



Helpful Tips on Fighting Burnout



Are You Having More Than Just a Few Bad Days? You Might Be Experiencing Burnout

Practicing medicine is often stressful, and it's normal to have a bad day from time to time. But if you notice yourself disconnecting from your role as a physician, becoming emotionally exhausted or desensitized to your patients, you may be experiencing burnout.

Many physicians who experience burnout believe that their symptoms represent personal or professional failure. But the truth is that burnout is caused by a variety of factors, including systemic issues in the workplace and other circumstances beyond the individual's control.

So what should you do? Start by reading the [latest installment](#) of ISMIE's "Lessons from the Field" series. This Lesson includes an interview with the medical director of the Illinois Professionals Health Program, helpful tips on how to fight burnout for yourself and your colleagues, and links to critical resources for those in need of assistance. Then, register for our October 8 webinar, [Physician Burnout: What's New? What Can We Do?](#), which will define physician burnout, identify its impact, and discuss several approaches to addressing it. No matter the cause, it's important to equip yourself with the right tools to take control of your well-being.

For more information about burnout or any of ISMIE's risk management resources, contact our risk management team by [email](#) or by phone at 800-782-4767 ext. 3300.



Rare Mosquito-Borne Illness Takes Lives in Four States

Have you heard of Eastern equine encephalitis (EEE)? This rare mosquito-borne virus can be transmitted to humans through the bite of an infected mosquito and, while rare, can be fatal.

This year alone EEE has claimed the lives of [eight people in the United](#)

[States](#), with three deaths in [Michigan](#), three in [Massachusetts](#), one in [Connecticut](#) and one in [Rhode Island](#).

One healthy 64-year-old man in Michigan contracted EEE and [was brain dead nine days later](#).

Of those who contract EEE, approximately [30% will die](#); others may develop ongoing neurologic problems, according to the Centers for Disease Control and Prevention.

To learn more about EEE, including how patients can reduce the chance of getting infected with this virus, visit the Centers for Disease Control and Prevention's [Frequently Asked Questions](#).



New Video Campaign Promoting Helpline Resource Aims to Reach Thousands of Illinoisans Struggling with Drug Addiction

In just two short years, Illinois' Helpline for Opioids and Other Substances has fielded more than 16,700 calls and 40,000 visitors to www.HelplineIL.org.

Clearly, Illinois was in serious need of this valuable resource.

But there are still thousands of Illinoisans who need help.

That's why the Illinois Department of Human Services (IDHS) has launched a [statewide video campaign](#) to increase awareness of this critical 24-hour resource and reduce the stigma often associated with substance abuse. The videos, which will appear on TV and the [IDHS YouTube page](#), feature individual stories of recovery and spotlight organizations that provide these much-needed services.

Each video's title begins with "Help is Here," and that is the message of the Helpline: Anyone struggling with substance abuse can get help any time by calling 1-833-2FINDHELP or visiting HelplineIL.org.

The Illinois Helpline for Opioids and Other Substances was launched in 2017 to fight drug overdoses by connecting those affected by substance use disorder, including their loved ones, with treatment and recovery options.



Symposium Speaker Spotlight: Dean Sittig, PhD

Electronic health records have brought us great improvements in care, but also various unintended consequences. How can healthcare professionals better utilize their EHRs to help care for patients? At the 2019 ISMIE Risk Management Symposium, Dean Sittig, PhD, will help attendees connect the dots on how your EHR can help you improve patient safety and efficiency.

ISMIE policyholders attend for free. Discounts are available for your staff and early-bird registrations.

[Learn more and register!](#)

They're At It Again...

Tales of
bizarre
lawsuits,
attorney hijinks
and other courtroom mischief.



Phillies Cry 'Foul' Over Mascot Free Agency Flap

Major League Baseball's Philadelphia Phillies have one of the most iconic and enduring mascots anywhere in sports: the Philly Phanatic. But a [recent lawsuit](#) could force the team to part ways with the furry, green, somewhat bird-like creature. You see, the company originally contracted to design the character back in the 1970s is now seeking copyright ownership.

In other words: The Philly Phanatic could soon be a free agent.

The lawsuit states that the termination provisions of copyright law allow an author to reclaim rights after 35 years, but the Phillies claim the complaint ignores the team's role in designing and creating the mascot.

Strangely, the lawsuit states that the company registered its copyright of the Phanatic as an "artistic sculpture" – a *bit* of a stretch to say the least. We've never seen [antics like these](#) from a sculpture!

Will the Phillies strike out, or will the Phanatic continue to delight Philadelphia fans for years to come? That rests in the hands of the umpire. In this game, it's the U.S. District Court for the Southern District of New York.

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