

National Conference of State Legislatures 2012

ECHO-Chicago

Extension for Community Health Outcomes

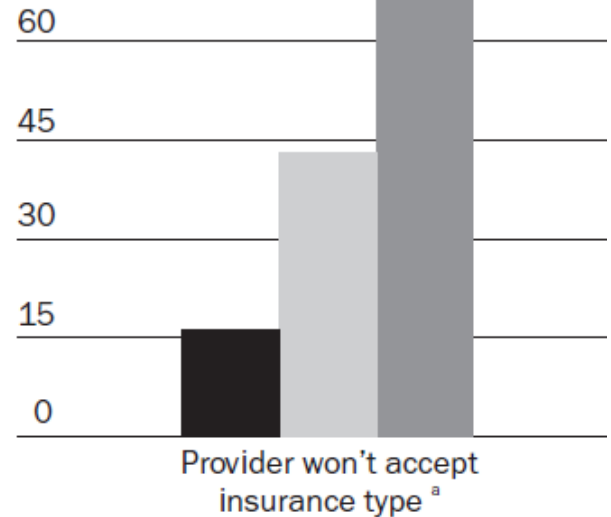


ECHO-Chicago: Mission

- To expand the capacity to safely and effectively treat chronic, common and complex diseases in underserved areas
 - Model originally developed in New Mexico by Dr Sanjeev Arora for rural areas
 - ECHO-Chicago has altered it for treating complex disease in the urban environment

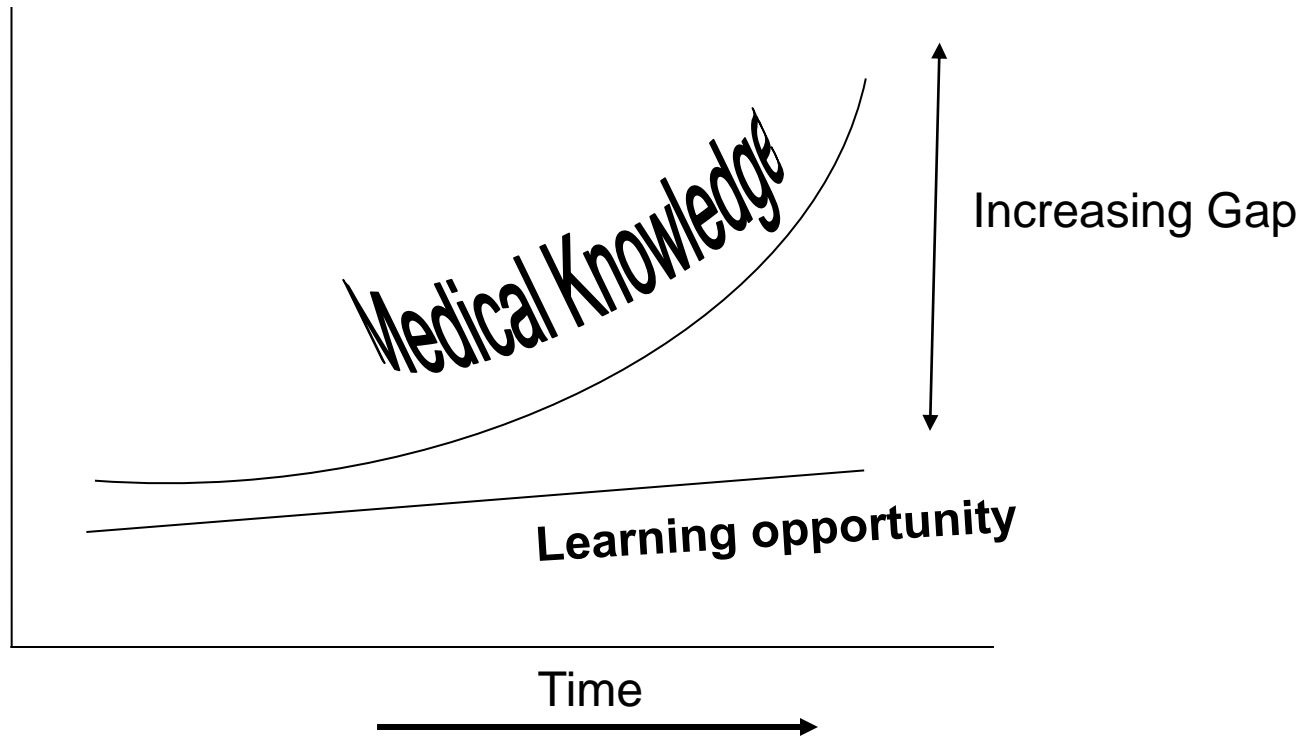
The Problem

Percent of patients encountering barrier
75



- Demand for subspecialty services far outstrip the availability
 - Especially true in underserved areas
 - Difficulty accessing subspecialists
 - Social and economic distance reduce care availability
 - Patients must leave their medical home
 - Loss of continuity of care for patients and providers

