Addressing Addiction Through Project ECHO in Oregon: Innovative Program Offerings for Various Settings

CCO Oregon Conference
September 24, 2019
Maggie McLain McDonnell and Jonathan Robbins have nothing to disclose.
1. Briefly describe the ECHO model and how it is different from other types of telemedicine
2. Overview of Oregon ECHO Network
3. Learn about Addiction Medicine ECHO offerings
4. Learn about opportunities to participate
The Beginnings of ECHO:
University of New Mexico- 2003

ECHO= Extension for Community Healthcare Outcomes

Problem: 8 month waiting period to see a specialist for hepatitis C
The Project ECHO® (Model Principles)

1. Use Technology (multipoint videoconferencing and Internet) to leverage scarce resources
2. Sharing “best practices” to reduce disparities
3. Case-based learning to master complexity
4. Program evaluation and data tracking

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.
“All teach, All learn”

– Clinicians learn from specialists
– Clinicians learn from each other
– Specialists learn from practicing clinicians
Evidence for Project ECHO

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 Kormanoy, M.D., and Clifford Qualls, Ph.D.

Telementing Primary Care Clinicians to Improve Geriatric Mental Health Care
Elisa Fisher, MPH, MSW, Michael Hasselberg, PhD, RN, PMHNP-BC, Yeates Conwell, MD, Linda Weiss, PhD, Norma A. Padron, PhD, MPH, Erin Tiernan, BS, Jurgis Karuza, PhD, MA, Jeremy Donath, and José A. Pagán, PhD

The Impact of Project ECHO on Participant and Patient Outcomes: A Systematic Review
Carol Zhou, MD, Allison Crawford, MD, Eva Serhal, MBA, Paul Kurdyak, MD, PhD, and Sanjeev Sockalingam, MD, MHPE
National Perspective on Project ECHO

• Over 180 organizations 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
  • Prison Peer
  • Pulmonary/Asthma
  • Quality Improvement
  • Women’s Health
Oregon ECHO Network

- **Statewide resource for ECHO programs and services**, e.g. supports participant recruitment, evaluation, IT support, faculty engagement and contracting, curriculum development, delivery of sessions, CME, Maintenance of Certification Part 2

- **Hosted at Oregon Rural Practice-based Research Network (ORPRN)**

- **Hybrid business model** (grants, contracts, OEN Advisory Board)

- **Develop programs that are relevant to the interests of Oregon primary care clinicians and other health professionals** (interest assessment and participant feedback in surveys)
Why Clinicians and Health Professionals Participate in ECHO

- Increased Access to Specialty Expertise
- Professional Development
- Create Community
- Participate from home or your office
- No-Cost CME and Maintenance of Certification Credits
- Increased Patient Satisfaction
- Improves Quality of Care
Map of Participating Spoke Sites Since 2014

Fall 2017- 180 spoke sites

Fall 2018- 240+ spoke sites

Winter 2019- 300+ spoke sites

15 different ECHO topics have been offered in Oregon
Project ECHO Cohorts

Winter-Spring 2017
Substance Use Disorders in Ambulatory Care (1 Cohort)

2017/2018
Substance Use Disorders in Ambulatory Care (3 Cohorts)

2018/2019
Substance Use Disorders in Ambulatory Care
Persistent Pain and Opioids
Effective Systems for Treating Addiction in Primary Care
Substance Use Disorders in Hospital Care

2019/2020
SUDs in ambulatory Care
Persistent Pain and Opioids
Effective Systems for Treating Addiction in Primary Care
Substance Use Disorders in Hospital Care
Hepatitis C and SUDs

- 340 providers trained since 2017
- Nearly every Oregon county
- 12 session program; next offering fall 2019

- The **overall program objective** was to build the capacity and knowledge of clinicians and their teams to diagnose and treat opioid use disorder and other substance use disorders in the primary care setting.
Meet the Faculty

- Jessica Gregg, MD, PhD. Assistant Professor, Internal Medicine, OHSU School of Medicine
- Todd Korthuis, MD, MPH. Associate Professor, Internal Medicine. Chair of Addiction Medicine Section. OHSU School of Medicine
- John Mahan, MD, FASAM. Psychiatric Medical Director, Jackson County Mental Health. Board Certified in Addiction Psychiatry.
- Sean Mahoney, PWS, CRM, Peer Support Specialist for OHSU Impact Team
Substance Use Disorders in Ambulatory Care

- **Program topics**
  - Alcohol use disorder
  - Benzodiazepine use disorder
  - Opioid Use Disorder (OUD)
  - Methamphetamine use disorder
  - Tobacco use disorder
  - Other SUDs
### Persistent Pain and Opioid Use Disorder ECHO Case Presentation Form

**Provider Name:** Click here to enter text  
**Patient Gender:** Click here to enter text  
**Presentation Date:** Click here to enter text  
**Patient Age:** Click here to enter text  
**Clinical Site/Region:** Click here to enter text  
**Insurance/COD:** Click here to enter text  
**Date of patient’s next scheduled appointment with you:** Click here to enter text

Please complete the patient case form below, including only information relevant to your clinical question(s). You will have 2-4 minutes to present the case.

