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## SoutheastHEALTH Opens New Heart and Vascular Pavilion Designed for Patient, Family Comfort

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JUNE 07TH 2019 BY DEE LOFLIN

SoutheastHEALTH has opened a new, patient-centered Heart and Vascular Pavilion at Southeast Hospital. The new unit, located on the Hospital's fifth floor, has been under construction since July of 2018.

Nurse Manager Jennifer Kiplinger, BSN, RN, OCN, says the unit has 14 spacious private rooms, each with upscale private baths that include walk-in showers with decorative tile accents. The unit is a "step down" unit from Cardiothoracic Intensive Care, where heart surgery patients begin their recovery.

The new pavilion, Kiplinger adds, "is built on the concept of decentralized nursing care. There is no central nurses' station. The nurses are positioned just outside patients' rooms at desks along the hallway. Each desk has windows into the patient room to assure our patients receive close observation by the nursing staff. It gets nurses back to the bedside, where they need to be."

"This unit provides the same attention to care that patients experience in the CTU," Kiplinger noted. "Patients have an added level of comfort knowing that their nurse is just a few steps away and readily available to answer any needs and concerns. The design also contributes to better continuity as patients transition from critical care to this cardiac step down unit."

Decorated in soothing tones of green, orange, brown and blue, the unit features sleek, modern furniture, artwork created by local artists, quartz countertops and Smart TVs. Large, new windows afford patients pleasant views. Innovative call light technology allows patients and families to have control not only of the television but also interior lighting at the touch of a button.

"We have also taken steps that to help ensure patient safety," Kiplinger says. These include patient recliners that can easily be operated with one hand and will not tip when patients stand up and improved over-the-bed tables with extra storage. Four rooms have ceiling lifts that can move patients from bed to bath if the need arises.

The unit also includes a dedicated work area for ancillary staff such as physical therapy, dietary and case management. Physicians have a private dictation room.

"This unit offers patients an entirely different way of nursing," Kiplinger adds. "It creates a hotel-like setting with a calming atmosphere that removes patients from the hospital hustle and bustle. We believe that patients and families will have an excellent patient

experience which is always our goal.”

About SoutheastHEALTH

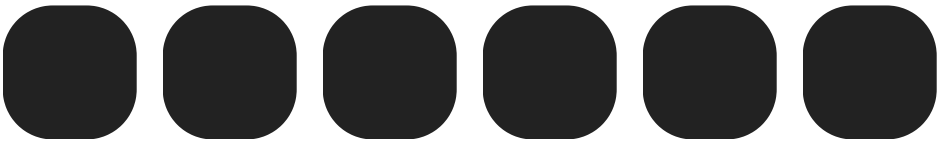
At SoutheastHEALTH, the region's premier healthcare system in southeast Missouri, our patients receive excellent care of the highest clinical quality, close to home. Within our network are more than 50 care locations in 13 communities, including hospitals, primary and specialty care clinics representing over 30 clinical specialties and extending care for patients in a four-state area. Learn more at SEhealth.org.

**Pictured: Patient room** The 14 private patient rooms are decorated in soothing tones of green, orange, brown and blue, and are equipped with Smart TVs. Nurses are just steps away from the patient’s bedside.

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Welcome New Orthopedic Provider Dr. Matthew

# Baker

JUNE 07TH 2019 BY DEE LOFLIN

## Welcome New Orthopedic Provider Dr. Matthew Baker

SoutheastHEALTH is pleased to welcome Matthew Baker, MD, Orthopedic Surgeon, to the Medical Staff of Southeast Hospital. Dr. Baker is affiliated with Southeast Orthopedics & Sports Medicine. He comes to SoutheastHEALTH with expertise in shoulder and elbow surgery along with highly specialized training that will be of benefit to many patients.

Orthopedic surgeon Matthew Baker, MD, enjoys practicing orthopedic surgery because he appreciates active people. He also enjoys helping patients accomplish their goals. For Dr. Baker, each orthopedic surgery case is unique and challenging. When Dr. Baker has free time, he enjoys being active, traveling, scuba diving and tinkering on cars. He chose to live in southeast Missouri because of the opportunity to engage in outdoor activities almost year round.

### **Certifications**

American Board of Orthopaedic Surgery

### **Education**

2009, University of Missouri - Kansas City School of Medicine, MD

2005, University of Missouri - Kansas City School of Medicine, BA

### **Residency**

2015, University of Missouri Kansas City School of Medicine

### **Fellowship**

2016, Johns Hopkins Department of Orthopaedic Surgery

### **Professional Affiliations**

American Academy of Orthopaedic Surgeons

American Shoulder and Elbow Surgeons

Missouri Shoulder Elbow Society

Missouri State Orthopedic Association

Mid-America Orthopedic Association

Arthroscopy Association of North America

Missouri State Medical Association

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## Heart & Lung Screening at SoutheastHEALTH

JUNE 07TH 2019 BY DEE LOFLIN

### Heart & Lung Screening at SoutheastHEALTH

The Heart and Lung Screening consists of a Low Dose CT Lung Screening and Calcium Scoring. Eligibility for these screenings is summarized below.

