

# Oregon ECHO Network

**CCO Oregon Winter Conference  
January 30, 2018**



# What is Project ECHO (Extension of Community Healthcare Outcomes)?

- Launched at University of New Mexico in 2003.
- **“Virtual grand rounds”**- a tele-mentoring program that combines 15-20 minute didactic presentations with case-based learning
- Builds the capacity of primary care clinicians to manage common conditions that they typically refer to specialty care.
- Builds on “Force Multiplier” effect



# How Project ECHO® Works

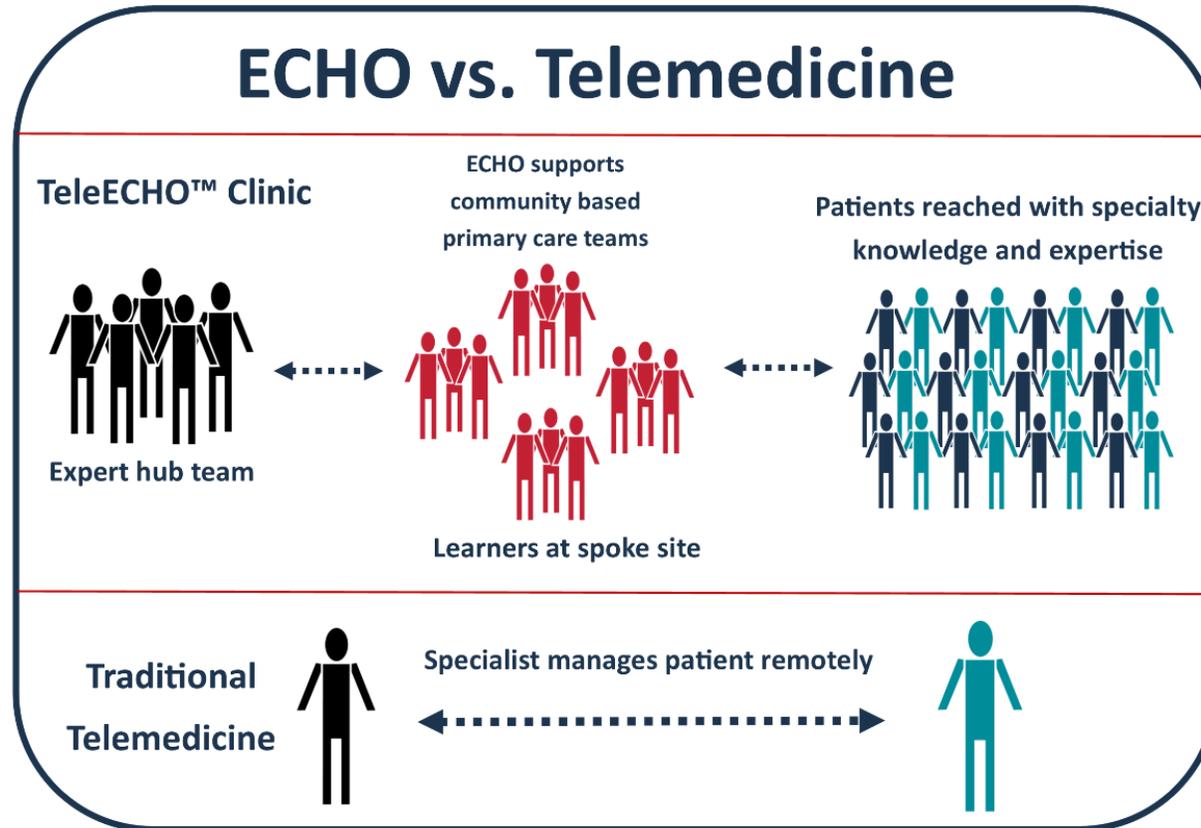
- Use Technology (multipoint videoconferencing and Internet)
- Disease Management Model focused on reducing variation in processes of care and sharing “best practices”
- Case based learning through three main routes:
  1. Learning Loops
  2. Knowledge Networks
  3. Content Knowledge



Arora (2013); Supported by N.M. Dept. of Health, Agency for Health Research and Quality HIT Grant 1 UC1 HS015135-04, New Mexico Legislature, and the Robert Wood Johnson Foundation.



