

ANNUAL REPORT

FY2018

7/1/17-6/30/18



AT THE FOREFRONT
UChicago
Medicine

About ECHO-Chicago

The Extension for Community Health Outcomes (ECHO) is an innovative approach to building primary care capacity at community and academic health centers. ECHO facilitates workforce development by providing advanced training for community-based primary care providers that increases their use of best care practices 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 in partnership with community-based healthcare providers to engage in case-based learning and disease management for communities with limited resources.

Accelerating knowledge transfer...



- ECHO-Chicago capacity building training focuses on the most common, complex chronic conditions. We currently offer training in 16 areas, spanning a range of adult and pediatric physical and mental health conditions.
- Series are usually comprised of 10-15 sessions. Each weekly, hour-long session includes a 20 minute didactic followed by participant-led case presentations.
- Participants receive guidance and support on managing challenging patient cases both from subject matter experts and their peers.
- There is no cost to participate. There is no need to travel, as training is provided via interactive videoconferencing.
- Activities are approved for AMA PRA Category 1 Credits™ (CME), MOC Part II, and CEUs.

...to transform community healthcare

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. Patients 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.



Directors' Welcome

FY18 Milestones



15th
topic area
launched



1000th
provider
trained



250th
health care
site
participated

This year, ECHO-Chicago reached a number of important milestones. First, with the addition of three new series, ECHO-Chicago has now launched capacity building training in 15 different topic areas. The addition of series focused on opioid use disorder and serious mental illness mark an important expansion of our programming in behavioral health areas. The new Comprehensive Care Learning Collaborative series helped make ECHO-Chicago international, bringing groups from around the world together to share and discuss models of care for patients at increased risk of hospitalization. We are excited to announce a new Childhood Adversity and Trauma series that launched in September 2018 and an upcoming new series focused on adolescent health, which will launch in February 2019.

ECHO-Chicago also passed important participation milestones this year. Over the course of FY18, 347 health care providers participated in training, including 224 providers that were new to the ECHO-Chicago network. With this growth, ECHO-Chicago has now exceeded 1000 providers trained to date. Our participants from this year provide care across 179 different health care sites that are part of 72 organizations. Nearly half of these health care sites had not previously participated in ECHO-Chicago training. With these additional sites, the ECHO-Chicago network has now expanded beyond 250 health care sites.

The impact of ECHO-Chicago also continues to grow. This year, nearly 90% of participants showed an increase in self-efficacy after completing capacity building training as compared to baseline (up from 83% last year). Large self-efficacy increases were seen in two-thirds of our participants.

