting for lean proteins such as seafood. During September, your challenge will be to complete a quiz mid-month on controlling cholesterol. For completing the quiz, you will be entered into a drawing for one of the following prizes:

1 of 2 \$50 Visa Gift Card

Meal Subscription.

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

American Red Cross Blood Drive

Every two seconds, someone needs a blood transfusion. Blood supplies are typically critically low during the summer months. You can do your part in our community. The Southeast Cancer Center will host a mobile blood drive on Wednesday, September 7, from 9 a.m. to 2 p.m. Donors will receive a t-shirt (while supplies last) and a chance to

win two tickets to a 2023 Sport Clips-sponsored Nascar race of the winner's choice along with airfare, hotel stay and entry to a Sports Clips racetrack hospitality tent. To make an appointment to donate, visit rcblood.org/appt.

Shoe Show

SoutheastHEALTH Foundation will host a "Shoe Show" on Friday, September 9, from 8 a.m. to 4 p.m. in the Harrison Room at Southeast Hospital. Proceeds will benefit the foundation's Children's Health and Wellness Fund. A large variety of work, casual, dress, sandals, boots and athletic shoes for women, men and children will be available. Brands include Birkenstock, UGG, Dansko, Brooks and more.

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 Saturday, September 10, from 9 to 11 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.

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, September 12, at 6 p.m., and Thursday, September 22, 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.

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, September 13, at HealthPoint Plaza in Cape.

This month's topic is "Finding Balance in Life." When you're living with diabetes, balance is important, whether it's balancing lifestyle or emotional highs and lows that sometimes accompany a frustrating glucose number. Lynn Boren, community educator with Southeast's Home Care Services, will discuss options to find this important balance.

Diabetes Annual Assessment Class

The more you know and understand about diabetes, the better you will be able to manage the chronic disease day by day. SoutheastHEALTH is offering an annual assessment class for those who have been living with type 2 diabetes for a year or longer. The group class will be held on Thursday, September 15, from 4 to 5:30 p.m. at Southeast Primary Care, 817 South Mount Auburn Road in Cape. Topics will include healthy coping, healthy eating, being active, taking medications, monitoring, problem-solving and reducing risks. A referral from your physician or qualified non-physician practitioner is required. Medicare and most health insurance plans cover diabetes education when it is offered through an accredited diabetes education program. For more information, call the Southeast Diabetes Center at 573-339-0121.

Healthy Cooking: Pasta La Vista, Baby

Join us on Monday, September 19, to learn how to make healthier homemade pastas and find carb-friendly spaghetti substitutes. 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: Grief 101

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, September 21, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Mindful Grieving." For more information about this support group, please call Southeast Hospice, 573-335-6208

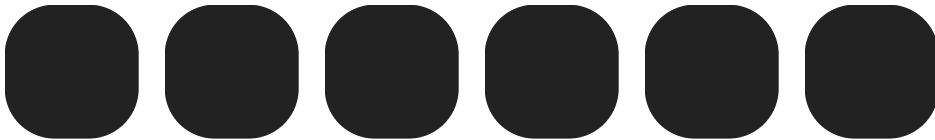
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SoutheastHEALTH Foundation Announces Scholarship Awards

AUGUST 11TH 2022 BY DEE LOFLIN

SoutheastHEALTH Foundation Announces Scholarship Awards

SoutheastHEALTH Foundation has announced recipients of healthcare scholarships made possible by the Foundation and the generosity of individual and family donors. Twenty-seven students received \$32,500 in scholarship awards at an event held recently at the Jackson Civic Center.

Dr. Steven Langdon, President, Southeast Hospital College of Nursing and Health Sciences, addressed the group. Dr. Karen Crites Hendrickson, EdD, RN, NEA-BC, served as Master of Ceremonies, and scholarship certificates were presented by Gina Leath, Vice President and Chief Nursing Officer at SoutheastHEALTH, and Darah Jirkovsky, Executive Director, SoutheastHEALTH Foundation.

Jirkovsky said, “Because of the generosity of donors, our scholarship recipients are working to enter a field dedicated to helping others, which is more important now than ever before. These programs make a difference to patients and the communities we serve, as scholars meet their academic goals and enter the healthcare workforce.”

Since 1962, the SoutheastHEALTH Foundation has awarded over \$1.1 Million to local scholars. These funds have supported the education of over 1,300 current and future healthcare workers for our region.

