

The ECHO Model: A platform for democratization of knowledge

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Mission: To democratize medical knowledge and get best practice care to underserved people all over the world

Right Knowledge. Right Place. Right Time.

Supported by New Mexico Department of Health, Agency for Health Research and Quality, New Mexico Legislature, the Robert Wood Johnson Foundation, the GE Foundation, and the Helmsley Charitable Trust

Brief ECHO History

- Idea formulated by Dr. Sanjeev Arora to address HCV in New Mexico

28,000 infected in NM and, in 2004, less than 5% had been treated

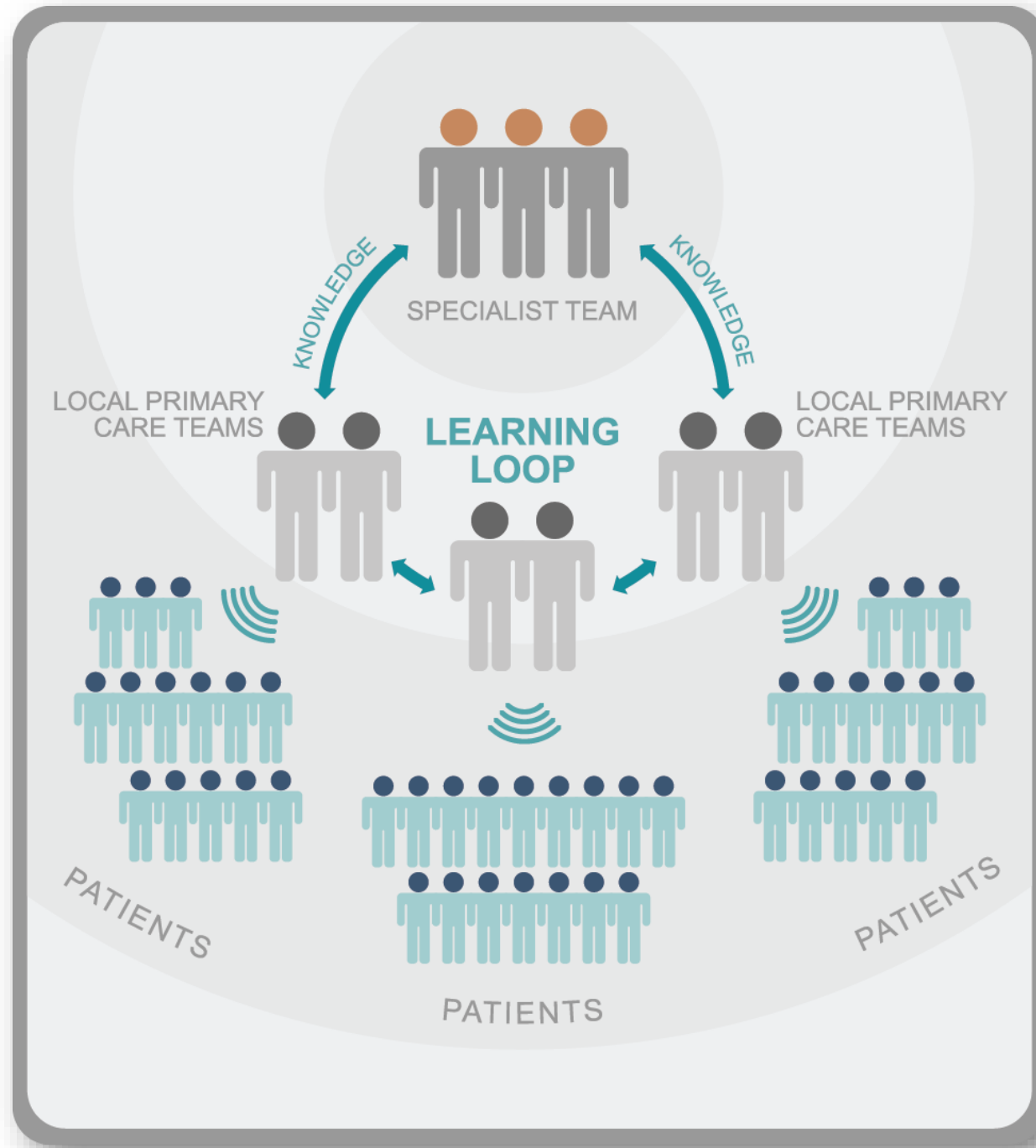
Good News

- HCV is curable in 70% of cases

Bad News

- Chemotherapy-like regimen with severe side effects
- No Primary Care Providers treating HCV
- New Mexico is a large rural state; 32 of 33 counties are MUAs
- Patients need to travel long distances

