

# (((ECHO))) CHICAGO

## 2018 Series Guide



AT THE FOREFRONT  
**UChicago**  
**Medicine**

**Mission**

The mission of ECHO-Chicago is to establish a robust community-based knowledge network that reduces the serious health disparities affecting children and adults in underserved communities

- Provides capacity building training for community-based primary care providers focused on the most common, complex chronic diseases
- Uses high grade plug and play videoconferencing technology, eliminating the need for travel and maximizing training time. Videoconferencing equipment loaned to participants at no cost.
- Modeled after clinical rounds, the most familiar and prevalent medical education model
- Partners community-based primary care providers with specialty care providers from the University of Chicago and other centers to expand access to high quality healthcare in underserved communities

**Model**

- Series are comprised of 10-15 weekly sessions, held from 8:00—9:00 a.m. (unless otherwise specified)
- Each session includes:
  - Didactic by a subject matter expert (20-30 minutes)
  - Presentation and discussion of patient cases (20 minutes)
  - General Q&A and discussion (10-20 minutes)

**Structure**

- Expanded provider knowledge and skill base
- Support for the management of challenging patient cases
- Membership in a robust knowledge network of health care providers and community health centers
- ECHO-Chicago activities have been approved for *AMA PRA Category 1 Credits™*
- No cost to participate

**Benefits**

**ECHO-Chicago: Improving Primary Care through Community Capacity Building**

The Extension for Community Health Outcomes (ECHO) model is an innovative approach to building primary care capacity and workforce development to increase use of best practice protocols at community health centers through advanced training for community providers in managing common chronic diseases.

The University of Chicago Medicine’s ECHO-Chicago program, is the longest running urban ECHO program in the world. Using high quality plug and play videoconference technology, ECHO-Chicago brings together experts from the University of Chicago and elsewhere to partner with community-based healthcare providers to engage in case-based learning and disease management for communities with limited resources.

Each ECHO-Chicago series is comprised of 10-15 weekly sessions that are modeled after clinical rounds. During each session, specialty care providers give a brief didactic presentation followed by community provider case presentations and in-depth guided discussion. Through ECHO-Chicago, community based primary care providers gain the advanced skills required to deliver complex care directly to patients in the communities where they live.

As a result, patients receive evidence-based care for complex, chronic diseases in their medical home delivered by the provider that knows them best - their primary care provider. They no longer need to wait for an appointment with a specialist or travel to a major medical center for care. This leads to more cost-effective care, with proven cost savings.



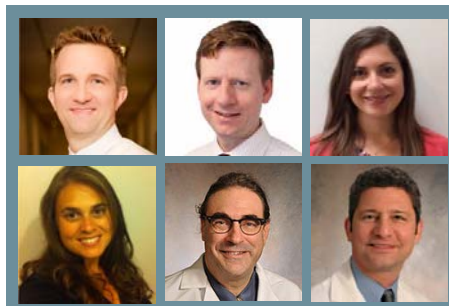
## Behavioral Health Integration - Management of Common Psychiatric Issues in Primary Care

### Fall/Spring, Thursdays

This series is designed to expand primary care capacity in better meeting the behavioral and mental health needs of patients. An estimated 25-30% adults in the United States have a mental illness; with higher rates among those who are publicly insured and racial/ethnic minorities. In the U.S., the primary health care system often functions as the mental health provider for many patients with common conditions like anxiety and depression. In Chicago and across much of the U.S., shortages of psychiatric providers has led to a severe lack of access of services and primary care providers are increasingly faced with the challenge of caring for patients with complex mental health needs without the adequate training and skills to do so. ECHO-Chicago training provides primary care providers with the knowledge to identify and assess persons who may be in need of mental health services and the confidence to appropriately treat many patients in clinic, triage while waiting access to psychiatry, and refer when necessary.

