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

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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.

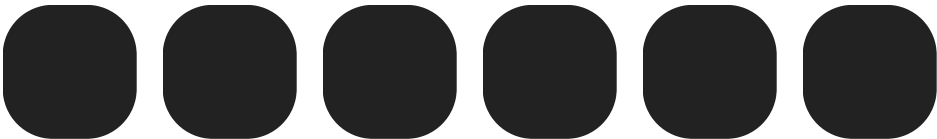
About SoutheastHEALTH

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# Southeast Hospital Among Nation's Top Performing Hospitals for Treatment of Heart Attack Patients

JULY 12TH 2022 BY DEE LOFLIN

## Southeast Hospital Among Nation's Top Performing Hospitals for Treatment of Heart Attack Patients

Cape Girardeau, MO – Southeast Hospital has received the American College of Cardiology's NCDR Chest Pain – MI Registry Platinum Performance Achievement Award for 2022. Southeast is one of only 240 hospitals nationwide to receive the honor. This is the eleventh consecutive year that Southeast Hospital has been recognized for its high standard of care for heart attack patients.

The award recognizes Southeast's commitment and success in implementing a higher standard of care for heart attack patients and also signifies that Southeast Hospital has reached an aggressive goal of treating these patients with standard levels of care as outlined by the American College of Cardiology/American Heart Association clinical guidelines and recommendations.

"To be a recipient of this award for eleven consecutive years speaks to the consistency in care protocols and the commitment of the entire heart team to deliver excellence in patient outcomes," said SoutheastHEALTH Vice President and Chief Medical Officer Matt Janzow. "The foundation of care at Southeast Hospital is built on quality, and this award affirms our position as a national leader in setting, and meeting, stringent standards of care for heart attack patients."

Michael Kontos, MD, FACC, chair of the NCDR Chest Pain – MI Registry Steering Subcommittee, and cardiologist at Virginia Commonwealth University Medical Center, added, "It is an honor to award Southeast Hospital with the Platinum Performance Award for their leadership and dedication to meeting comprehensive performance measures in patient care. This award indicates that Southeast Hospital remains committed to providing top quality, guideline-driven care for heart attack patients and ensures that patients are receiving the highest quality cardiovascular care."

The Centers for Disease Control estimates that over 800,000 Americans suffer a heart attack each year. Treatment guidelines include administering aspirin upon arrival and discharge, timely restoration of blood flow to the blocked artery, smoking cessation counseling and cardiac rehabilitation, among others.

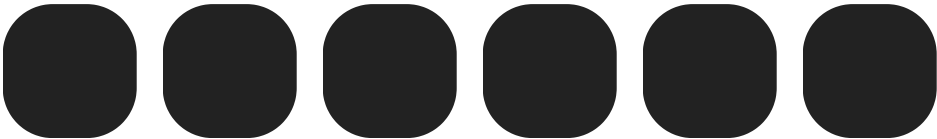
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# Southeast Hospital Recognized with Prestigious American Heart Association (AHA) Awards

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.

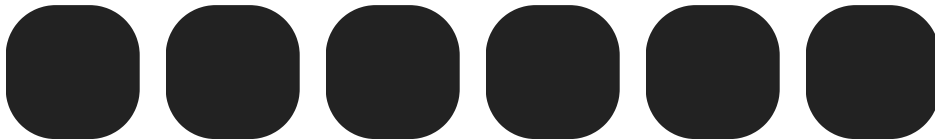
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## SoutheastHEALTH July 2022 Health Briefs

JULY 02ND 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](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.

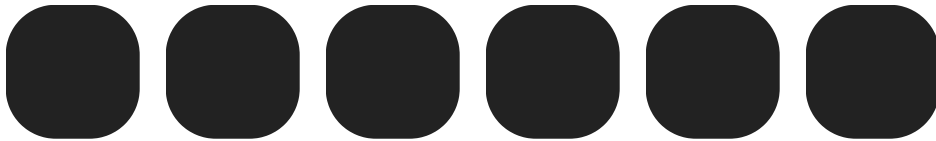
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## Southeast Hospital Nationally Recognized as a Best Maternity Care Hospital by Newsweek

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.

LAST UPDATED ON JUNE 19TH 2022 BY DEE LOFLIN

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