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NJ Project ECHO
Robert Wood Johnson Medical School
April 5, 2018



AGENDA

- Project ECHO Background
- NJ Project ECHO
- Hub Operations Team
- Clinic Development Process
- Participant Feedback
- Next Steps

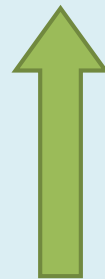
BACKGROUND



Sanjeev Arora, M.D., a liver disease specialist was frustrated that thousands of New Mexicans with hepatitis C could not get the treatment they needed. The clinic where he worked was 1 of only 2 in the entire state that treated the disease.

Dr. Arora created Project ECHO in 2003 so that primary care clinicians could treat hepatitis C in their own communities. Now, 24 clinics treat HCV.

Over the years, research has shown that Project ECHO participants demonstrate *(click on links for corresponding studies)*:



- Increased [Self-Efficacy](#)
- Increased [Competency](#)
- Increased [Knowledge](#)
- Increased [National Guidelines Adherence](#)
- High [Program Satisfaction](#)
- Equal [quality of care and patient results as specialists](#)

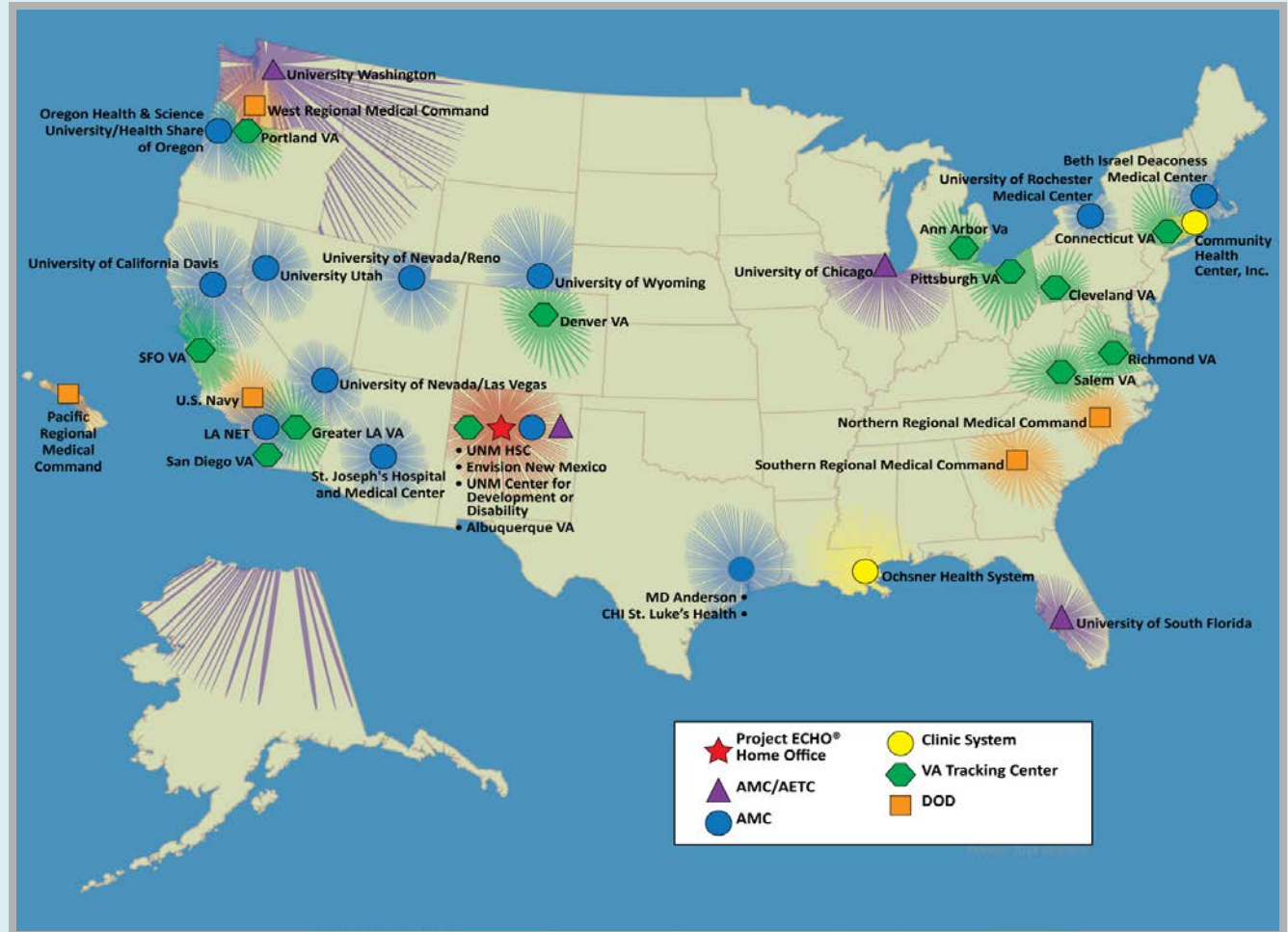


Today, Project ECHO operates 130 hubs for nearly 55 diseases and conditions in 30 states and 21 countries outside the U.S., including sites within the Department of Defense healthcare systems.