#### Facilitators:

- Jeffrey T. Rado, MD, MPH
- Will J. Cronenwett, MD
- Laura Donnan, LCSW, MPH
- Lauren Shapiro, PsyD
- Bradley Stolbach, PhD
- Daniel Yohanna, MD



#### Sample Curriculum

- Optimizing treatment for depression
- Non-pharmacological approaches to treating depression and anxiety
- Anxiety in primary care, appropriate use of benzodiazepines
- Trauma Informed Care, PTSD
- Personality disorders: Tips and tricks
- Basics of Bipolar Disorder
- Primary care of patients with serious mental illness (SMI)
- Safe prescribing of antipsychotics
- Psychiatric crises: Assessing and managing exacerbation of severe mental illness and suicidality
- Assessing and prescribing for alcohol dependence, substance use disorder (SUD), tobacco dependence
- Chronic pain: non-pharmacological approaches

## Comprehensive Care Learning Collaborative

### Spring/Fall, Mondays [by invitation only]

The Comprehensive Care Learning Collaborative (CCLC) will serve as a forum to discuss the care of patients at increased risk of hospitalization. Multiple strategies and care models for this patient population will be discussed. One model that will be a focal point is the University of Chicago's Comprehensive Care Physician (CCP) program. The CCP Program enrolls patients at increased risk of hospitalization who receive both inpatient and outpatient care from a single physician, a CCP, with the goal of improving care and health outcomes and lowering costs. The program began in January 2013 as a randomized controlled trial (RCT) that has enrolled over 2300 patients to date. Initial results from the RCT indicate the potential for substantial reductions in total health care costs and significant improvements in patient satisfaction and mental health ratings.

ECHO-Chicago training aims to improve patient care, to assist with the progression toward TCPI milestones related to the identification and care of patients at high risk of hospitalization (e.g., milestone 9 on the Primary Care PAT 2.0), and to assist with the preparation for the MIPS program Improvement Activity requirements.

#### Facilitators:

- Joyce Tang, MD
- Ram Krishnamoorthi, MD, MPH
- Grace Berry, MD
- David Meltzer, MD, PhD
- Audrey Tanksley, MD
- Anshu Verma, MD



#### Sample Curriculum

- Patient Engagement
- De-escalating Care
- Chronic Pain and Opiate Use and Treatment
- Behavioral Health Integration
- Unmet Social Needs
- Social Isolation
- Integrating Trainees
- Inter-professional Teams
- Family Role and Dynamics

## Geriatrics

### Spring/Fall, Tuesdays

Older adults contend with elevated rates of diabetes, hypertension, respiratory disease, arthritis and other chronic conditions leading to disability, functional loss, cognitive decline, and other poor health outcomes. A shortage of geriatricians and limited access to care further increases the risk to older adult health. The ECHO-Chicago Geriatrics curriculum improves health outcomes for older adults by creating a robust, engaged network of interdisciplinary care providers who share resources and education to improve health for older adults

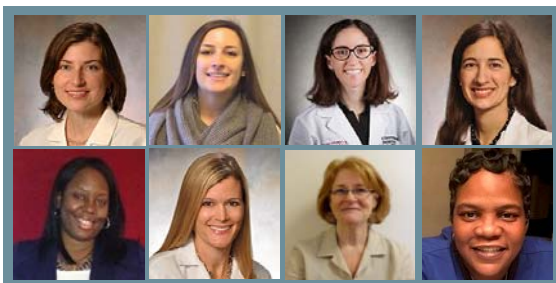
## Geriatrics for Skilled Nursing Facilities

### Winter, Thursdays

As the population ages, more patients will need rehabilitative, short-term and long term care. Post-acute facilities are well positioned to provide care for these patients, but often do not have the knowledge and confidence to manage difficult cases. The Geriatrics Skilled Nursing Facility (SNF) series links specialists with direct care workers to create a shared network that can lead to improved quality of care and increase the capacity of providers working in these facilities, ultimately improving the health of patients receiving care there.