# ECHO vs Telemedicine?



# Evidence for Project ECHO

The NEW ENGLAND JOURNAL of MEDICINE

ORIGINAL ARTICLE

## Outcomes of Treatment for Hepatitis C Virus Infection by Primary Care Providers

Sanjeev Arora, M.D., Karla Thornton, M.D., Glen Murata, M.D.,  
Paulina Deming, Pharm.D., Summers Kalishman, Ph.D., Denise Dion, Ph.D.,  
Brooke Parish, M.D., Thomas Burke, B.S., Wesley Pak, M.B.A.,  
Jeffrey Dunkelberg, M.D., Martin Kistin, M.D., John Brown, M.A.,  
Steven Jenkusky, M.D., Miriam Komaromy, M.D., and Clifford Qualls, Ph.D.

POPULATION HEALTH MANAGEMENT  
Volume 00, Number 00, 2017  
© Mary Ann Liebert, Inc.  
DOI: 10.1089/pop.2016.0087

Original Article

## Telementoring Primary Care Clinicians to Improve Geriatric Mental Health Care

Elisa Fisher, MPH, MSW,<sup>1</sup> Michael Hasselberg, PhD, RN, PMHNP-BC,<sup>2,3</sup> Yeates Conwell, MD,<sup>2</sup>  
Linda Weiss, PhD,<sup>1</sup> Norma A. Padrón, PhD, MPH,<sup>4,5</sup> Erin Tiernan, BS,<sup>2</sup> Jurgis Karuza, PhD, MA,<sup>6,7</sup>  
Jeremy Donath,<sup>8</sup> and José A. Pagán, PhD<sup>1,9,10</sup>

Review

## The Impact of Project ECHO on Participant and Patient Outcomes: A Systematic Review

Carrol Zhou, MD, Allison Crawford, MD, Eva Serhal, MBA, Paul Kurdyak, MD, PhD,  
and Sanjeev Sockalingam, MD, MHPE



