

RURAL **HEALTH** WORKSHOP

ECHO: A New Way of Learning



Speaker

- Taunya Williams, MHA
 - Healthcare Innovation Manager
 - Well-Ahead Louisiana



Learning Objectives

- Overview of the Project ECHO Model
- Benefits of participating in an ECHO project
- Structure of an ECHO session
- Review of the Well-Ahead Louisiana ECHO projects

What is ECHO?

- This is a movement to democratize knowledge and amplify the capacity to provide best practice care for underserved people all over the world.
- The model connects providers and specialists on a live, virtual platform to share knowledge and expand treatment capacity.
- It gives providers the knowledge and support they need to manage patients with common and complex conditions in the patients' own communities.

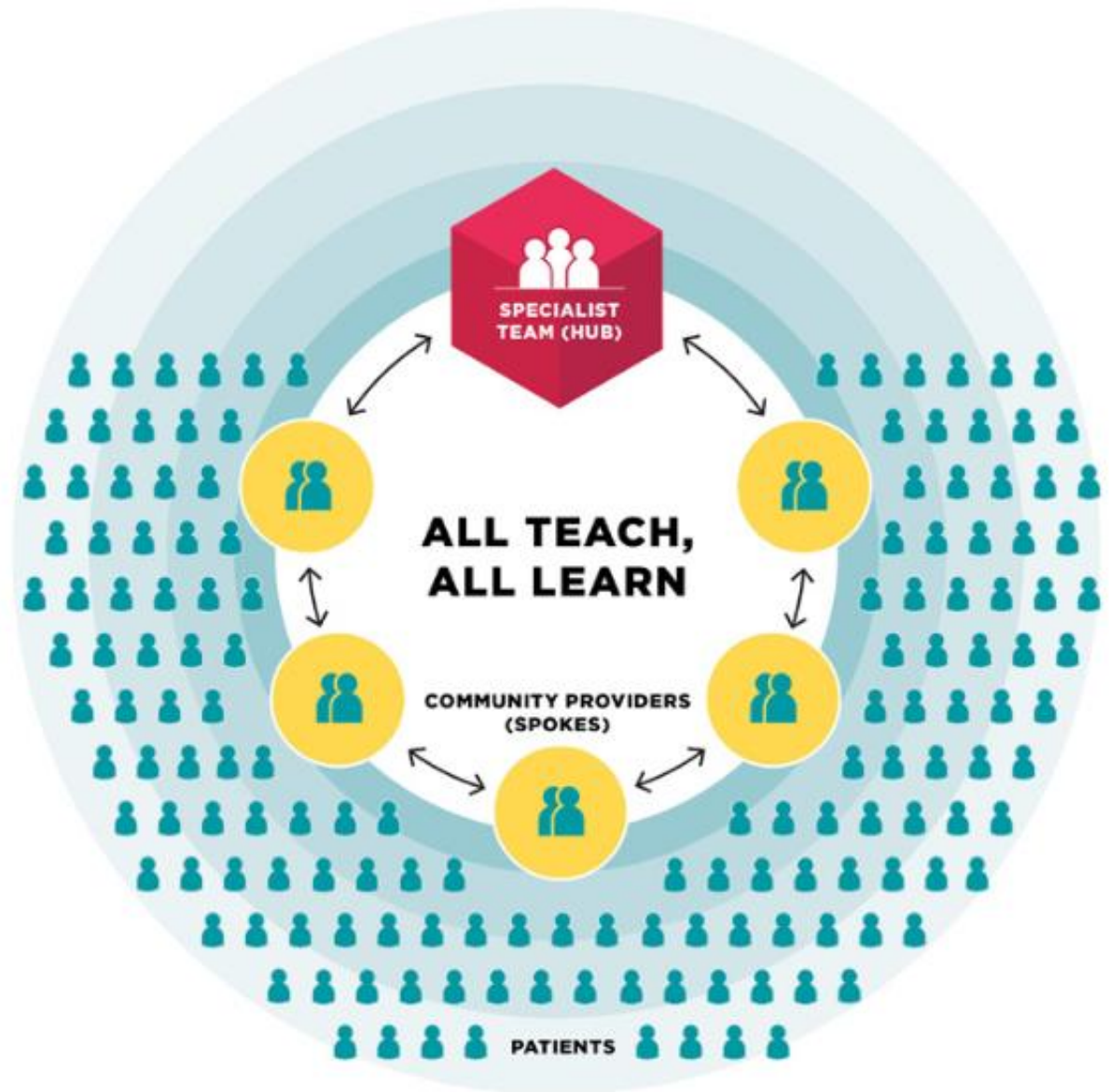


What is ECHO?