#### Facilitators:

- Katherine Thompson, MD
- Christina Bernhardt, LCSW
- Lauren Gleason, MD \*
- Tia Kostas, MD \*
- Monica Long, RN \*
- Stacie Levine, MD
- Patricia MacClarence, LCSW
- Tanisha McSpadden, RN \*



\* facilitators for the Geriatrics Skilled Nursing series

#### Sample Curriculum

- Geriatrics assessment in primary care
- Screening and health maintenance in older adults
- Fall assessments
- Polypharmacy and medication reconciliation
- Community resources for older adults
- Hospice and palliative medicine 101
- Advance care planning (power of attorney and living will)
- Dementia diagnosis and management
- Chronic disease management in older adults

## Hepatitis C

### Year-round, Fridays

The ECHO-Chicago curriculum in Hepatitis C (HCV) is designed to expand primary care capacity for HCV screening and evidenced-based care at community health centers in underserved neighborhoods. HCV has surpassed HIV/AIDS as the leading chronic virus infection leading to death in the U.S. Early detection and treatment in the primary care setting can contribute to lower rates of morbidity and mortality, reduce the risk of disease progression, and maximize the benefits of emerging treatment options. ECHO-Chicago training provides primary care providers with the knowledge to identify persons at risk for HCV and conduct risk assessments, test, diagnose, counsel, stage, monitor and treat persons with HCV.

## Hepatitis C Case Management & Clinical Capacity Building

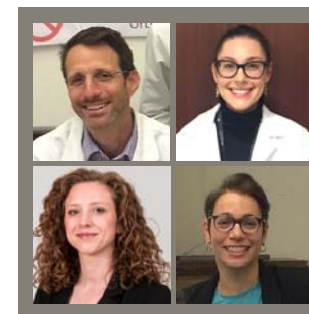
### Spring, Fridays

The ECHO-Chicago curriculum in Hepatitis C (HCV) Case Management & Clinic Capacity Building is designed to expand community health center capacity for managing patients with HCV. The training series provides best practice recommendations for strengthening existing HCV programming and provides health centers with a toolkit to assist in the creation of an HCV workflow individualized to each participating clinic.

#### Facilitators:

- Andrew Aronsohn, MD
- Colleen Blackshear, PharmD
- Maggie H. Kaufmann, MA, MPH\*
- Jill Wolf, LCSW\*

\* facilitators for the Case Management series



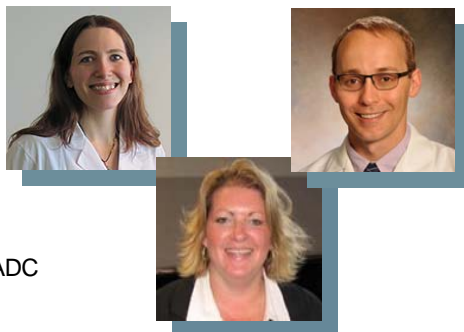
#### Sample Curriculum

- Hepatitis C 101
- Staging and progression in HCV
- Cirrhosis of the liver
- Hepatitis C Community Alliance to Test and Treat (HepCCATT) case management and wraparound services
- Obtaining medications for HCV patients
- HCV treatment monitoring
- Treatment of genotype 2-4
- Management of HIV/HCV co-infection

## Opioid Use Disorder

### Fall/Spring, Wednesdays

Opioid use disorder (OUD) has been identified nationally as an epidemic, with death from overdose now the leading cause of death in people under 50, and rates continuing to climb. Opioid addiction and overdose death has similarly risen in Cook County, and the Chicago Department of Public Health has identified OUD as a top priority. There is an urgent need to increase the number of health care providers trained in evidence based treatment options for patients with OUD. Approaches such as Medication Assisted Treatment (MAT) are highly effective in helping patients achieve long term recovery and substantially reduce the risk of harm for patients with OUD. Despite the availability of effective treatments, there remains a critical shortage of trained providers. Under the Drug Addiction Treatment Act of 2000 (DATA 2000), primary care providers including MDs, PAs and APNs are eligible to obtain DEA-waivers to prescribe buprenorphine. ECHO-Chicago training provides primary care providers with the knowledge to provide care to patients and communities suffering from addiction. The curriculum is designed to focus on case discussions, problem solving, peer support and mentorship for beginning MAT prescribers.