- Goal of Project ECHO was to develop capacity to safely and effectively treat HCV in all areas of NM through telementoring of primary care clinicians





ECHO vs. Telemedicine

TeleECHO™ Clinic



Expert hub team

ECHO supports
community based
primary care teams



Learners at spoke site

Patients reached with specialty
knowledge and expertise



Traditional Telemedicine



Specialist manages patient remotely



Methods



Use Technology to leverage scarce resources

Share “best practices” to reduce disparities

Apply case-based learning to master complexity

Evaluate and Monitor Outcomes via web-based database

Arora S, Geppert CM, Kalishman S, et al: Acad Med. 2007 Feb;82(2): 154-160

But Does It Work?

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

- Study Group: 16 Community-Based Primary Care Clinics
- Control: University of New Mexico (UNM) Liver Clinic
- Principle endpoint: sustained viral response – no detectable virus 6 months after completion of treatment

Outcome	ECHO	UNM Liver Clinic	P-Value
	N=261	N=146	
Minority	68%	49%	P<0.01
SVR* (Cure) Genotype 1	50%	46%	NS
SVR* (Cure) Genotype 2/3	70%	71%	NS

*SVR = Sustained Viral Response

Arora S, Thornton K, et al. N Engl J Med. 2011 Jun; 364:2199-207.

Selection Criteria

- Common Diseases or conditions
- Management is Complex
- Evolving Treatments and Medicines
- High Societal Impact (Health and Economic)
- Serious Outcomes of Untreated Disease
- Improved Outcomes with Disease Management

Examples

- Hepatitis C
- Diabetes and Endocrinology
- HIV
- Substance Use Disorders including **Opioid addiction**
- Psychiatry
- Chronic Pain
- Tuberculosis
- Autism
- Palliative Care

Crisis Intervention ECHO

Crisis Intervention Team (CIT)