- ECHO functions on a “hub and spoke” model
 - Hub Team is made up of a group of relevant specialists
 - Spoke Sites are community providers/clinics
- ECHO sessions function like virtual grand rounds
 - Spoke sites will present cases and participate regularly
 - Specialists serve as mentors and experts
- ECHO model is not “traditional telemedicine”

All Teach, All Learn

- ECHO Session Learning Loop
 - Learning Loops: The sharing of knowledge between experts and community partners through active participation in ECHO sessions



Four Principles of the ECHO Model



Use technology to leverage scarce resources



Share best practices to reduce disparities



Apply case-based learning to master complexity



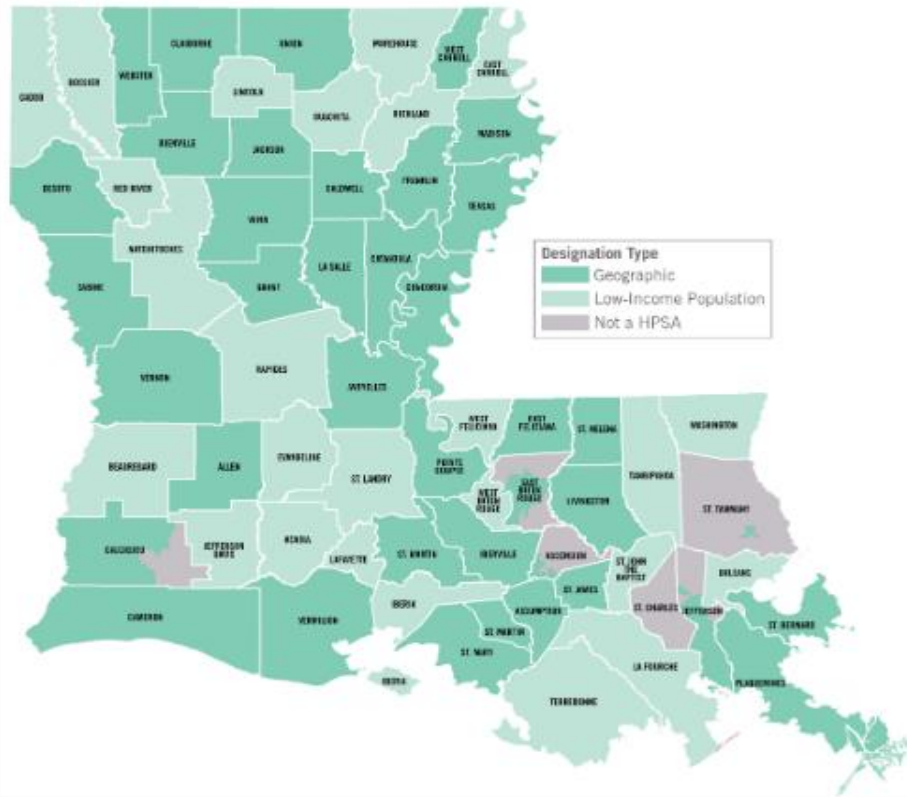
Evaluate and monitor outcomes

Benefits of ECHO

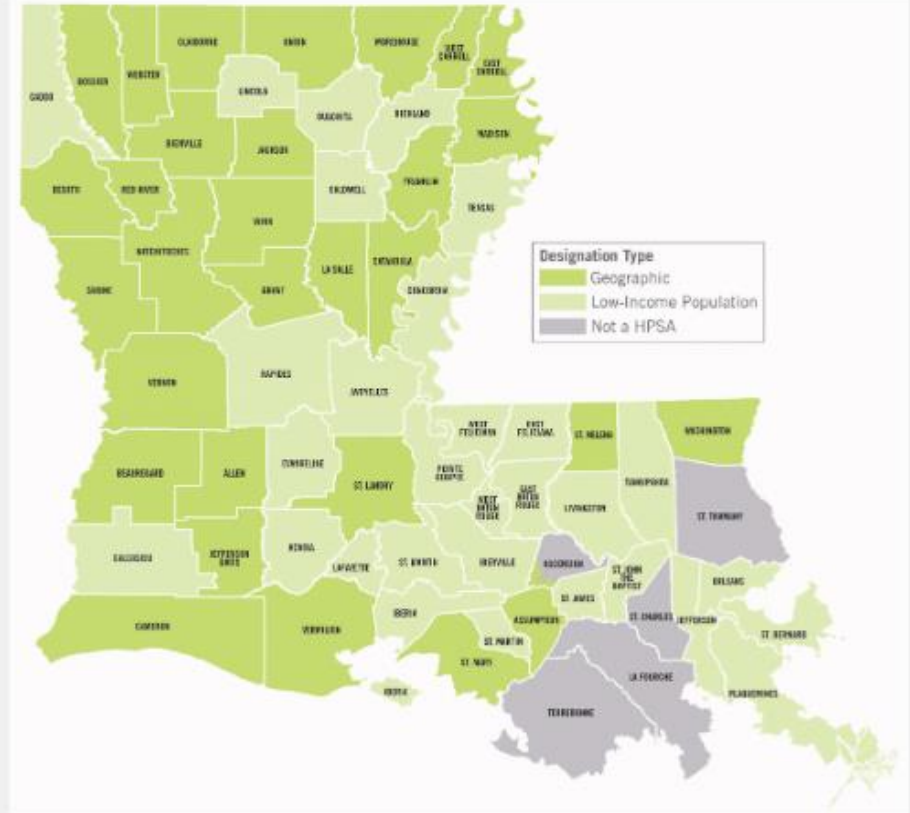
- Democratize Knowledge
- Quality and Safety
- Rapid Learning and best-practice dissemination
- Reduce variations in care
- Access for Rural and Underserved Patients, reduced disparities
- Workforce Training and Force Multiplier
- Improving Professional Satisfaction/Retention
- Supporting the Medical Home Model
- Cost Effective Care–Avoid Excessive Testing and Travel
- Prevent Cost of Untreated Disease (e.g. liver transplant or dialysis)
- Integration of Public Health into treatment paradigm