#### Facilitators:

- Beth Dunlap, MD
- George Weyer, MD
- Kimberly Watts, LCSW, MSW, CADC

#### Sample Curriculum

- Overview of Opioid Use Disorder
- Harm Reduction, Overdose Prevention and Opioid Use Disorder Review
- Medication Assisted Treatment of Opioid Use Disorder
- Safe Prescribing of Opioids & Drug Testing Basics
- Introduction to Motivational Interviewing
- Trauma Informed Care & Psychosocial Supports
- Office Based Opioid Treatment (OBOT) - Induction and Maintenance
- Co-Addictions: Alcohol Use Disorder and Smoking Cessation
- Common Comorbidities
- Special Populations

## Resistant Hypertension

### Summer/Winter, Mondays

The ECHO-Chicago curriculum in Resistant Hypertension is designed to expand primary care capacity for managing hard to control hypertension in vulnerable populations. Hypertension is recognized as a major contributing factor to heart disease. Incidence rates of hypertension are as high as 50% among Chicago's South Side health center adult patient populations. The ECHO-Chicago curriculum addresses state of the art care, including proper techniques for obtaining accurate BP readings, medication management, dietary changes, and patient adherence. Sessions are designed to train and support community providers in managing the challenges of resistant hypertension.



**Facilitator:**  
George Bakris, MD

#### Sample Curriculum

- “How To” process for addressing hypertension
- Medication adherence—how to optimize
- Resistant hypertension—definition and management
- Combination therapy: when and how to use initial combination agents
- What to do when serum creatinine rises when antihypertensive therapy is started
- Hypertension: Diabetes and cardiovascular disease risk-relative to blood pressure levels
- Treatment of hypertension in the elderly
- Role of kidney disease as a cause of secondary hypertension
- Hypertension in African Americans: Approaches to therapy
- Treatment approaches to hypertension in those requiring pain medications
- Pseudopheochromocytoma

## Risk-based Approach to Women's Healthcare

Summer/Winter, Wednesdays

The ECHO-Chicago curriculum in A Risk-Based Approach to Women's Healthcare is designed to expand primary care capacity in assessing and managing the multiple and often complex risk factors faced by women in vulnerable populations.

A disproportionate disease burden exists among women who are racial or ethnic minorities or who are low-income. For example, Chicago health statistics indicate a shocking increase in disparities in breast cancer mortality between White women and Black women since the late 1990's. Improvements in care that resulted in decreasing mortality rates among White women have had less impact on the mortality rates of Black women. Many of these disparities can be reduced through high quality, risk-based preventive care delivered in the primary care setting. The goal of the Risk-Based Approach to Women's Healthcare series is to provide training and support to community providers in using a risk-based approach to breast, bone, heart, and gynecological health for high risk populations, with a focus on women in underserved communities.



### Facilitator:

Jennifer M. Rusiecki, MD

### Sample Curriculum

- Gynecological health: PAP screening guidelines, uterine and ovarian cancer risks and the management of risks
- Genetics in primary care for cancer risk
- Controversies in breast cancer screening and current recommendations
- Evaluation of breast masses, pain, and nipple discharge
- Breast cancer and the role of primary care providers
- Pelvic pain
- Menopause
- Screening recommendations for osteoporosis and bone density testing
- Bone health treatment recommendations
- Cardiovascular health
- Obesity and cancer

