



2026

HEALTHCARE
guide

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Horizon Health spine surgeon internationally acclaimed



Dr. Harish Kempegowda, orthopedic and spine surgeon at Horizon Health, has earned international recognition for excellence

and innovation in spine care.

Dr. Kempegowda—known to patients and colleagues as Dr. Harish—was named to SpineLine’s “20 Under 40” class of 2025. This honor recognizes outstanding spine care leaders under age 40 for their clinical achievements, community service, and philosophy of care. SpineLine is published by the North American Spine Association (NASS), an international organization of spine specialists dedicated to advancing research, education, and high-quality patient care.

“Dr. Harish continues to set an extraordinary example of what is possible in rural healthcare, and we couldn’t be prouder,” said Jay Carmichael, Horizon Health President & CEO. “Few critical access hospitals have the privilege of supporting a spine surgeon of his expertise, and we are honored to be part of his ongoing success.”

According to NASS, the 2025 honorees reflect the global reach and multi-disciplinary strength of today’s spine community and include orthopedic

surgeons, neurosurgeons, rehabilitation specialists, allied health professionals, and researchers.

Since joining Horizon Health in October 2020, Dr. Harish has been credited with building a full-service spine program from the ground up. His mission is to provide advanced spine care close to home for patients who would otherwise need to travel long distances for treatment.

“I am proud to have successfully established spine surgery services within a critical access hospital and to have built confidence in the community regarding the care I provide,” he said.

A NASS member since 2016, Dr. Harish has served on multiple committees, reviewed more than 100 manuscripts for leading medical journals, and chaired several educational webinars.

“I am deeply invested in advancing spine care through research,” he added. “This work provides validated scientific evidence to guide my practice and ultimately improve treatment decisions for my patients.”

Dr. Harish provides comprehensive orthopedic care and specializes in spine and neck surgery. He treats a broad range of common and complex conditions and is particularly skilled in minimally invasive spinal fusions and decompressions.

To learn more about spine services at Horizon Health, visit MyHorizonHealth.org/Spine.

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The role of a home health aide

Caregivers come from all walks of life. Doctors and nurses may be the frontline medical providers people encounter most frequently, but there are plenty of others who do their part to maintain the well-being of individuals, including home health aides.

Home health aides, sometimes called personal care aides, are brought in to assist a person with activities of daily life. An HHA typically helps a person who may need some assistance with tasks they cannot perform due to illness or disability. HHAs may work in a person's home, in a group home or in another care facility.

AARP says home health aides are considered health care paraprofessionals and must meet established training requirements, which vary by location.



HHAs may perform various duties, including:

- assistance with personal care, such as dressing, toileting, feeding, and moving from bed to chair, etc.
- checking vital signs
- monitoring a client
- light housekeeping
- meal planning and cooking
- picking up prescriptions
- companionship

HHAs typically will not provide skilled nursing care and may not be able to offer recommendations on treatment or medications.

Individuals can find the services of HHAs who may work independently or are placed through agencies. Sometimes a doctor or hospital will have connections to HHA services and can make referrals. It can be useful to interview several potential HHAs to find one who will fit with the needs and personality of the person requiring assistance. A good HHA will be compassionate, patient and flexible. As illness or injury also can affect a person's mood, HHAs must be able to adjust if a client is reluctant to receive help or is depressed or anxious from his or her limitations.

Home health aides serve vital roles in the health care community by providing care and companionship to those who can no longer live independently.



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