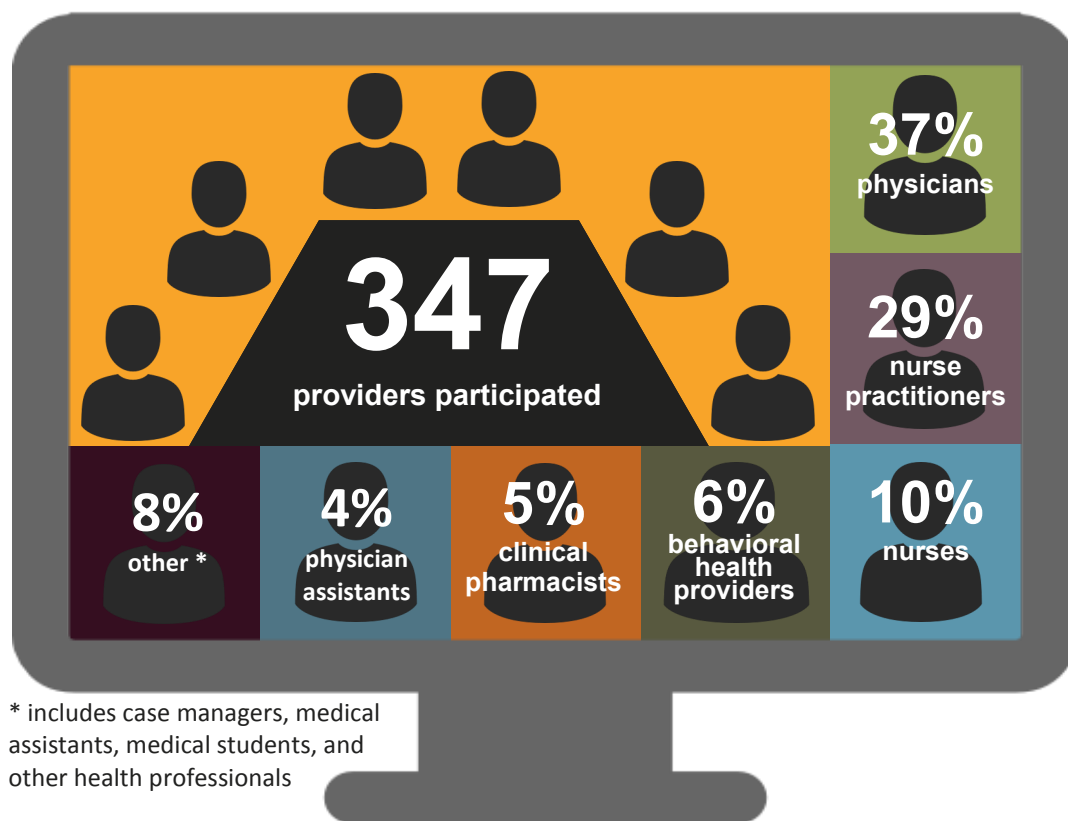
ECHO-Chicago would not be where it is today without your contributions. Thank you for your continued interest, support, and collaboration. We look forward to our continued work together in the coming year and beyond.