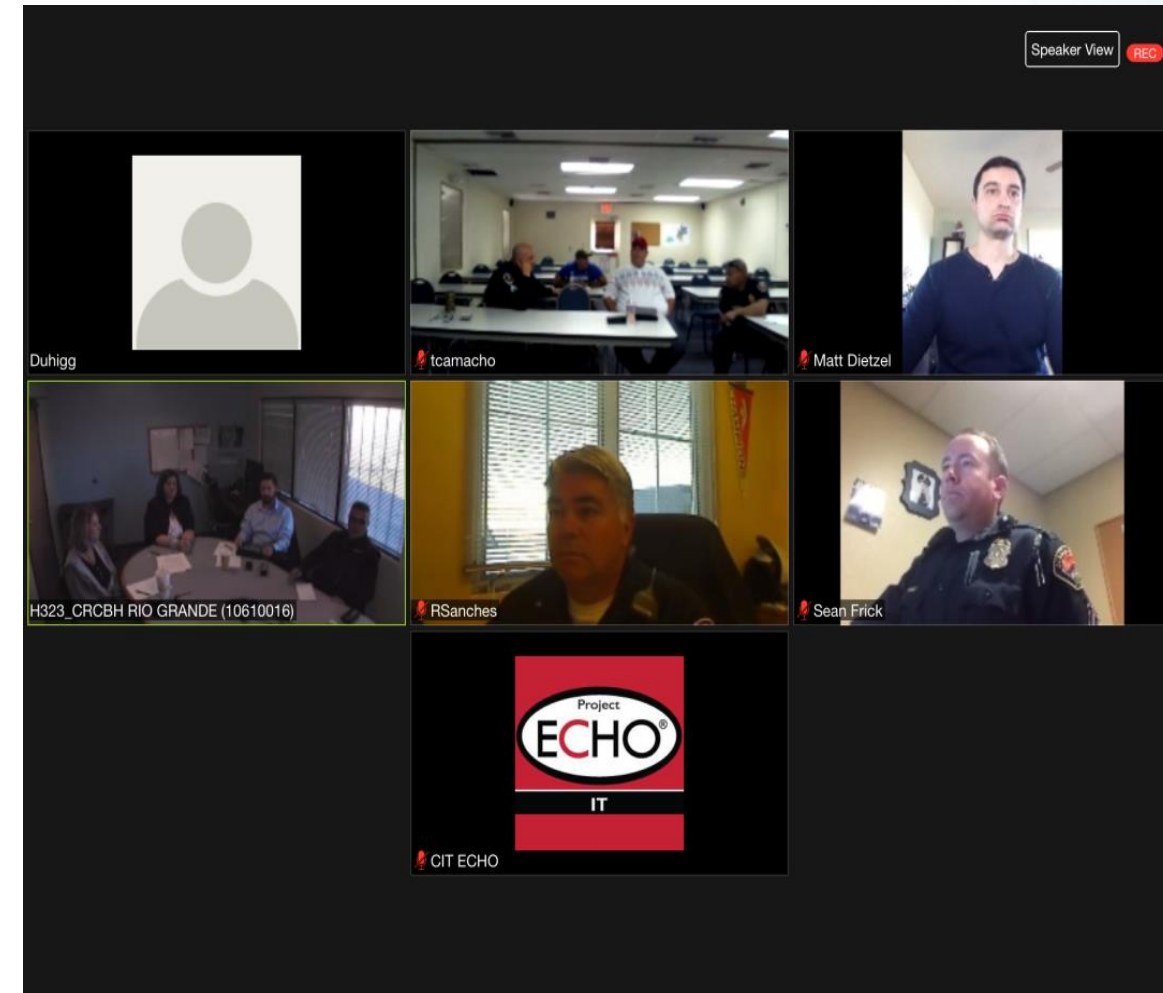
- **GOALS**

- increase officers' abilities to respectfully and safely interact with persons with mental health and addictions to support officer job sa
- Reduce variability in training and responses.

PARTICIPANTS:

- Specialist team:
 - CIT detective, Psychiatrist, Social worker, Clinic coordinator
- Learners: Law enforcement organizations
 - First responders (fire/ems)

CIT ECHO Knowledge Network



New Mexico Peer Education Program (NMPEP): Prisoner Health Is Community Health

Over 95% of incarcerated individuals will ultimately return to their communities, bringing with them the burden of their health needs.

Project ECHO® collaborates with the New Mexico Corrections Department, leveraging the ECHO model™ to make a powerful and lasting intervention in prisoner and prison community health.

The ECHO team trains incarcerated individuals to become peer educators, who increase their fellow-prisoners' knowledge about the most common health conditions impacting prison populations: hepatitis C, HIV and other sexually transmitted infections, staph/MRSA infections, diabetes, and addiction.

NMPEP includes:

- 40-hour intensive training of peer educators within the prison site
- 10-hour health education training of other inmates by peer educators
- Monthly follow-up and training by the ECHO team to continue building skills and knowledge
- Monthly Project ECHO teleECHO™ clinics with ECHO staff and faculty, content experts, and peer educators from other prison sites

Since July 2009, NMPEP has trained **500** peer educators, who have led health classes and workshops for nearly **9,000** incarcerated individuals.

Peer educators gain self-efficacy, responsibility, and leadership skills, which carry over into their post-incarceration lives and the communities to which they return.



NEW MEXICO

- ## NATIONAL

- ## GLOBAL

-
- Key: US State Shading**
- Light Gray: ECHO Impact
- Key: ECHO Type**
- Blue Dot: ECHO Hub
 - Orange Dot: ECHO Superhub

Changing the World, Fast

NEW MEXICO

- Operating more than 25+ teleECHO clinics
- More than 300 community clinic sites

NATIONAL

- Operating in more than 30 states and growing
- More than 45 complex conditions

GLOBAL

- Operating in more than 16 countries and growing
- Goal of touching 1 billion lives by 2025



Replication Events

Introduction 90 Minute Video Conference with Dr. Arora

- **Target Audience:** Anyone interested in ECHO
- **When:** Second Tuesday of every month



Orientation 1-Day On-Site Training in Albuquerque

- **Target Audience:** Anyone interested in starting an ECHO but wanting to learn more
- **When:** Second Wednesday of every month



