



"Having a child in college can cause stress. On the other hand, having a grown child not in college, but living in your basement, can also cause stress."— Shawn Jones, MD.

## Kentucky Medical Association Holds Annual Meeting

**LOUISVILLE** The KMA Annual Meeting was held August 24-26, 2018 at the Marriott East in Louisville. The theme this year was "Forward Focus: The Path to Physical and Fiscal Health," reflecting on the five year anniversary of the KMA's strategic plan.

Shawn C. Jones, MD, KMA past-president, spoke to the assembled physicians on physician burnout, causes, and signs to watch for. Among causes Jones cited "work overload, lack of control, and insufficient rewards such as doing more for less and loss of joy." To deal with burnout, Jones encouraged physicians to "find the 'why,' the purpose, in your work again." He stated that "art helped me put words and names to my feelings. Good things happen to people who know their heart. People with secrets get sick."

Pat Padgett, KMA executive vice president, delivered some sobering and some encouraging news on various topics of public health in Kentucky. "Kentucky is rural, poor, sick and old," he said. He announced two KMA initiatives. One initiative, "Aim for Better Care," will ask physicians to specifically look for the administrative barriers to care that they encounter in their practice. The second initiative, "Focus on Flu," is an awareness campaign that will encourage Kentuckians to get a flu vaccination.

Kentucky ranked 33rd in the US last year for the percentage of residents who received a flu shot. "Flu and pneumonia caused one-third more deaths in Kentucky than in the rest of the country, making it the 9th leading cause of death in our state," said Padgett. The KMA is partnering with Foundation for a Healthy Kentucky for a Flu Shot Day in the fall of 2018. **MDU**



Shawn Jones, MD, (signing copies of his book, *Finding Heart in Art*), wife Evelyn Jones, MD, and Matthew Mancini, MD, president, Tennessee Medical Association.



In attendance at KMA meeting at were Ralph Alvarado, MD, and William Patrick Davey, MD.



Representing the Lexington Medical Society at the KMA meeting were Tuyen T. Tran, MD, LMS president, and Chris Hickey, LMS VP, CEO.



Friends and colleagues Toni W. Ganzel, MD and Linda H. Gleis, MD, during a break in the presentations.