Sincerely,

Daniel Johnson, MD
Director

Karen Lee, MS
Executive Director

FY18 Participation Highlights

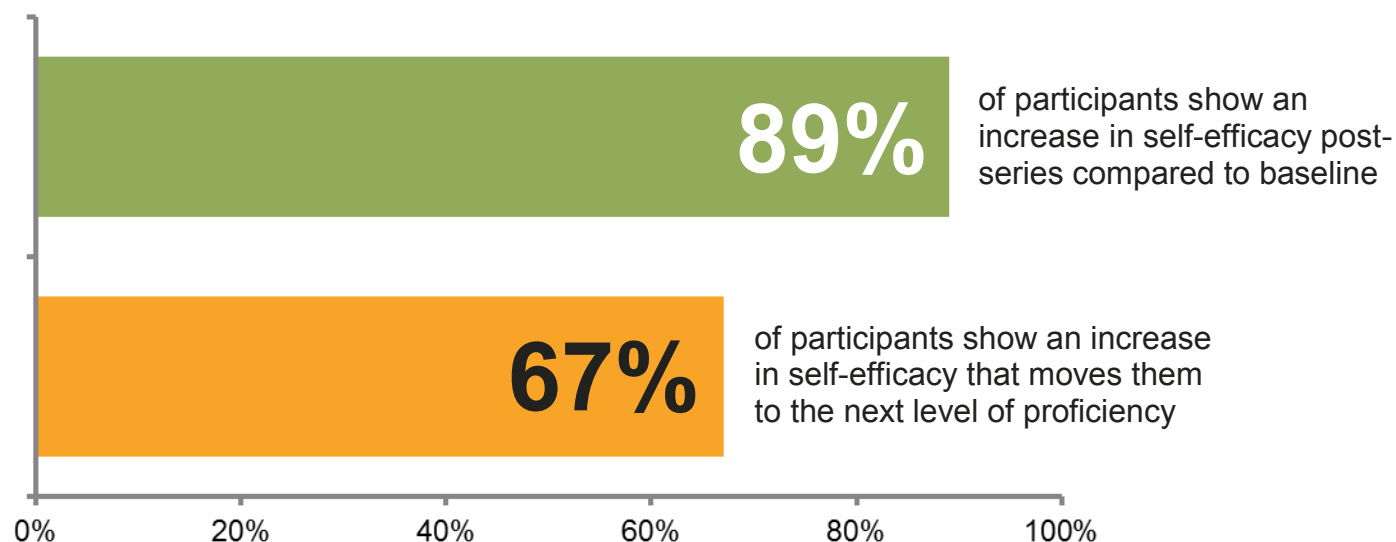


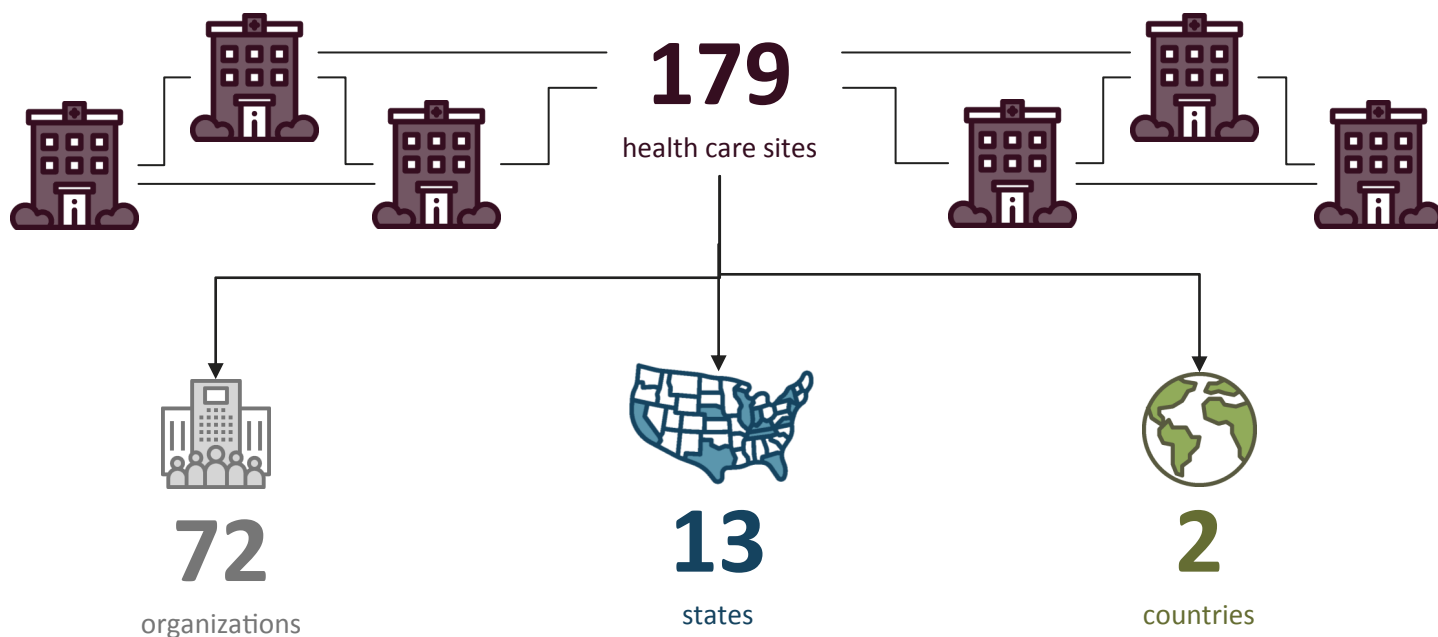
74%
of participants completed the series (attended at least 75% of sessions)