The screenings are \$75 for both, \$50 for one. Insurance does not cover voluntary, self-directed screenings.

Lung Screening Eligibility: - 55-80 years of age - Not previously diagnosed with lung cancer - Current smoker, or has quit within the last 15 years. - Tobacco smoking history of greater than or equal to 30 pack years. (one pack per day for 30 years, 2 packs per day for 15 years, etc)

Heart Screening Eligibility: - 35 years of age - No previous history of bypass surgery or cardiac stents - Has at least one cardiac risk factor, such as family history of premature heart disease, high cholesterol, hypertension, smoking, diabetes.

Limited number of screenings available. CALL 800-800-5123 to register.

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# Dennis Vinson Appointed to SoutheastHEALTH’s System Board of Directors

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## Dennis Vinson Appointed to SoutheastHEALTH's System Board of Directors

Frank Kinder, SoutheastHEALTH System Board Chairman, has announced the appointment of Dennis Vinson to the System Board of Directors, effective May 23. Vinson is President, CEO and Founder of Signature Packaging and Paper, LLC, in Jackson, Mo. The company, founded in 2003 in Conyers, Ga., is a full service manufacturer of corrugated packaging and point of purchase displays. It has been a part of the Jackson business community since 2007.

“Vinson’s entrepreneurial leadership along with his extensive track record in understanding and building a successful business will benefit Southeast’s leadership for ongoing success,” said Ken Bateman, President and CEO of SoutheastHEALTH.

“Healthcare reform is turbulent. However, I’m confident that with the current system board, we will continue to position viability for Southeast and meet the needs of the communities we serve now and into the future.”

Before founding Signature Packaging and Paper, Vinson most recently held positions with manufacturing companies within the financial arena in the northeastern U.S., serving as Senior Financial Executive.

Vinson is a 2015 graduate of the Harvard University, John F. Kennedy School for Executive Management. He received an undergraduate business degree from Trenton State College (now College of New Jersey) in Ewing Township, N.J.

Vinson is active in his community and state. He has served on both boards of the Cape Girardeau and Jackson Chamber of Commerce and currently is Chairman of the Board for the Missouri State Chamber of Commerce. He is a past member of the Missouri Governors Economic Steering Committee, the Boys and Girls Club of Cape Girardeau board and the MIC Missouri Innovation Corporation of Southeast Missouri State University.

“To be selected to serve on the System Board of Directors is an honor. Over the past few years, SoutheastHEALTH has expanded its regional presence, forged new partnerships that benefit patients, and earned national recognition for the care they provide. I look forward to contributing to their ongoing success,” said Vinson.

Board officers also include Frank Kinder, Chairman; Steve Green, Vice Chairman; Charlie Kruse, Secretary; Stan Crader, Treasurer; and Bob Neff, Immediate Past

Chairman. Also serving on the Board of Directors are Ken Bateman, Donny Beasley, Jim Dufek, PhD, Kevin Ford, Chris Hutson, Mike Kohlfeld, Ben Lewis, Christine Mackey-Ross, Gabe Soto, MD, PhD, Al Spradling, III, and Angie Umfleet.

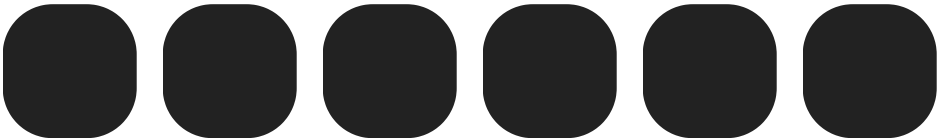
About SoutheastHEALTH

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# SoutheastHEALTH Offers Innovative Treatment for Leaky Mitral Valves

JUNE 03RD 2019 BY DEE LOFLIN



## SoutheastHEALTH Offers Innovative Treatment for Leaky Mitral Valves

An estimated 50,000 people in the United States undergo open-heart surgery each year for the treatment of a leaking mitral valve. However, this major surgery is not an option when patients are too old or have other medical complications.

At SoutheastHEALTH, cardiologists and cardiothoracic surgeons now are collaborating on a minimally invasive procedure that can repair the mitral valve in these previously untreatable patients.

“This truly is the next generation of minimally invasive cardiac procedures and it’s now available at SoutheastHEALTH in Cape Girardeau,” says Paul Robison, MD, MMM, CPE, FACS, FACC, FACCP, a cardiothoracic and vascular surgeon with Cardiovascular Consultants in Cape Girardeau, Mo.

The heart has four valves – aortic, mitral, tricuspid and pulmonary - that automatically open and close to keep blood flowing into and out of the chambers of your heart. These valves allow blood to flow only in one direction. Sometimes, though, they don’t work properly. If the flaps of the valve don’t close tightly, it can cause blood to flow backward in your heart. If the valve becomes stiff and opens only partially, it can limit blood flow through the heart and to the rest of the body.