PROJECT ECHO NATIONAL PARTNERSHIPS

Active ECHO Partnerships cover the following content:

- Autism
- Bone Health
- Chronic Pain & Headache
- Cancer
- Dementia Care
- Endocrinology
- Epilepsy
- Hepatitis C
- HIV/AIDS
- Integrated Addictions & Psychiatry
- Hypertension
- Palliative Care
- Transgender Patient Care
- Tuberculosis
- Rheumatology
- Women's Health & Genomics



HOW DOES PROJECT ECHO WORK?



1. See complex patient

2. Present patient case to Specialists and Peer Network

3. Incorporate recommendations into your treatment

4. Improve access to specialty care and improve patient outcomes

WHAT ARE THE BENEFITS?



Improved Quality & Safety

Rapid Learning & Best Practice Dissemination

Reduced Variations in Care

Access for Underserved Populations

Workforce Training & Force Multiplier

De-monopolized Knowledge

Improved Professional Satisfaction & Retention

Supports Medical Home Model

Cost-effective Care

Prevented Cost of Untreated Disease

Integration of Public Health into Treatment

NJ PROJECT ECHO PROGRAM

NJ Project ECHO under the leadership of the RWJ Medical School provides front-line providers with the specialty knowledge and support they need to screen, treat and manage complex conditions before referring patients to specialists. Project ECHO teams expert specialists,