224
participants were new to ECHO-Chicago

1,076
CME hours awarded to ECHO-Chicago participants

25%
of participants enrolled in more than one ECHO-Chicago series over the year





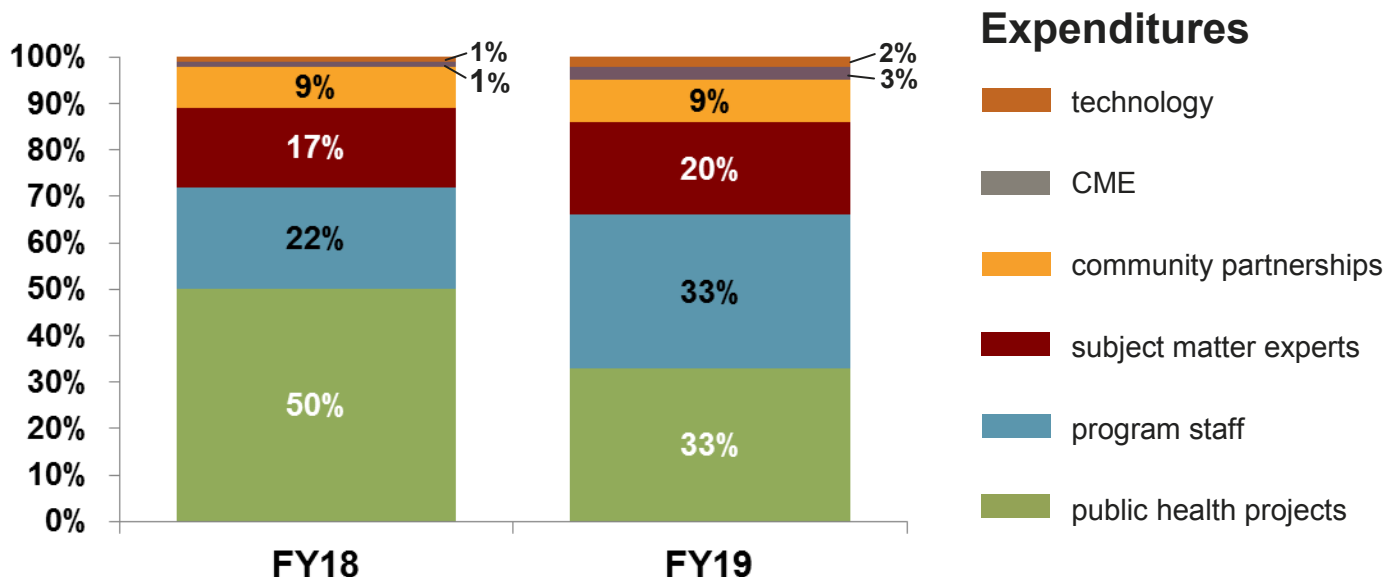
Across the Chicagoland area...

ACCESS • Alivio Medical Center • AllianceChicago • Ann & Robert H. Lurie Children's Hospital of Chicago • Beloved Community Family Wellness Center • Chicago Family Health Center • Chicago Health Medical Group • Cicero School District 99 • Community Health Care Inc. • CommunityHealth • Crusader Community Health • Erie Family Health Centers • Esperanza Health Center • Family Christian Health Center • Family Health Partnership Clinic • Friend Family Health Center • Heartland Alliance Health • Heartland Health Centers • Howard Brown Health Center • Illinois Department of Public Health • La Rabida Children's Hospital • LaGrange Area Department of Special Education • Lake County Health Department • Lawndale Christian Health Center • Macneal Family Medicine Center • Mercy Family Health Center • Mile Square Health Center • Near North Health Services • Northwestern Street Health • PCC Community Wellness Center • Salud LatinX • St. Bernard Hospital • Symphony • Town & Country Pediatrics • Trilogy Behavioral Prep High School • VNA Health Care • Walgreens

ABC Pediatric Clinic, Houston, TX • Adventist Health Clinic, Lemoore, CA • Arthur Avenue Pediatrics, Bronx, NY • Banyan Health Center, Miami, FL • Christiana Care Hospital, Newark, DE • Community Health Care Clinic, Normal, IL • Dayspring Family Health Center, Jelico, TN • Eagle View Community Health, Oquawka, IL • Franciscan Physician Network, Michigan City, IN • HealthLinc Community Health Centers, Valparaiso, IN • Heart City Health Center, Elkhart, IN • Kathleen Ennabi Pediatrics, Hopewell Junction, NY • Lincoln Pediatric Group, Lincoln, NE • Medical College of Wisconsin, Milwaukee, WI • Memorial Hermann Medical Group, Katy, TX • Mid-Atlantic Permanente Medical Group, Rockville, MD • National University Hospital Singapore • Perez-Grossman LLC, Miami, FL • ProHealth Medical Group, Pekin, IL • Purdue University, West Lafayette, IN • Riverside Medical Center, Kankakee, IL • Southern Illinois Healthcare, Carbondale, IL • Southern Illinois University, Carbondale, IL • University of Kentucky Healthcare, Lexington, KY • Vanderbilt University Medical Center, Nashville, TN • Wilmington Adult Medicine, Wilmington, DE