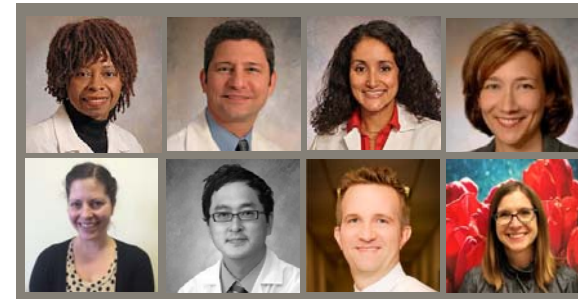
## Serious Mental Illness

Spring/Summer, Wednesdays

An estimated 526,000 adults in Illinois (5.4% of the adult population) had a serious mental illness (SMI) in 2012, which is higher than the national rate of 4%. SMI carries significant rates of morbidity and mortality, including premature mortality of about 25 years compared to the general population. There is a current shortfall of about 2,800 psychiatrists nationally to meet current mental health needs, so solutions aimed at reducing the morbidity and mortality associated with SMI need to focus beyond specialty care. Access to specialty care can be even more challenging for minority populations where the majority of patients are uninsured or under-insured. ECHO-Chicago SMI series aims to build capacity at the primary care level to help PCPs become more competent and comfortable in delivering care to patients with SMI and reducing the burden on specialty mental health care. This series will engage community-based PCPs in advanced training for SMI that builds PCPs' skills and tools to screen, diagnose, and manage SMI.

### Facilitators:

- Doriane Miller, MD
- Daniel Yohanna, MD
- Nancy Beckman, PhD
- Sarah Keedy, PhD
- Barrett Kern, PhD
- Royce Lee, MD
- Jeff Rado, MD
- Angela Rogers, APN, MSN, MPH



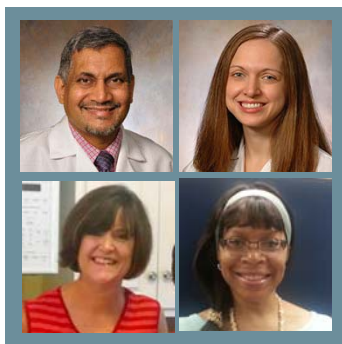
### Sample Curriculum

- Primary Care Challenges for the SMI patients
- Screening for SMI in the Primary Care Setting
- Use of a registry for tracking patients with SMI
- Screening, Brief Intervention and Referral to Treatment (SBIRT) for SMI population
- Partnership with community services supporting SMI patients
- Behavioral Management of SMI patients in Primary Care Settings
- Motivational Interviewing for self-management support
- The Recovery Model in SMI
- Severe Character Pathology in SMI
- Psychotic Disorders
- Affective Disorders

## Complex Pediatric Asthma

Fall/Spring, Thursdays

The ECHO-Chicago curriculum in Complex Pediatric Asthma is designed to expand primary care capacity in diagnosing and managing complex asthma for Chicago's most vulnerable children. In Chicago asthma mortality among children is double the national average and there are high rates of irreversible bronchial obstruction. A disproportionate amount of urban, minority, and underserved youth are affected by asthma. Black children in Chicago have 2-3 times higher prevalence rates and are less likely to receive recommended care than Whites or Hispanics. Evidence-based asthma care guidelines can reduce this morbidity and mortality. The ECHO-Chicago Complex Pediatric Asthma series aims to increase the use of best practices for pediatric asthma in the community and to improve health outcomes for low-income children suffering with asthma in Chicago.



### Facilitators:

- Satyanarayan Hegde, MD
- Anna Volerman, MD
- Jeanine Cheatham, MS, APN, PCNS-BC
- Crystal Stevenson

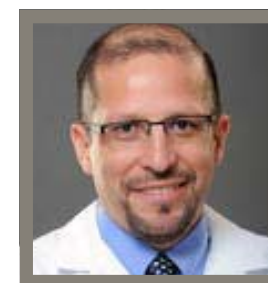
### Sample Curriculum

- The epidemiology and biology of asthma
- Asthma diagnosis and monitoring: definitions, history, and investigations
- Lung function testing
- Assessing asthma severity
- Pharmaceutical therapy
- Environmental control
- Patient and family education
- Schools and community partner education
- Control of asthma symptoms
- Conditions that mimic asthma
- Conditions that coexist with asthma
- Therapy resistant asthma

