Show-Me ECHO

Project ECHO = Extension for Community Healthcare Outcomes

OUR GOAL: To use videoconferencing technology to provide education, training, and engagement opportunities to primary care providers concerning specific disease states or conditions that are chronic, costly, common, and complex to improve patient access and health outcomes as well as reduce overall cost for care of patients.

Specialists serve as mentors and colleagues, sharing their medical knowledge and expertise with primary care clinicians. ECHO® creates ongoing learning communities where primary care clinicians receive support and develop the skills they need to treat a specific condition.

As a result, they can provide comprehensive, best-practice care to patients with complex health conditions, right where they live.

Show-Me ECHO clinics: autism, chronic pain, dermatology, endocrinology, hepatitis C, childhood asthma

Missouri Is Talking about Show-Me ECHO

“ECHO has increased my confidence and knowledge about autism spectrum disorders, equipped me to better screen my patients, manage comorbid conditions and provide my families with all the help they need prior to having confirmatory evaluation. To have access to a team with such expertise that is ready to help and answer my questions is an amazing experience.”

DR. EVELYN ABOAGYE, MD HAAP MPH
Mercy Clinic Pediatrics
Rolla, MO

“ECHO provides a regular online meeting place to discuss challenging cases and implement best practices across the state of Missouri.”

DR. KARL HAAKE, MD
Chronic Pain Specialist, JCMG
Jefferson City, MO

“The powerful thing about Show-Me ECHO is that it makes knowledge and specialty care accessible to everyone in Missouri. It offers providers knowledge and support from a team of experts and it offers patients quality, specialty-level care in the familiar setting of their primary care provider’s office.”

DR. RICH LILLARD PSY.D.
Community Health Center of Central Missouri
Jefferson City, MO

“ECHO is an innovative solution to healthcare shortages that transforms the way healthcare is delivered to under-served populations. By moving knowledge, not patients, we allow for better health outcomes and increased community based care to thrive.”

DR. KRISTIN SOHL, MD, FAAP
Thompson Center for Autism and Neurodevelopmental Disorders
Columbia, MO

The ECHO conferences are an excellent way to use web based learning to both discuss patient cases with multidisciplinary colleagues and learn in a lecture format various aspects of caring for chronic pain patients.

DR. STEVEN YOUNGER, MD
Access Family Care
Joplin, MO

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Frequently Asked Questions

**What is Project ECHO and why do I need to participate?**

Project ECHO stands for Extension for Community Healthcare Outcomes and is a process developed by the University of New Mexico to educate and train participating providers in specific disease states or conditions. Project ECHO uses videoconferencing technology to bring together a team of specialists and primary care providers to collaborate in a case-based learning environment in order to develop advanced clinical skills and best practices with regard to current best practices. Each ECHO clinic will consist of case presentations by the primary care providers and responses from the specialist team and other primary care providers, and a didactic presentation. The participating primary care providers receive no-cost CME credits for their ECHO clinic time.

**As a participating site what is my expected time commitment for ECHO clinics and preparation?**

The provider will need to prepare a case for presentation. We estimate one hour for each clinic, which translates into an hour every two weeks. We anticipate that your IT support will spend 30 to 60 minutes every two weeks in preparation for the ECHO clinic. They will be required to test the equipment prior to ECHO clinics and possibly trouble shoot during clinic time.

**When will the ECHO clinics take place?**

Each of the ECHO clinics will take place at different times. Some clinics are weekly and some are biweekly.

**Who, from my clinic, needs to spend time on ECHO?**

Your IT support staff will help you with technical support prior to the clinics. The participating provider will spend time outside of the ECHO clinic and will need to be present during the ECHO clinic to present cases and interact with the specialist team and other participating providers.

**What are the technical requirements?**

All ECHO sites need video conferencing technology. If a video conferencing system (such as Polycom) is not available, the Missouri Telehealth Network will provide you with a free web-based system called ZOOM. If you choose to use ZOOM, you will need a PC, tablet, laptop, or Android device, webcam, microphone, and speakers. You will also need a robust Internet connection.

**Am I required to participate in surveys?**

Yes, this is a pilot project that will take place from October 2014 until March 2015. Data is needed to evaluate the effectiveness and usability of this methodology. It is also important to have this type of data in order to receive possible state and federal funding to continue ECHO clinics. The Missouri Telehealth Network researcher has completed an IRB application and hopes to show that this ECHO is a valuable approach to increasing access to care for underserved patients with complex, chronic, and common diseases.

**What does it mean that I will present cases?**

Participating primary care providers will choose a patient case from their panel to bring for discussion in a de-identified manner. There will be a specific set of data points to be presented and logged into the Project ECHO software. Primary care providers can choose to talk to their patients about Project ECHO or as in many cases when providers reach out to specialists for advice, they do not need to discuss with the patient.