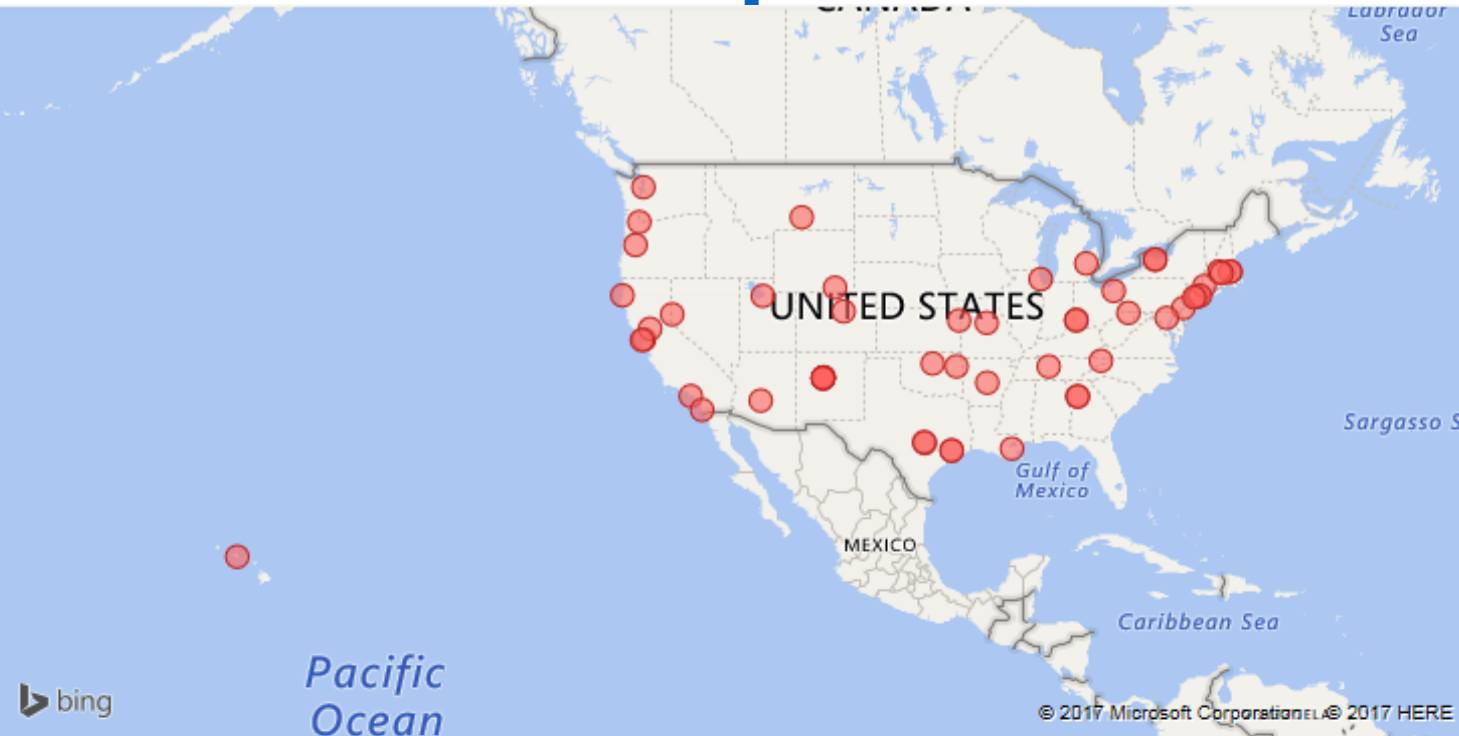
Immersion 3-Day On-Site Training in Albuquerque

- **Target Audience:** Organizations ready to implement ECHO
- **When:** Second Wednesday – Friday of every month



How to Join an ECHO project near you

Go to <http://echo.unm.edu/> Join an ECHO



Search	Search
Addiction/Substance_Use	Arizona
Ambulatory	Arkansas
Antibiotic	California
Behavior/Mental_Health	Colorado
Cancer	Connecticut
	Georgia
Specific ECHO Focus Name	Hawaii
Search	Illinois
	Kansas
Addiction Medicine	Louisiana
Addictions/Psychiatry ECHO for Corre...	Maryland
Ambulatory Healthcare	Massachusetts
Antibiotic Stewardship	Michigan
Assistive Technologies in Education	Missouri
	Montana

ECHO Hub	ECHO Focus	Contact	Email	Website	City
TMF Health Quality Institute	Behavioral/Mental Health				Austin
University of New Mexico - Center for Development and Disabili...	Autism	Marcia Moriarta	MMoriarta@salud.unm.edu	http://cdd.unm.edu/	Albuquerq...
Behavior Change Institute	Autism	Joy Pollard	jpollard@behaviorchangeinstitute.com	http://echo.behaviorchangeinstitute.co...	Oakland
University of New Mexico	Behavioral/Mental Health	Rachelle Rochelle	rrochelle@salud.unm.edu	http://echo.unm.edu/	Albuquerque...
University of New Mexico	Bone Health	Rachelle Rochelle	rrochelle@salud.unm.edu	http://echo.unm.edu/	Albuquerque...
University of New Mexico	Child Abuse	Rachelle Rochelle	rrochelle@salud.unm.edu	http://echo.unm.edu/	Albuquerque...
University of New Mexico	Children and Youth Epilepsy	Rachelle Rochelle	rrochelle@salud.unm.edu	http://echo.unm.edu/	Albuquerque...
University of New Mexico	Chronic Disease Prevention and Managemen	Rachelle Rochelle	rrochelle@salud.unm.edu	http://echo.unm.edu/	Albuquerque...

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