...and beyond

FY18 Financials

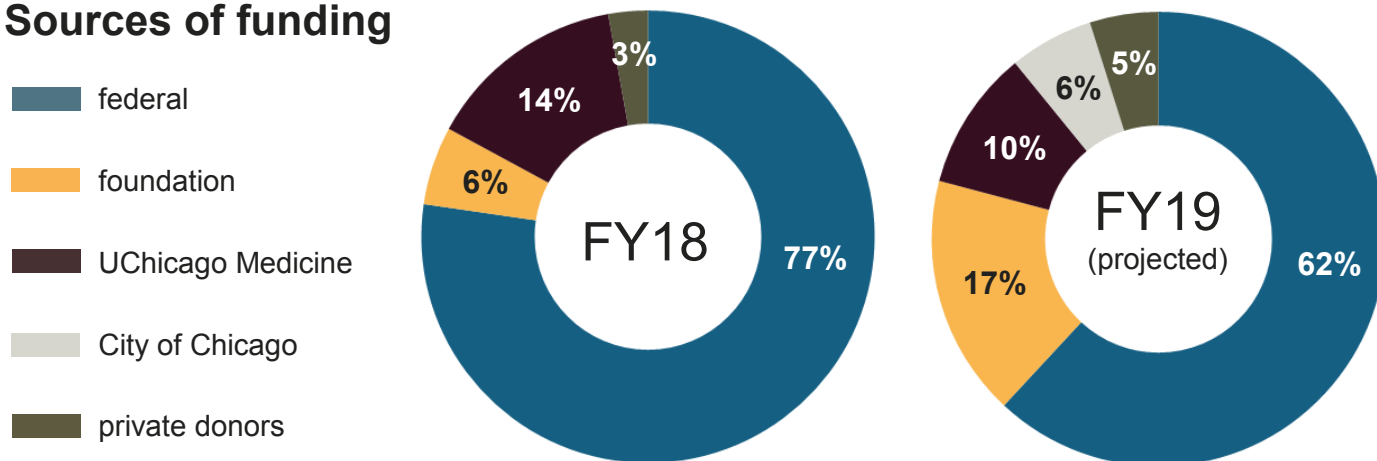


ECHO-Chicago was made possible by the generous support of our many FY18 donors

Agency for Healthcare Research and Quality
 Centers for Disease Control and Prevention
 Centers for Medicare and Medicaid Services
 Chicago Department of Public Health
 Grant Healthcare Foundation
 Health Resources and Services Administration
 Illinois Primary Healthcare Association

Lloyd A. Fry Foundation
 Northern Trust Charitable Trust
 Otho S.A. Sprague Memorial Institute
 Prince Charitable Trusts
 Dr. Petra Rissman and Randy O. Rissman
 UChicago Medicine Comer Children's Hospital
 UChicago Medicine Urban Health Initiative

Sources of funding



Pediatric Series FY18 Highlights



25th

organization
participated

Complex Pediatric Asthma: Beyond the Guidelines

In Chicago, 1 in 7 children have asthma, with much higher rates in communities of color. This series provides knowledge beyond the guidelines to help primary care providers diagnose and manage complex asthma for Chicago's most vulnerable children. We share best practices for the diagnosis, treatment, symptom control, and related comorbidities of the most complex cases of pediatric asthma.