**HPI/Case Summary:** Click here to enter text

<table>
<thead>
<tr>
<th>Pain Descriptor:</th>
<th>Pain Location:</th>
<th>Proposed Pain Diagnosis:</th>
<th>Pain Aggravator: (including mechanical, social, psychological, emotional):</th>
<th>Pain Alleviator: (including mechanical, social, psychological, emotional):</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Burning</td>
<td>☐ Head</td>
<td>☐ Osteoarthritis</td>
<td>Click here to enter text</td>
<td>Click here to enter text</td>
</tr>
<tr>
<td>☐ Aching</td>
<td>☐ Face</td>
<td>☐ Occipital Arthritis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ Sharp</td>
<td>☐ Neck</td>
<td>☐ Myofascial Pain Syndrome</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ Dull</td>
<td>☐ Chest</td>
<td>☐ Rheumatoid Arthritis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ Constant</td>
<td>☐ Upper Back</td>
<td>☐ Visceral Pain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ Intermittent</td>
<td>☐ Lower Back</td>
<td>☐ Tension Headache</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ Numbrness Tingling</td>
<td>☐ Abdomen</td>
<td>☐ Migraine Headache</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ Other: Enter text</td>
<td>☐ Pelvis</td>
<td>☐ Trigemin Neurovascular</td>
<td></td>
<td></td>
</tr>
<tr>
<td>☐ Other: Enter text</td>
<td>☐ Other: Enter text</td>
<td>☐ Embryolgia (Central Sensitization)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**WHAT IS YOUR MAIN QUESTION ABOUT THIS PATIENT?** Click here to enter text

**GOALS FOR TREATMENT / PROPOSED TREATMENT PLAN:** Click here to enter text
Program Reach

- 100% of respondents “increased the number of collegial discussions with peers about patients with OUD and other substance use disorders”
- 58% of respondents reported their clinic “changed a policy or procedure to improve care for patients with OUD or SUD”
- 63% of respondents “provided 1 or more case consultations for a colleague on a patient with OUD or SUD”
- 37% of respondents convened a “multi-disciplinary group within [their] clinic to discuss improving care for patients with OUD or SUD at least 1 time”
“I would like to continue to learn more about chronic pain and abuse and where we can find the line when we are tapering opioids.”

“We are not well equipped to address a lot of chronic pain issues in our clinic, as we do not prescribe pain medications, nor do we have pain groups.”

“I would like maybe more on pain management issues. That is why so many people have found themselves on these high doses of narcotics. We need tools to help them manage pain complaints. Thank you - I am learning so much from this cohort.”
- **12 session** program; next offering Winter 2020
- The **overall program objective** is to build the capacity and knowledge of clinicians and their teams to diagnose and treat persistent pain, opioid dependence, and opioid use disorder in the primary care setting.
Meet the Faculty

• Jonathan L Robbins M.D., M.S., Assistant Professor of Medicine, Division of General Internal Medicine and Geriatrics, OHSU School of Medicine
• Catriona Buist Psy.D., Assistant Professor of Anesthesiology and Perioperative Medicine, OHSU School of Medicine
• Elizabeth Tiffany, M.D., Medical Director SATP & Addiction Psychiatry Fellowship Director at Portland VA Medical Center
• Amy Maher, M.D., Pain management physician, Asante Physician Partners
• Michelle Marikos, Certified Peer Support Specialist, Oregon Pain Guidance
Chronic Pain & Opioids

- Program topics:
  - Understanding and assessing different types of pain
  - Appropriate treatment plans for patients with OUD
  - Evidence-based interventions for persistent pain
  - Managing opioid tapers
  - Identifying patients who may benefit from buprenorphine products
  - Distinguishing between opioid dependence and OUD
“Still trying to understand the guidelines/rules/regulations for implementation of MAT into a primary care setting.”

“Barriers are lack of protocols at my clinic.”

“Information about how to best handle patients when they have very strong and immediate expectations of the services that they believe they should receive, in the specific time frame that they request. In other words, patients who expect that they are going to come into the clinic and get Suboxone immediately, without going through the appropriate channels, and also how to manage patients who frequently, cancel appointments, are late to appointments, or no show.”
Effective Systems for Treating Addiction in Primary Care

- **12 session** program offered January- June 2019; next offering winter and spring 2020

- The **overall program objective** is to help clinical teams build or improve systems of care that effectively treat addiction in a primary care setting.
Meet the Faculty

– Stacie Andoniadis, Primary Care Innovation Specialist, CareOregon
– Andrew Suchocki, MD, Medical Director, Clackamas County Health Centers
– Melissa Brewster, PharmD, Columbia Pacific CCO Pharmacist, CareOregon
– Heather Starbird, MA, Behavioral Health Clinician, La Clinica Phoenix Health Center
Effective Systems for Treating Addiction in Primary Care

- **Program topics:**
  - Team-based approaches
  - Administrative policies and protocols
  - Standardized processes and workflows for patient office visits
  - Processes to improve communication
  - Best practices for the exchange of health information
  - Trauma-informed systems of care
  - **Harm reduction spectrum in primary care**
  - Community referral pathways
Barriers and Facilitators to Treatment in Primary Care

**Barriers:**
- Worry about attracting complex patients/fear patients would misuse or abuse buprenorphine
- Prior-authorization/other administrative processes
- Not having adequate workflows.