Need for ECHO in Louisiana

Primary Care HPSA



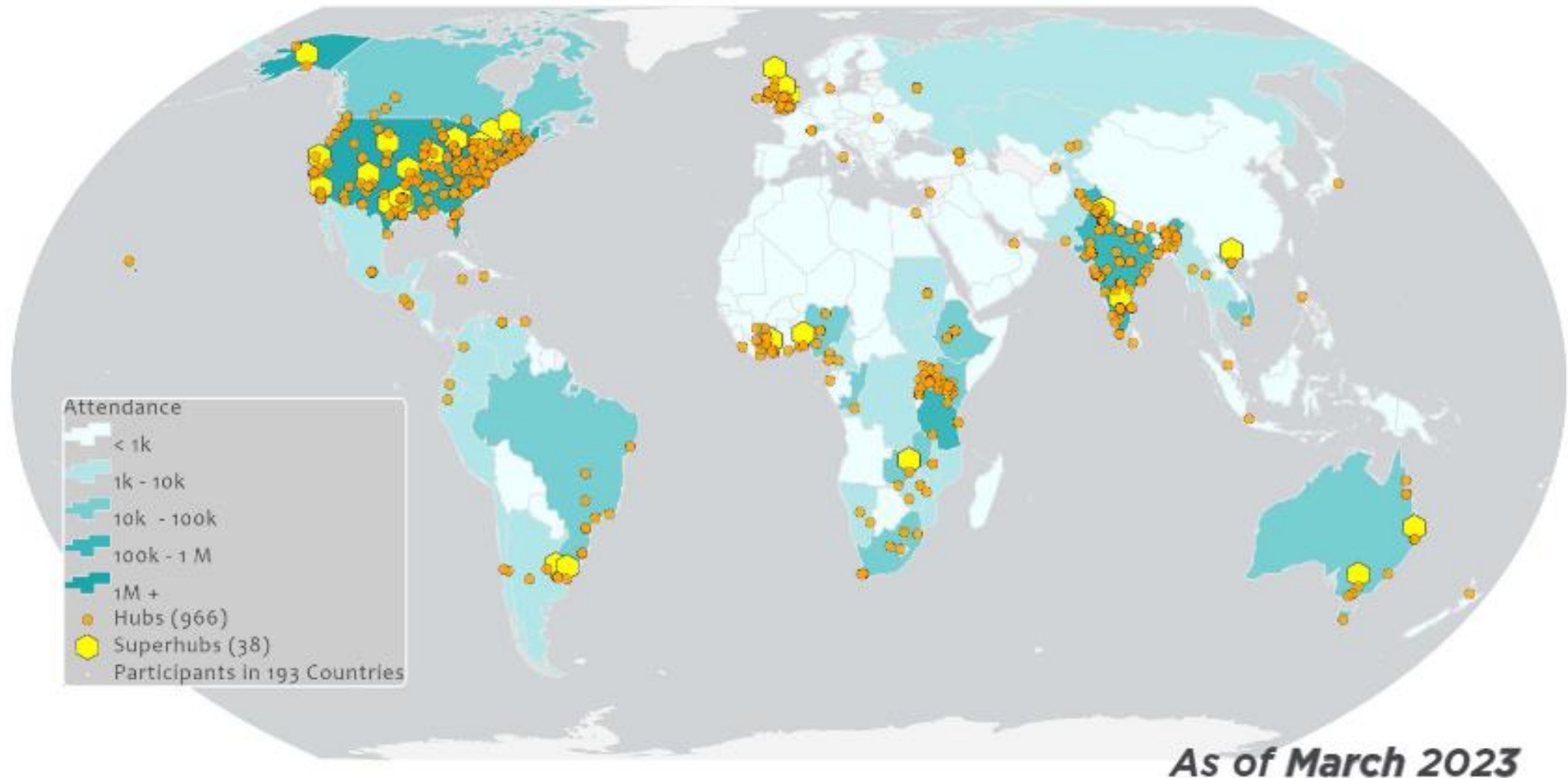
Dental HPSA



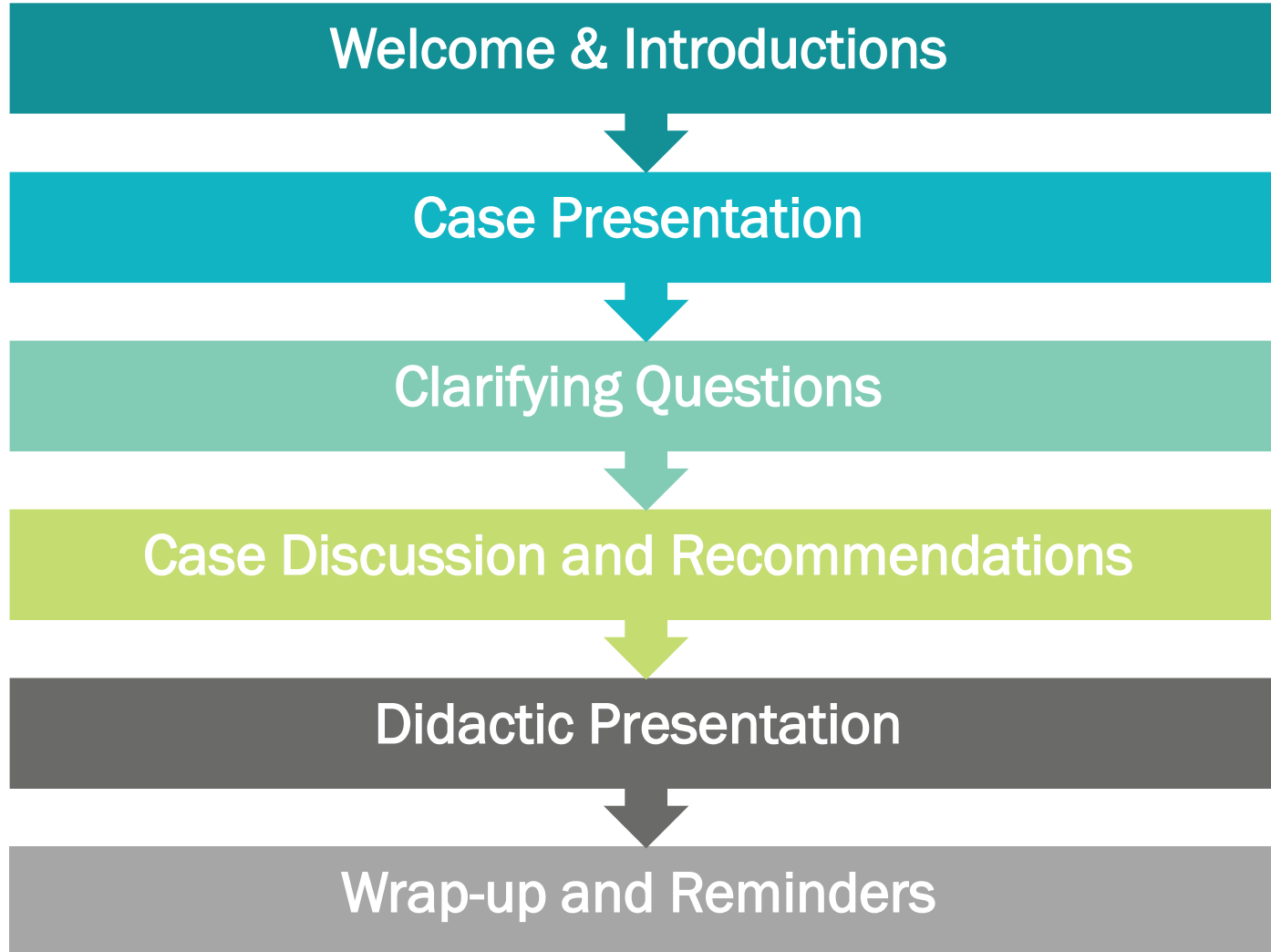
Source: HRSA Data Warehouse | Updated March 2022

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Where it's Used – Nationally and Globally



Basic ECHO Session Structure



Continuing Education Units (CEUs)

- We offer **FREE** professional continuing education credits to physicians, physician assistants, nurses/nurse practitioners, pharmacists, dentists, dental hygienists and Certified Health and Education Specialists (CHES).
- We are able to provide CEUs through the University of New Mexico.
 - Project ECHO® is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), the American Nurses Credentialing Center (ANCC), and the American Association of Physician Assistants (AAPA), and ADA CERP Recognized Provider to provide continuing education for the healthcare team.

Participation Requirements

- Each registered provider must complete two surveys to assess efficacy of the program: one pre-survey prior to the first session and one post-survey after the last session
- Attend and actively engage in at least 50% of sessions
- When requested, present at least 1 case during the calendar year
- Individual providers must complete a post-session survey for each session attended in order to obtain FREE continuing education credits for the session

Diabetes ECHO

- Utilizes case-based learning of patients living with diabetes and to assist primary care clinicians in gaining expertise in the care and management of diabetes and diabetes-related conditions
- Sessions are held twice a month for one hour via zoom
- Well-Ahead Louisiana serves as the “hub” of specialists, including an Endocrinologist, an Internal Medicine Physician, a Certified Diabetes Educator, a Nurse Practitioner, and a Cardiologist and a Podiatrist