Facilitators: Satyanarayan Hegde, MD; Anna Volerman, MD; Jeanine Cheatham, MS, APN, PCNS-BC, Sigrid Tandy, CHW; Lolita Smith, MSW

Pediatric Attention Deficit Hyperactivity Disorder

It is estimated that 9% of children ages 3—17 have a diagnosis of ADHD, with higher rates in low-income communities. ADHD has been linked to behavioral problems, academic underachievement, low self-esteem, social difficulties, motor vehicle accidents, and substance abuse. Our series curriculum touches on everything from behavioral interventions to medication prescription and management, alternative medical options for treatment, and the impact of ADHD on sleep.

Facilitator: Cesar Ochoa-Lubinoff, MD



175th

case presented



200th

provider trained

Pediatric Obesity and Co-morbidities

Nearly one-third of children in the U.S. are overweight or obese, with even higher rates among children living in poverty. As a result, rates of obesity-related health conditions have also been rising, many of which were once considered to only impact adults. This series provides practical strategies and best practices for managing weight and comorbidities and for navigating conversations about weight in the primary care setting.

Facilitators: Goutham Rao, MD

Childhood Adversity & Trauma

Adverse Childhood Experiences (ACEs) are stressful or traumatic events that may result from violence, abuse, neglect, loss, disaster, or other emotionally harmful experiences. ACEs have been linked to developmental delays, high risk behaviors, lifelong chronic health conditions, and premature death. This series provides primary care providers with strategies for implementing trauma-informed practices to assess and address ACEs.

Facilitators: Audrey Stillerman, MD, ABFM, ABIHM; Claire Coyne, PhD, Barbara Bayldon, MD; Colleen Cicchetti, PhD; Nia Heard-Garris, MD



New

topic area for FY19

Adult Series FY18 Highlights

Behavioral Health: Common Psychiatric Issues

There is a widespread need for comprehensive mental health care, yet patients often do not know where to seek care and are concerned about associated out-of-pocket costs. This series delves into symptom identification, diagnosis, medication management, and non-pharmacological approaches to treatment, including motivational interviewing, so that more first line behavioral health care can be provided in the primary care setting.

Facilitators: Jeffrey Rado, MD, MPH; Laura Donnan, LCSW, MPH; Lauren Shapiro, PsyD; Bradley Stolbach, PhD; Daniel Yohanna, MD



50th

provider trained



New

topic area launched

Comprehensive Care Learning Collaborative

With healthcare costs rapidly increasing, care is becoming more and more fragmented—especially for those who are hospitalized. This series focuses on the care of patients at increased risk of hospitalization. Multiple strategies and care models for this patient population are discussed, including the University of Chicago's Comprehensive Care Program.

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

Geriatrics - Primary Care & Skilled Nursing Facilities

Older adults contend with elevated rates of diabetes, hypertension, respiratory disease, arthritis, and other chronic conditions, which can lead to disability, functional loss, and cognitive decline. We offer separate series for two audiences – primary care providers and skilled nursing facility staff. The primary care series covers assessment and screening, polypharmacy and medication reconciliation, fall risk assessment, and end-of-life issues. The skilled nursing facility series covers communication and documentation, transition of care, common medical conditions, medication use and misuse, behavior management, and advanced care planning.

Facilitators: Katherine Thompson, MD; Christina Bernhardt, LCSW; Lauren Gleason, MD; Stacie Levine, MD; Monica Long, RN; Patricia MacClarence, LCSW; Michelle Martincheck, MD



100th

case presented



200th

provider trained

Resistant Hypertension

Hypertension is recognized as a major contributing factor of heart disease as well as declining kidney function. Untreated, hypertension can lead to fatal strokes, heart attacks, and heart or kidney failure. This series addresses the new hypertension guidelines and best practices, including proper techniques for obtaining accurate BP readings, medication management, important dietary changes, and patient adherence to treatment.

Facilitator: George Bakris, MD



Hepatitis C—Primary Care & Case Management

Hepatitis C (HCV) has surpassed HIV/AIDS as the leading chronic viral infection leading to death in the US. Luckily, early detection and treatment can reduce morbidity and mortality and maximize the benefits of emerging treatment options. We offer series for two audiences – primary care providers and case management teams. Training for primary care providers centers on HCV risk assessment, testing, diagnosis, counseling, staging, treatment, and ongoing monitoring. Our case management series provides best practices for strengthening existing HCV programming and a toolkit for tailoring an HCV workflow for each clinic.