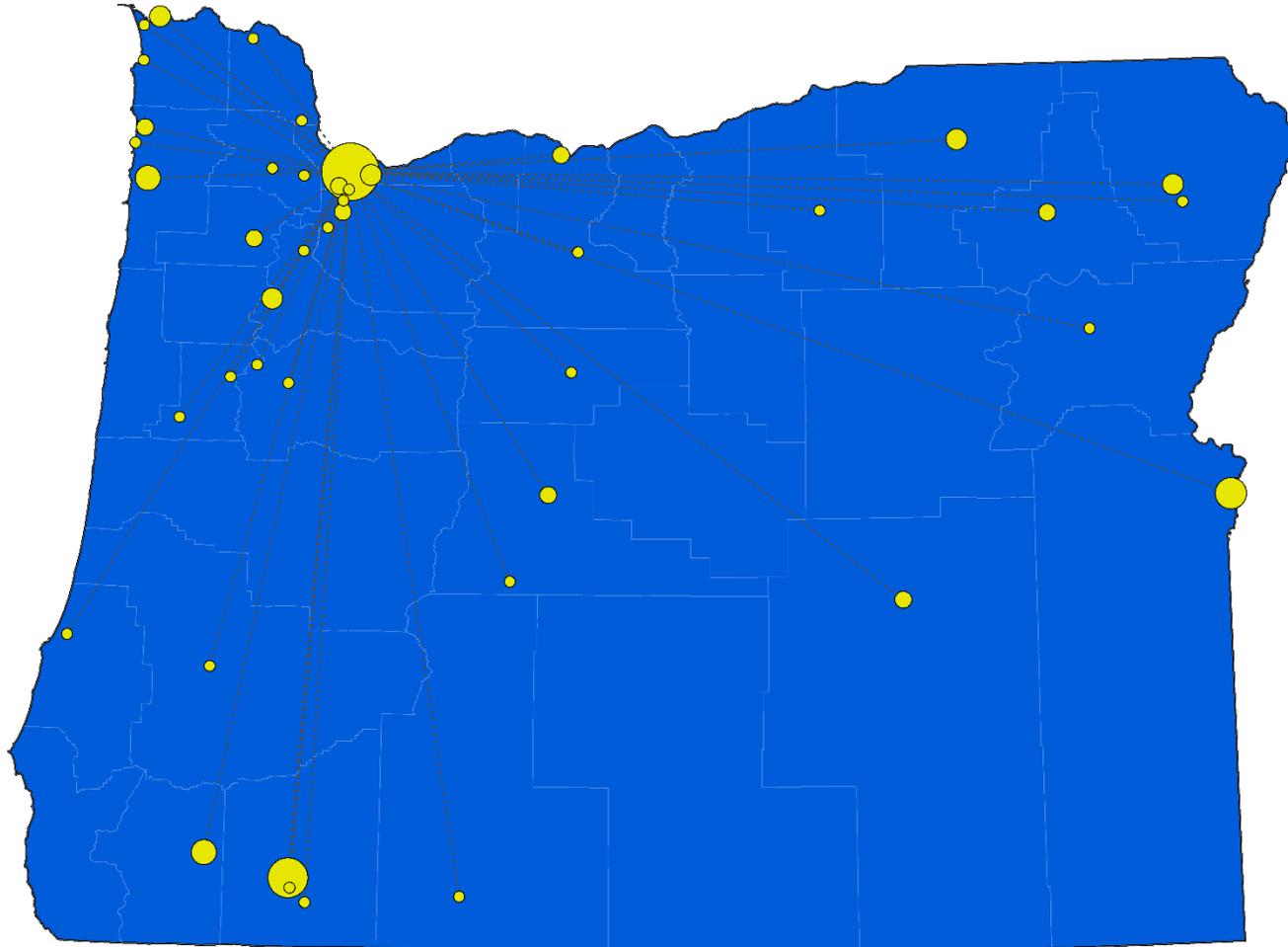
# National Perspective on Project ECHO

- Over 101 hubs in the U.S. and over 34 countries
- Nearly 140 different U.S. program topics
  - Addictions
  - Autism
  - Behavioral/Mental Health
  - Cancer Screening and Prevention
  - Cardiology/Heart Failure
  - Care Transitions
  - Chronic Pain
  - Community Health Workers
  - Hepatitis C
  - HIV
  - Liver Care
  - Neurology
  - Palliative Care
  - Pediatrics
  - Pulmonary/Asthma
  - Quality Improvement
  - Women's Health





# The Oregon ECHO Story



Map depicts 80+ organizations who have participated in ECHO in Oregon since 2014.

# ECHO Program Offerings in Oregon

## Previous offerings:

Child Development\*

EOCCO Community Health Worker Quality Improvement

Team-based Care\*

## Program offerings for 2018:

Hepatitis C and Liver Care

Primary Care Addiction → Substance Use Disorders in Ambulatory Care

Adult Psychiatric Medication Management\*

Child Psychiatry\*

## In development for 2018 and 2019:

Chronic Pain

Hospitalist Addiction

Nursing Home Behavioral Health

Geriatrics

\*On hiatus



# Selected Oregon Results

- “Participating and learning about a complex chronic disease through **ECHO is an effective way** for our clinic to enhance its expertise”. (95% Child Psychiatry; 86% CHW; 96% PC MAT)
- Responding clinicians in the Child Psychiatry ECHO reported **improved comfort** in assessing and treating mood disorders and behavioral disorders; and prescribing depression, hyperactivity and inattention, anxiety, and insomnia medications
- **17%** of responding clinicians in the Primary Care MAT ECHO provided **5 or more case consults to colleagues** based on their participation
- **100%** of participants in the CHW ECHO said they would **recommend ECHO to a colleague**



# Key Factors for a Successful ECHO Program

- Curriculum Development
- Faculty Engagement and Contracting
- Marketing and Communications
- Participant Engagement
- IT Support
- Participant Communication
- In-session Logistical Support
- CME Credits, MOC 2 for Internal Medicine, Nursing CEUs
- Program Evaluation



# Oregon ECHO Network

- Includes multiple health systems, health plans, and other organizations to form an Advisory Board of stakeholders
- Statewide utility for ECHO programs and services (e.g. supports participant recruitment, evaluation, IT support, faculty engagement and contracting, curriculum development, delivery of sessions, CME/MOC) located at Oregon Rural Practice-based Research Network (ORPRN)
- **“One-stop shop” website**
  - Learn about ECHO opportunities
  - Register for programs
  - Access program materials and resources
  - Manage and receive no cost CME credits and nursing CEUs



# Sponsoring Organizations

- CareOregon
- HealthShare of Oregon
- Oregon Health Authority
- PacificSource- Columbia Gorge CCO and Central Oregon CCO
- Providence Health and Services
- Trillium Health Plans



# Panel of Experts

- Keith Cheng, Medical Director, OPAL-K; Associate Professor of Psychiatry, OHSU School of Medicine; Associate Medical Director for Behavioral Health, CareOregon
- Christine Bernstein, Director of Strategic Initiatives, Health Share of Oregon
- Maggie McLain McDonnell, Senior Program Director, Oregon ECHO Network, ORPRN



# Potential Benefits of Project ECHO

- Stronger community of learners and connections between specialists and primary care clinicians
- Standardization and dissemination of best practices
- More appropriate referrals to specialists
- Improved retention and “joy of practice”
- Decreased patient wait time for specialist care → helps solve access issue
- No cost CME/MOC for participants



# Contact Information

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