Dental ECHO

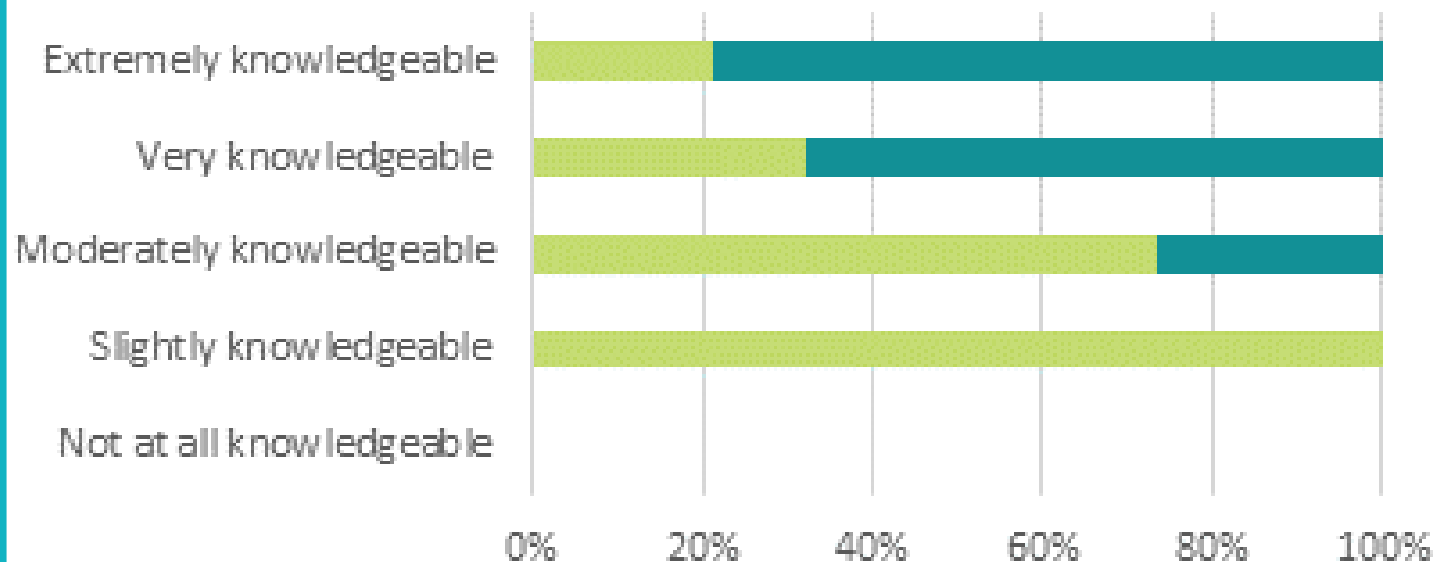
- The Dental ECHO project will allow providers' to acquire new skills, competencies, and best practices in patient care related to oral health.
- Well-Ahead Louisiana serves as the “hub” of specialists, including two dentists, a dental hygienist, and a LSU School of Dentistry professor
- Sessions are held once a month for one hour via zoom

Lifestyle Coach ECHO

- During each session, a spoke sites will present patient cases and participants will discuss and help determine the best way to support the National Diabetes Prevention Program participant.
- Sessions are held once a month for one hour via zoom
- Well-Ahead Louisiana serves as the “hub” of specialists, including our partners Diabetes Training and Technical Assistance Center (DTTAC) at Emory University