The Problem



- Primary care physicians need additional training:
 - Providers have a ceiling on what they can provide due to lack of training
 - Time is severely limited so efficiency/quality are paramount

Illinois Legislative Climate

- Legislators and other policy makers in Illinois are focused on cost control and quality
- In May, legislators approved \$1.6 billion in Medicaid cuts
- The cuts are eliminating Medicaid coverage for tens of thousands of people complicating their access to care
- For those who remain, there is less coverage making it even more difficult to access subspecialty care



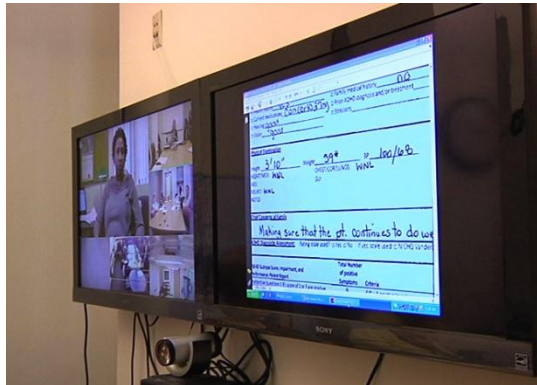
Challenging Environment

- Patients and providers are looking for innovative approaches to the art medical knowledge



- Stressed populations are facing big challenges – it is more important than ever to bring forward innovative, cost-effective models of care