**Facilitators:**
- Clinic leadership that prioritizes and values addiction services
- Protocols and workflows that facilitate the prescription of buprenorphine for addiction
- Educational opportunities (including ECHO)
- Access to behavioral health providers
Opioid-related Hospitalizations Rising Across US - Oregon Among Sharpest
Substance Use Disorders in Hospital Care

- **12 session** program; next offering winter 2020

- The **overall program objective** is to build the capacity and knowledge of clinicians and their teams to diagnose and treat opioid use disorder and other substance use disorders in the hospital setting.
Meet the Faculty

- Honora Englander, M.D., Associate Professor of Medicine, Medical Director, Community & Clinical Integration, OHSU School of Medicine
- Jackie Sharpe, PharmD., BCPS, Clinical Supervisor for Medicine, OHSU School of Medicine.
- Stacey Mahoney., L.CSW, CADC. Social Worker for OHSU Impact Team
- Sean Mahoney, PWS, CRM, Peer Support Specialist for OHSU Impact Team
- Brittney Caldera, R.N., M.S.N., M.B.A. OHSU Nurse Manager
Substance Use Disorders in Hospital Care

Program topics:

• Understanding substance use disorder: Brain disease of addiction
• Medications for opioid use disorder, including buprenorphine and methadone
• **Community SUD treatment settings**
• Acute pain management in a patient with substance use disorder
• Managing active drug use in hospital care
• **Harm reduction and overdose prevention**
• Trauma informed care
• Institutional buy-in for system-level change
Participants valued:
• Inter-professional faculty, including peers
  • Modeling approach to patient care, through cases and role play
  • Approaches to stakeholder engagement, health system change

• Education about
  • medication for opioid use disorder
  • community treatment settings
  • skills around managing active drug use during hospitalization

• Practical tools (for example, methadone policies)

• Connection to a community struggling with similar challenges; support when experiencing structural stigma of addiction
Overall Participant Feedback

Changes to Practice: “Apply concepts to my outdated framework of the ‘chronic pain’ vs ‘opioid dependence’ dichotomy.”
- SUD in Ambulatory Care ECHO Participant, Winter 2019

Like “BEST” about a Session: “Directing our attention to our own biases, and thinking out our/my choices to keep directing the patient towards harm reduction and greater function.”
- Chronic Pain and Opioids ECHO Participant, Fall 2018

Overall: “I appreciated the ongoing discussion about harm-reduction and trauma-informed care, both of which I’m passionate about and seem to be bedrock to a healthy MAT program.”
- Effective Systems for Treating Addiction in Primary Care ECHO Participant, Winter-Spring 2019

Overall: “I love these programs. I couldn't even attempt what I'm doing without this education and insight from experienced practitioners.”
- SUD in Hospital Care ECHO Participant, Winter 2019
How to Get Involved
Learn More & Register

https://www.oregonechonetwork.org/

- **Program features include:**
  - Participants are directed to our [Connect website](https://www.oregonechonetwork.org/) to register for programs
  - Participant forum with program materials, opportunity to email other participants
  - One time registration process
  - Session reminders and calendar invitations
Winter 2020 Programs

• **Chronic Pain and Opioids** (Jonathan Robbins and Catriona Buist) (16 sessions)

• **Effective Systems for Treating Addiction in Primary Care** (Stacie Andoniadis) (12 sessions)

• **Pain Management in Dentistry** (Richie Kohli) (6 sessions)

• **Substance Use Disorders in Hospital Care** (Honora Englander) (12 sessions)
What’s Next

• OHSU Addiction Medicine ECHO certificate program
• Further focus on research and additional qualitative methods
• Additional outreach to high need areas
Thank you to our Partners

CareOregon

health share

EASTERN OREGON COORDINATED CARE ORGANIZATION

allcare health™

Health Share of Oregon

OHSU

PacificSource Community Solutions

DHS

Oregon Department of Human Services

PROVIDENCE Health & Services

Trillium

Community Health Plan

Oregon Health Authority

ORPRN

Oregon Rural Practice-Based Research Network
Contact Us

Maggie McLain McDonnell, Director, Oregon ECHO Network
mclainma@ohsu.edu

Jessica Gregg, OHSU Addiction Medicine ECHO Medical Director, OHSU Internal Medicine
greggj@ohsu.edu

Jonathan Robbins, Chronic Pain & Opioids ECHO Faculty Lead, OHSU Internal Medicine
robbijon@ohsu.edu

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