Project ECHO Outcomes for Well-Ahead

Knowledge **Before** and **After** Session



**This session has
increased, improved,
or positively
impacted my:**

**%
checked**

Knowledge 83%

Skills 39%

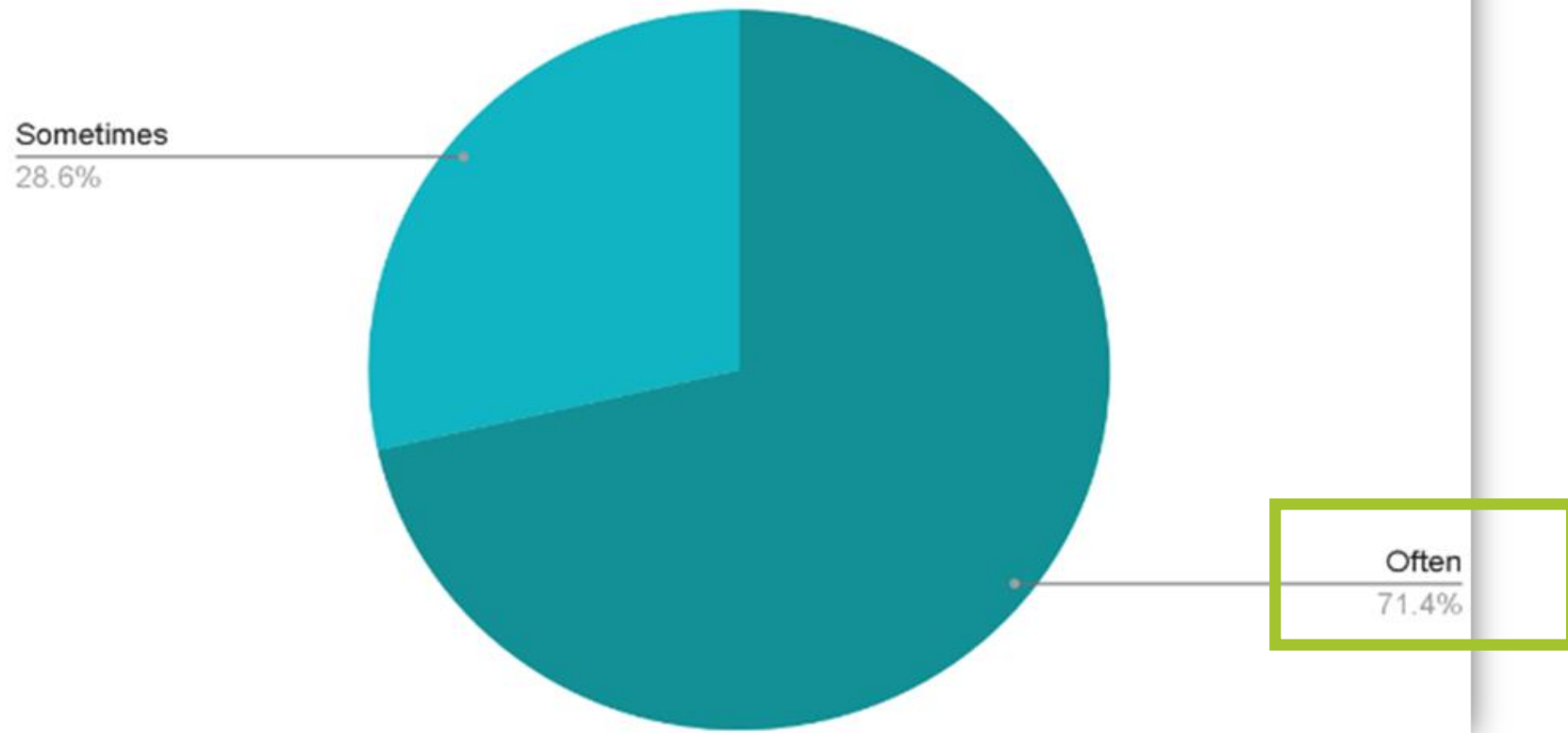
Performance 28%

Patient Outcomes 28%

No Change 11%

Project ECHO Outcomes for Well-Ahead

All respondents stated that in the next 3 months they were sometimes or often likely to use new information learned in the ECHO while treating patients



Project ECHO Outcomes for Well-Ahead

What impact, if any, has the Lifestyle Coach ECHO program had on you as a Lifestyle Coach?

- The Lifestyle Coach ECHO has given me the opportunity to learn from other coaches of what works for them and how I can implement their advice within my program. The knowledge, perspectives, and shared experiences enhanced my ability to effectively implement the program.
- It has given us many different strategies that we have applied to our program.
- More educated on the program.

Project ECHO Outcomes for Well-Ahead

Diabetes ECHO Testimonial:

“Improved Diabetic outcomes for difficult patients. These patients had A1c's in the range of 10-12.5% during the months of June and July. Education, follow-up clinic and virtual visits, including remote monitoring over a six month period, resulted in 6.5 and 7.0% A1c. These patients also tolerated Thanksgiving and Christmas holidays. The education received during the year from the ECHO clinic provided resourceful information to assist our patients.”



Key Takeaways

- ECHO model is an effective tool to train specialists in areas of our state that are predominately rural
- All Teach, All Learn
- Providers gain **free** continuing education credits
- Moving Knowledge **not** People
- Get involved or inquire about how you can start your own ECHO program



Contact Information

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Questions?

We want to hear from you!

<https://www.surveymonkey.com/r/RCYLXYT>



RURAL **HEALTH** WORKSHOP

Breakout Sessions: 11:00 a.m. – 12:00 p.m.