The Solution: ECHO-Chicago

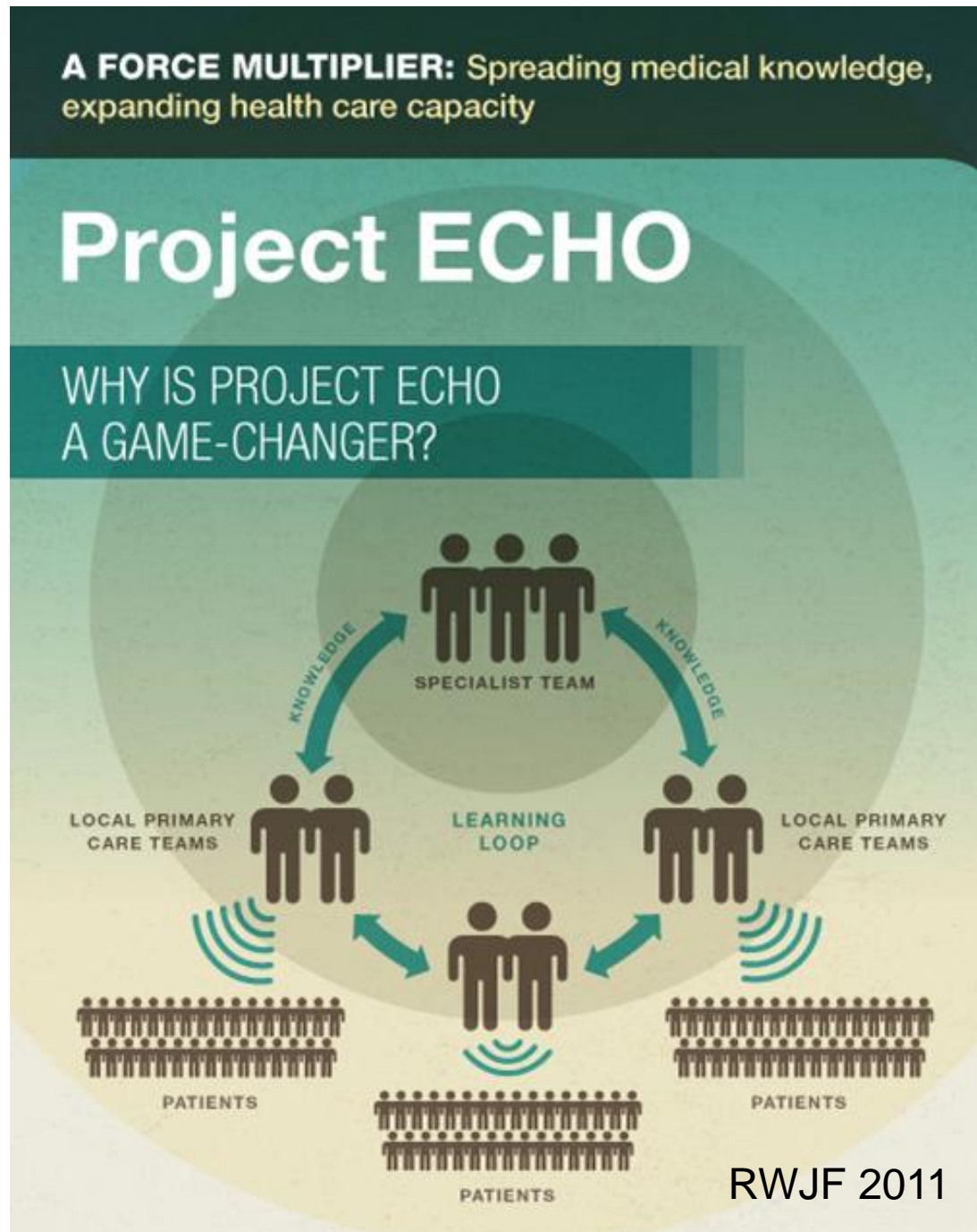


Leverage technology



Best practices training and expertise to community providers

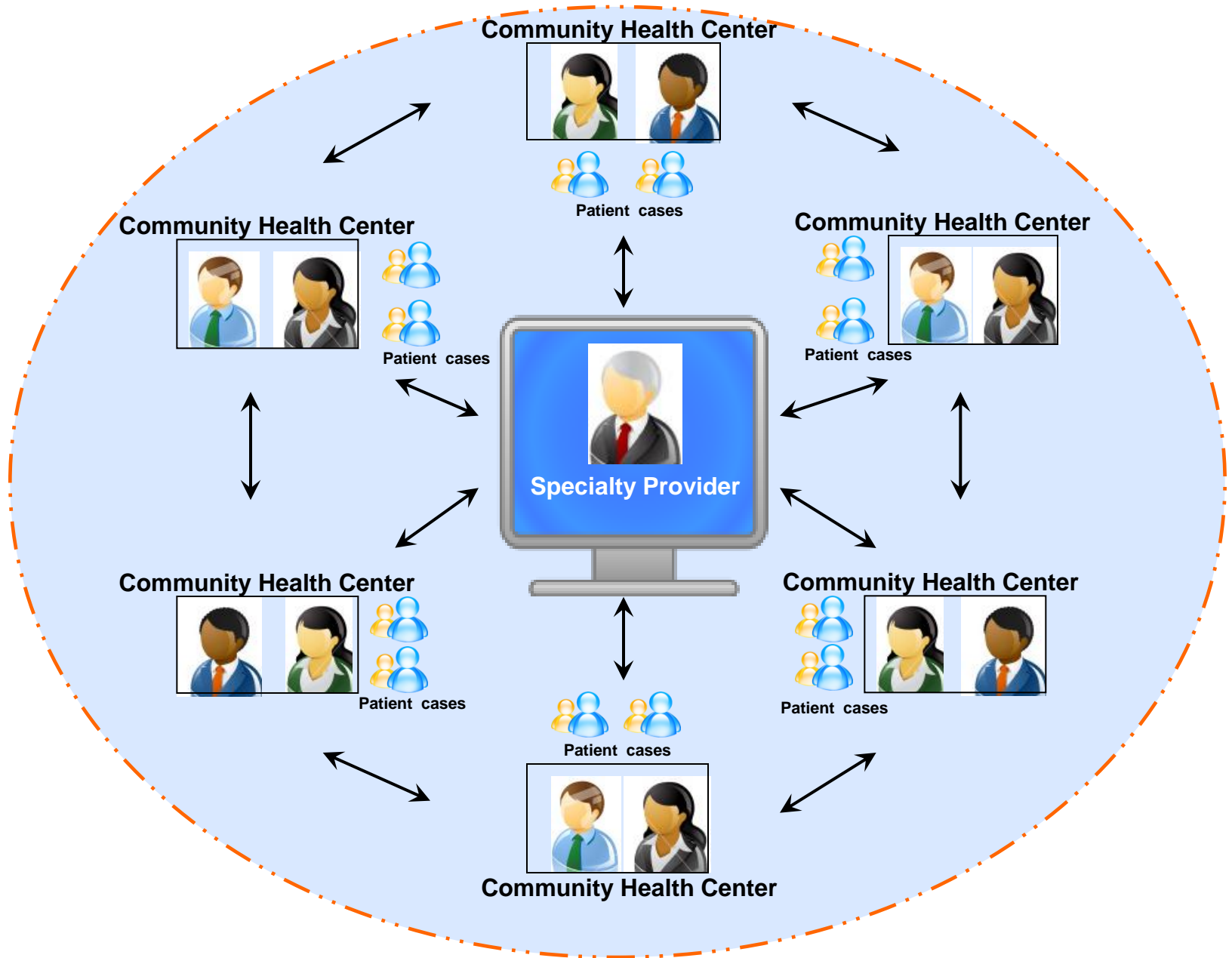
Knowledge → Quality



Method

- Disease Management Model
 - Reduces variation
 - Shares “best practices”
- Case based learning
 - “Virtual rounding”
- Knowledge network
 - Recurring teleconferencing sessions (1 – 1.5 hours)
- Collect data and monitor outcomes
- Assess cost-benefit and effectiveness
- No cost CME’s and nursing CEU’s