This year’s recipients include:

Enrolled in SoutheastHEALTH College of Nursing and Health Sciences programs:

Kolbe Asmus, Tom Welch Radiography Scholarship

Mallory Cook, O.D. Niswonger Scholarship

Addison Curtis, James W. Wentz Scholarship

Carly Gotto, Dorothy Kies Penzel Scholarship

Hope Hartman, Ronald James Schwent Nursing Scholarship

Alexys Littlepage, Jean Chapman, MD, Scholarship

Tina Medlock, Sheila Caskey, PhD, Scholarship

Mary Stewart, Karen Crites Hendrickson, EdD, RN, NEA-BC Scholarship

Audrea Tellor, Karen Crites Hendrickson, EdD, RN, NEA-BC Scholarship

Ashley Winkler, L.P. Maxwell, MD, Scholarship

Arkansas State University

Austin Bucher, Ilena Aslin Scholarship

Southeast Missouri State University

Amber Dukes, Karen Crites Henderickson, EdD, RN, NEA-BC Scholarship

Ashley Elkins, Balsamo Family Scholarship

Megan R. Te, William and Martina Scott Scholarship

St. Louis Community College

Bethany Dorris, Elda Haertling Scholarship

St. Louis University

Debra Compton, SoutheastHEALTH Foundation Scholarship

Mia Foote, Nancy Ann Bray Scholarship

James T. Waltz, Margaret Foster Roberts Scholarship

Southwest Baptist University

Brendan Gross, Margaret Foster Roberts Scholarship

Western Governors University

Martha Cissell, Polly DuVal Kinder Scholarship

Three Rivers College

Kaylee Ball, Hutson Family Scholarship

William Brewer, Charlotte Black Sargent Scholarship

Murray State University

Allyson Johnson, Hazel Harrison Strickler Scholarship

US Bank Foundation Giving Program-Grant

Southeast Hospital College of Nursing and Health Sciences

Elizabeth David

Aimee Linares

Central Methodist University

Tracy Lewis

Southeast Missouri State University

Matthew Obasanjo

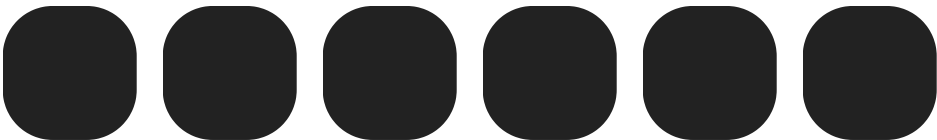
About SoutheastHEALTH Foundation

SoutheastHEALTH Foundation, Inc. was organized in 1977 as an independent 501 (c)3 nonprofit entity to ensure the future of healthcare in our region. The Foundation’s Board of Directors is made up of individuals and volunteers from all segments of our service area. The Board oversees fund-raising projects and manages the allocation of funds in an effort to enhance service to our community.

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

JULY 27TH 2022 BY DEE LOFLIN

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

Southeast Hospital has received the American Heart Association's 2022 Get With The Guidelines Stroke Gold Plus Quality Achievement Award for its commitment to improving outcomes for patients who suffer strokes. The award validates Southeast's approach to stroke treatment according to nationally recognized, research-based guidelines, which ultimately leads to more lives saved and reduced disability.

Stroke is the number five cause of death and a leading cause of disability in the U.S. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood and oxygen it needs, so brain cells die. Early stroke detection and treatment are key to improving survival, accelerating recovery times and minimizing disability.

Get With The Guidelines puts the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest research and evidence-based guidelines.

"Seeking immediate medical help is crucial for stroke patients," said Matthew Hileman, DO, Medical Director of the Southeast Stroke Center. "Stroke is a real and serious concern in Missouri. About one quarter of adult Missourians are smokers, which can raise their risk for stroke up to four times." He added that up to 80 percent of strokes are preventable if people embrace a healthy lifestyle that includes quitting tobacco, managing cholesterol and controlling high blood pressure and diabetes. Hileman also noted that about one quarter of strokes happen in people under the age of 65.

He emphasized that the primary therapies to minimize stroke symptoms and offer a better chance of recovery must be given within a few hours of symptom onset. "That's why it is so important to call 9-1-1 or get to the nearest emergency department quickly. Don't wait a few hours to see if symptoms go away. Get medical help immediately."

"We are incredibly pleased to recognize Southeast Hospital for its commitment to caring for patients with stroke," said Steven Messe, MD, chairperson of the Stroke System of Care Advisory Group. "Participation in Get With The Guidelines is associated with improved patient outcomes, fewer readmissions and lower mortality rates, a win for healthcare systems, families and communities."

Southeast Hospital also received the American Heart Association's Target: Stroke Honor Roll. This distinction is based on meeting specific criteria to reduce the time between an eligible patient's arrival at the hospital and treatment with the clot-buster Alteplase. If given in the first three hours after the start of stroke symptoms, Alteplase has been shown

to lessen the chance of permanent disability.

In addition, Southeast Hospital also received the American Heart Association’s Target: Type 2 Diabetes Honor Roll. This initiative helps ensure that patients with Type 2 diabetes, who may be at higher risk for complications, receive the most up-to-date, evidence-based care when hospitalized due to stroke.

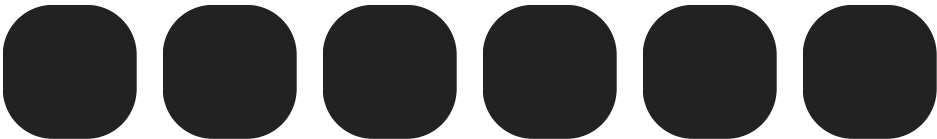
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