## Pediatric Attention Deficit Hyperactivity Disorder

Spring/Fall, Thursdays

ADHD is one of the most common chronic childhood disorders in the US. It is estimated that 9% of children ages 3—17 have a diagnosis of ADHD. Poverty further increases a child's risk for ADHD, with greater prevalence among children living below the poverty level. Disparities in access to care for children living with ADHD are linked to race/ethnicity. African-American boys living in poverty are the most likely to be referred for mental health services and among the least likely to receive these services. ECHO-Chicago training provides primary care providers with the skills and knowledge to deliver care to children at risk for ADHD in their local community health center.



### Facilitator:

Cesar Ochoa-Lubinoff, MD

### Sample Curriculum

- Making the diagnosis of ADHD in Primary Care Practice: AAP ADHD Guidelines
- Behavioral Interventions
- Medication Management, Part I: Stimulants
- Medication Management, Part II: Second Line Medications
- ADHD & Sleep
- Complementary Alternative Medicine Interventions
- Management of Children & Youth with Disruptive Behaviors & ADHD
- Management of Children & Youth with Learning Problems & ADHD
- Management of Children & Youth with Anxiety and/or Depression & ADHD
- Diagnosis & Treatment of ADHD in Preschool Children
- Practice Systems—Screening, Diagnoses, & Treatment of ADHD in the Primary Care Office
- ADHD in Adults

## Pediatric Obesity & Comorbidities

### Spring/Fall, Fridays

The ECHO-Chicago curriculum on childhood obesity and comorbidities is designed in response to the growing number of children who are overweight or obese. An estimated 32% of children in the U.S. are overweight or obese, with even greater prevalence among children living below the poverty level. Childhood obesity is linked to a number of serious risks and conditions and the problem has received widespread attention in recent years. Unfortunately, effective solutions are scarce. The goal of this curriculum is to provide primary care providers with increased skills and knowledge to screen and treat children for obesity and related comorbidities and improve the long term health outcomes for Illinois children.



**Facilitator:**  
Goutham Rao, MD

#### Sample Curriculum

- Childhood obesity: Practical primary care approaches and the scope of the problem
- Hypertension diagnosis and epidemiology
- Hypertension evaluation
- Hypertension treatment
- Hyperlipidemia, impaired glucose metabolism, and polycystic ovaries
- Psychosocial problems
- Raising and discussing weight with a child and family
- Nutrition and physical activity and the 5As paradigm
- Secondary causes of obesity in children
- Pharmacotherapy and surgical treatment for obesity in adolescents
- Advocacy for a healthier built environment
- Sleep apnea

## 2018 Series—Summer & Fall

### Summer (May to July)

Series	Day/Time
Attention Deficit Hyperactivity Disorder	Thursdays 8:00—9:00 a.m.
Complex Pediatric Asthma	Thursdays 8:00—9:00 a.m.
Hepatitis C	Fridays 8:00—9:00 a.m.
Hepatitis C Case Management & Clinical Capacity Building	Fridays 9:30—10:30 a.m.
Resistant Hypertension	Mondays 8:00—9:00 a.m.
Risk-Based Women's Health	Wednesdays 8:00—9:00 a.m.

### Fall (August to October)

Series	Day/Time
Behavioral Health Integration - Management of Common Psychiatric Issues in Primary Care	Thursdays 8:00—9:00 a.m.
Geriatrics	Tuesdays 8:00—9:00 a.m.
Hepatitis C	Fridays 8:00—9:00 a.m.
Opioid Use Disorder	Wednesdays 8:00—9:00 a.m.
Pediatric Obesity & Comorbidities	Fridays 8:00—9:00 a.m.
Serious Mental Illness	Wednesdays 8:00—9:00 a.m.

Visit [www.echo-chicago.org](http://www.echo-chicago.org) or call 773-702-2213 to register.





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5841 S Maryland Ave, MC 6082

Chicago, IL 60637

(773) 702-2213

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