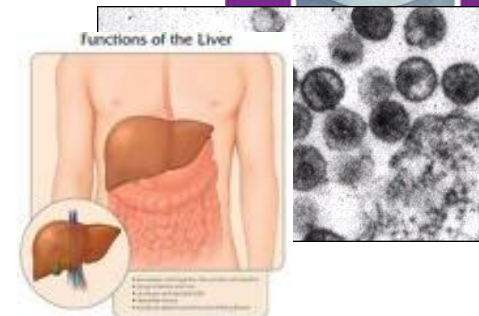
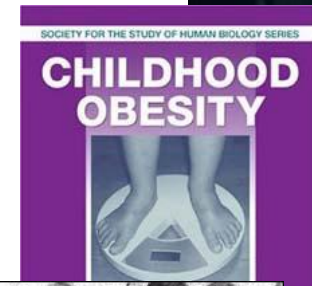


Disease Selection

- Common disease
- High societal impact (health and economic)
- Serious outcomes of untreated disease
- Improved outcomes with disease management
- Management is complex and protocolized
- Evolving treatments and medicines

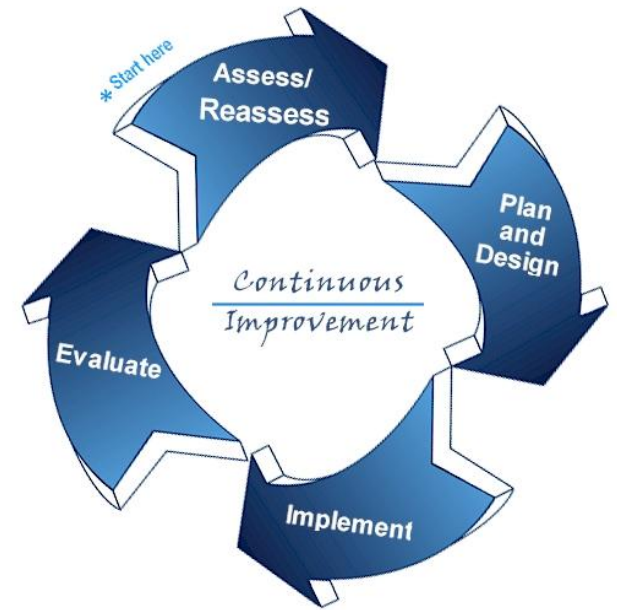
Diseases Selected

- Resistant hypertension in adults (Oct 2010)
- Attention deficit hyperactivity disorder in children (Dec 2011)
- Primary care for breast cancer survivors (Jan 2012)
- Future ECHOs (2013)
 - Pediatric obesity and comorbidities
 - HIV in adults
 - Hepatitis C in adults



Outcome Variables

- Physician related
 - Self efficacy assessment
 - Job satisfaction
 - Knowledge acquisition
 - Diffusion of knowledge beyond ECHO specialist
- Patient related
 - Depends on subject area
 - Prescribing habits
 - Assess impact of patient outcome comparing patients who see subspecialist versus ECHO specialist for complex care



Resistant Hypertension Pilot Project

- Improved provider knowledge in treating R-HTN
 - Evaluate success by 26 item questionnaire^{1,2}
- Improved provider self-efficacy in treating R-HTN
 - Evaluate using 7 item scale (1 = no skill, 7 = expert)^{2,3}
- Improved blood pressure rates for patients discussed during ECHO sessions, equivalent to subspecialty clinic
- Reduced referrals to outside HTN specialists



¹Adapted from Carter et al. J Clin Hypertens 2006;8(7):481-486

²Masi, et al. J Clin Hypertens. 2012;14:45–50

³Adapted from Arora et al. Hepatology 2010;52:1124-1133

Why Support Telehealth?

- Enables patients to rapidly take advantage of recent research findings and innovations
- Academic and community physicians can work in collaboration to deliver the highest quality care
- Research generated will promote improved systems and better patient outcomes
- Creates new opportunities for patients and physicians in underserved areas to benefit from the most up to date findings and treatments
- Better treatments reduce costs and improve quality of life



Why Support Telehealth?

- Widespread adoption = less waste and healthier patients



Our Team



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Thank You

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