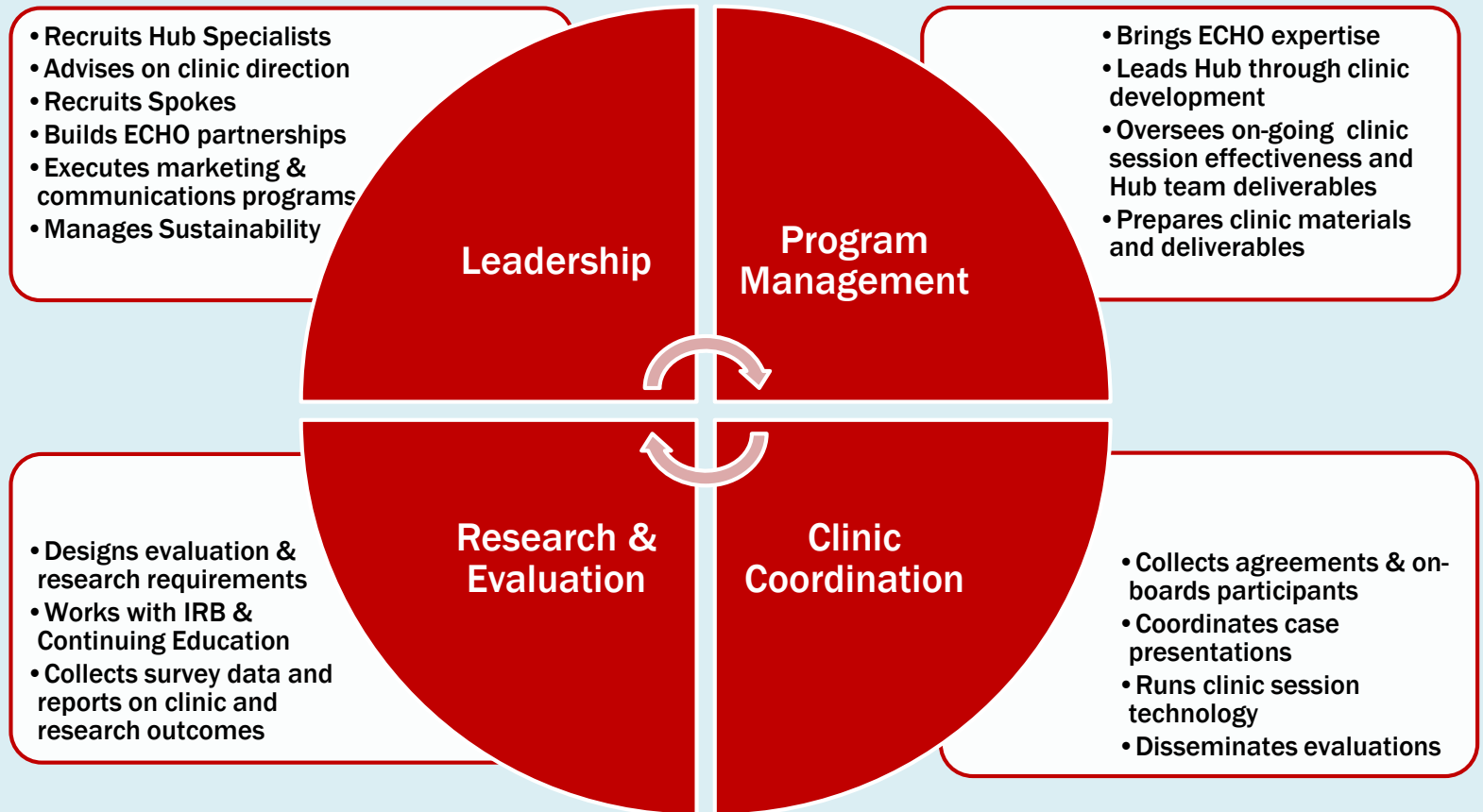
sourced from RWJ Medical School as well as other Rutgers schools, RWJ Barnabas Health and other Partners in New Jersey at the RWJ Academic Medical Center 'Hub' with primary care and mid level providers in New Jersey communities – the 'Spokes' of the model. Together, they participate in bi-weekly collaborative, case-based video conference sessions that like a virtual grand rounds, combines patient case presentations with discussion of pertinent didactic material and a focus on evidence based guidelines to support collaborative problem solving and development of intervention recommendations.



Our Pediatric Developmental & Behavioral Health ECHO Clinic

1.0 APA Category 1 CME credit/session attended.

NJ PROJECT ECHO HUB OPERATIONS TEAM





RWJMS ECHO CLINICS

Pediatric

Biweekly, Tuesdays, 8:00-9:00am

46 providers Recruited

36 sessions held

Average 12 providers per session

152 CME credits awarded

Endocrinology

Weekly, Thursdays, 7:30-8:30am

50 providers recruited

54 sessions held

Average 18 providers per session

442 CME credits awarded

Chronic Pain

Biweekly, Fridays, 7:30-8:30am

26 providers recruited

10 sessions held

Average 10 providers per session

47 CME credits awarded

** Substance Use Disorder and NAS-SEI ECHOs launching Summer 2018*

RWJMS Chronic Pain Management ECHO Clinic

What: Case-based CME program that brings specialist and peer mentorship on your complex patient cases

Who: Primary care and mid-level providers

Where: Remote from your laptop, tablet, or smartphone



RWJ Medical School
Project ECHO

Free CME program includes didactics, real-time case collaboration and recommendations

MEET THE LEAD MENTORS

Specialist hubs are comprised of a multi-disciplinary panel of professionals, such as pharmacists, alternative therapy specialists, disease-focused specialists, and educators.