When the blood flows backward in the heart due to a leaky valve, it is called regurgitation. One of the most common places where it is diagnosed is in the mitral valve, which is located in between the upper left and lower left chambers of the heart. A quarter of a million people in this country are diagnosed with mitral valve regurgitation each year.

The condition, like most heart valve problems, often doesn’t have any early symptoms. As it progresses — and it can occur suddenly or over many years — it can cause the heart to work harder to circulate blood. Common signs of valve problems include

Shortness of breath, either while lying down or during activities

Heart murmur or unusual heartbeat

Heart palpitations

Swelling in legs, ankles or stomach

Unusual fatigue

Dizziness

While some people are born with defective heart valves, there are other factors that can increase your risk for developing these problems. High blood pressure, high cholesterol, diabetes, obesity, smoking and a family history of heart disease all are risk factors.

## Treatments for Mitral Regurgitation

Previously, heart doctors treated mitral regurgitation with medications that eased symptoms but didn't fix the problem of a malformed or broken valve. Open-heart surgery was the next option, which required a surgeon to open the chest, stop the heart temporarily and then replace the valve with either a manmade or biological tissue valve.

Repairing versus replacing the mitral valve began in the 1970s. The procedure, though, still required open-heart surgery and the use of a heart bypass machine while the valve was repaired. Patients who were frail, older or who had multiple medical issues were not candidates for the open-heart valve repair procedure.

“About a third of our open heart surgery volume at SoutheastHEALTH still is valve-related,” says Dr. Robison. “The great news is that because we now have the ability to offer minimally invasive mitral valve repair, we have options to offer patients who are not eligible for open-heart surgery.”

Called transcatheter mitral valve repair (TMVR), the minimally invasive procedure involves the insertion of a catheter through a vein in the groin. The catheter is then carefully guided up to the heart, where an interventional cardiologist and a cardiothoracic surgeon can then work together to repair the valve.

“It's incredibly important for SoutheastHEALTH to have this technology to continue to advance treatment options for our region's critically ill heart patients. This advanced treatment option represents the latest commitment in achieving that goal,” adds interventional cardiologist David Law, MD.

### The MitraClip

Repairs now can be made with an innovative device called a MitraClip. First approved by the FDA in 2013 for patients with severe and degenerative mitral regurgitation who also had heart failure symptoms resulting from an abnormality of the mitral valve. Earlier this year, the device was approved for an expanded use in patients with heart failure symptoms with moderate to severe mitral regurgitation due to diminished left heart function.

“The MitraClip basically clips together the two faulty flaps that close the mitral valve so that blood doesn't leak backward,” explains Law.

Because it is a minimally invasive procedure, patients can typically leave the hospital 2-3 days after the procedure. Significantly, clinical trials evaluating the device's effectiveness found that the risk of being re-hospitalized for heart failure symptoms was reduced in about 47 percent of the patients who had the MitraClip procedure versus patients who did not receive the device. In addition, the risk of death within two years was decreased by more than one-third in the MitraClip group compared to the control group.

“We now know fixing the valve matters. The MitraClip improve survival,” said Ohio State University Cardiovascular Director William Abraham, MD, one of the principal investigators in the latest MitraClip clinical trial. “It is the first time we have ever seen in any randomized, controlled trial an outright reduction in heart failure hospitalizations, all-cause mortality and improvements the quality of life and exercise to a tremendous magnitude.”

Dr. Robison agrees. “We think this is a valuable new treatment option for our patients,” he says. “This, along with minimally invasive transcatheter aortic valve replacement (TAVR), which we also do, represents our dedication to bringing highly advanced procedures to SoutheastHEALTH to improve outcomes and quality of life for our patients.”

A team of heart specialists is collaborating on the MitraClip procedure and in evaluating and treating patients with valve disease. They include

#### Cardiologists

Steven Carr, MD

Chizor Iwuchuku, MD

Gabe Soto, MD

#### Cardiothoracic Surgeons

Paul Robison, MD

George Berbarian, MD

#### Anesthesiology

Jeffrey Keck, MD

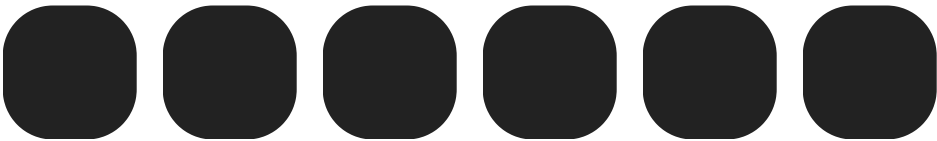
A multidisciplinary Valve Clinic also is offered monthly at Cardiovascular Consultants in Cape Girardeau to make it convenient for patients to see both cardiologists and cardiothoracic surgeons during the same visit.

“We have innovative treatment options, a new inpatient cardiac unit, a new state-of-the-art operating room equipped specifically to handle these minimally invasive and advanced procedures, and a growing collaborative effort with the Division of Cardiothoracic Surgery at Washington University,” says Dr. Robison. “All of these showcase the depth and breadth of the heart program at SoutheastHEALTH.”

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