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

- 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

Cook, et al, Health Affairs 2007;26(5):1459-68
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 that extend state of 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

A FORCE MULTIPLIER: Spreading medical knowledge, expanding health care capacity

Project ECHO

WHY IS PROJECT ECHO A GAME-CHANGER?
Method

• Disease Management Model
  o Reduces variation
  o Shares “best practices”
• Case based learning
  o “Virtual rounding”
• Knowledge network
  o 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

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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
  o Evaluate success by 26 item questionnaire$^{1,2}$

• Improved provider self-efficacy in treating R-HTN
  o 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

$^{1}$Adapted from Carter et al. J Clin Hypertens 2006;8(7):481-486
$^{3}$Adapted 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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