Dr. Scott Mellender
Anesthesiologist, RWJ Medical School
Lead, Chronic Pain Management ECHO



Dr. Iqbal Jafri
Physical Medicine and Rehabilitation
Specialist



Daniel Abazia, PharmD, BCPS, CPE
Clinical Pharmacist



Ann Hirschman, RN-C, FNP, MPH
Family Nurse Practitioner

Chronic Pain Management ECHO Clinic Curriculum

Chronic Pain Basics

1. Taking a pain history
2. Establishing a pain diagnosis
3. Interpreting radiology results
4. Motivational interviewing

Pain, Psychiatry and Substance Use Disorders

5. Addiction assessment
6. Opioid use disorder

Physical Exam Skills

7. Clinical interview and qualitative sensory exam
8. Specialist assessments – Part one
9. Specialist assessments – Part two

Controversies in Pain Management

10. Medical cannabis, Buprenorphine for pain treatment, Botox for chronic migraine

Commonly Encountered Pain Syndromes

11. Headaches
12. Osteoarthritis
13. Low back pain

Pharmacotherapy of Medications Used for Pain

14. Non-opioid pain medications
15. Opioids co-prescribed with other medications

Alternative Therapies

16. Interventional Pain Mgmt. Procedure
17. Complementary and alternative medicine
18. Mindfulness-based stress reduction (MBSR)
19. Movement therapies for chronic pain

One (1) AMA PRA Category 1 Credit™ will be provided for each session attended

NEW ECHO CLINICS COMING SOON!



NAS/SEI

- **September Pilot**
- **Multi-community launch January, 2019**



SUD

- **Buprenorphine Training – May/June**
- **6 week certification course June/July**
- **ECHO Clinics – September**

RWJMS Substance Use Disorder ECHO Clinic

What: Case-based CME program that brings specialist and peer mentorship on your complex patient cases

Who: Primary care and mid-level providers

Where: Remote from your laptop, tablet, or smartphone



RWJ Medical School
Project ECHO

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MEET THE LEAD MENTORS

Specialist hubs are comprised of a multi-disciplinary panel of professionals, such as psychiatrists, social workers, disease-focused specialists, and educators.



Petros Levounis, MD, MA
Psychiatrist
Rutgers New Jersey Medical School



Erin Zerbo, MD
Psychiatrist
Rutgers New Jersey Medical School



Mary-Catherine Bohan, LCSW
Social worker
Rutgers University Behavioral Health Care

Substance Use Disorder ECHO Clinic Curriculum

The Neurobiology of Addiction and Implications for Treatment – Part 1

- Discuss the basic elements of drive and cognition in the neurobiology of addiction.
- Distinguish between reward and anti-reward brain circuitry.

The Neurobiology of Addiction and Implications for Treatment – Part 2

- List three safe and effective psychosocial interventions for the treatment of SUD
- Discuss the concept of interoception and its relationship to mindfulness in the treatment
 - of addiction.

The Pharmacotherapy of Alcohol Use Disorders

- Describe the three steps of Brief Intervention.
- List three FDA approved pharmacological treatments of alcohol use disorder

The Opioid Epidemic in 2018

- Identify the origins and current state of the opioid crisis in America.
- Discuss the clinical use of buprenorphine in the treatment of opioid use disorders.

Cannabis

- List three potentially beneficial uses of cannabinoids
- Discuss the addictive potential of marijuana in the context of other drugs of abuse
- Explain the increased dangerousness of synthetic cannabinoids.

Gambling and the Behavioral Addictions

- Describe the impulsivity-compulsivity spectrum of illness.
- Contrast the psychiatric and social manifestations of the behavioral addictions with substance use disorders.
- List two cognitive distortions relating to gambling disorder.

PARTICIPANT TESTIMONIALS

I appreciate the special nuances of knowledge and experience that our teachers share with us and the interactivity of our sessions. Thank you

It goes into the most practical niches you need to master treating diabetic outpatients. It is excellent!!!

I really appreciated the information on motivational interviewing and the aspect of demonstrating "care" for the patient

The discussions are so helpful for practical issues in the practice. I never had such an effective, efficient CME in my long career!!!

It is a precious hour of the week and I learn a lot , very practical and evidence-based medicine is strongly embedded

Can directly take recommendations from session and apply them to my patient. Would not have that opportunity otherwise or would have to wait for consult (which would take ~3 months). I contacted patient today to make some of the changes.

PROJECT ECHO: Revolutionizing Medical Education

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Advancing Health and Promoting Opportunity