Facilitators: Andrew Aronsohn, MD; Colleen Blackshear, PharmD; Maggie Kaufmann, MA, MPH; Jill Wolf, LCSW

Opioid Use Disorder

Opioid use disorder has been identified nationally as an epidemic. Fatal overdoses are now the leading cause of death in people under the age of 50. Evidence-based treatments, such as Medication Assisted Treatment (MAT), are highly effective in helping patients achieve long term recovery and substantially reduce their risk of overdose or relapse. This series equips primary care providers who are beginning MAT prescribers with the skills they need to provide care to patients suffering from addiction.

Facilitators: Beth Dunlap, MD; George Weyer, MD; Kimberly Watts, LCSW, MSW, CADC



New

topic area launched



Risk-based Approach to Women's Health

A disproportionate disease burden exists among women who are racial or ethnic minorities. For example, in Chicago, disparities in breast cancer mortality between white women and black women have increased since the late 1990's. This series discusses the assessment and management of the multiple, complex risk factors that women often experience. Topics include gynecological health, cardiovascular health, bone health, menopause, and genetic risk factors for cancer.

Facilitator: Jennifer Rusiecki, MD

Serious Mental Illness

One in 20 adults in Illinois has a serious mental illness (SMI). SMI carries significant rates of morbidity and mortality, including premature death of about 25 years compared to the general population. This series helps primary care providers become more competent and comfortable delivering care to patients living with SMI. Topics include screening, diagnosis, behavioral management, motivational interviewing, and brief intervention models.

Facilitators: Doriane Miller, MD; Daniel Yohanna, MD; Sarah Keedy, PhD; Royce Lee, MD; Jeffrey Rado, MD, MPH; Angela Rogers, APN, MSN, MPH



New

topic area launched

The Impact of ECHO-Chicago

Using ECHO-Chicago Infrastructure to Advance Programming

A number of public health initiatives have leveraged ECHO-Chicago infrastructure to build capacity among the healthcare workforce in order to increase access to quality care and improve health outcomes.



The Hepatitis C Community Alliance to Test and Treat (HepCCATT) is an unprecedented public health collaboration led by 12 partners across the city of Chicago. A model initiative, HepCCATT is funded by a 5-year cooperative agreement (5NU51PS004607) between the Centers for Disease Control and Prevention (CDC) and ECHO-Chicago. The mission is to significantly reduce the number of people with undiagnosed and untreated hepatitis C infections among Chicago's most highly affected communities, through provider training, public awareness, advocacy, case management, and data collection. Now in its fifth year, the HepCCATT coalition consists of 19 health care systems in Chicago that are, or will be, submitting data electronically into the hepatitis C public health registry.



The Comprehensive Care Learning Collaborative (CCLC) shares models for the care of patients at increased risk of hospitalization, including the University of Chicago's Comprehensive Care Program (CCP). The CCP enrolls patients at increased risk of hospitalization who then receive both inpatient and outpatient care from a single physician. The program began in 2013 as a randomized controlled trial that has since enrolled over 2300 patients. Initial results indicate the potential for substantial reductions in total health care costs and significant improvements in patient satisfaction and mental health ratings. The CCLC ECHO series aims to improve patient care, assist with the progression toward Transforming Clinical Practice Initiative milestones related to patients at high risk of hospitalization, and prepare for Merit-based Incentive Payment System Improvement Activity requirements.



The South Side is one of the greatest medically underserved communities in the United States, with the ratio of primary care providers to residents in neighborhoods being less than half of the Chicago average. ECHO-Chicago and the South Side Healthy Aging Resource Experts (SHARE) Network partner to improve health outcomes for older adults on Chicago's South Side by creating a network of care providers who share resources and education with funding from HRSA and the Geriatrics Workforce Enhancement Program (GWEP). A Skilled Nursing Facility (SNF) component was added in FY17 to meet this goal.



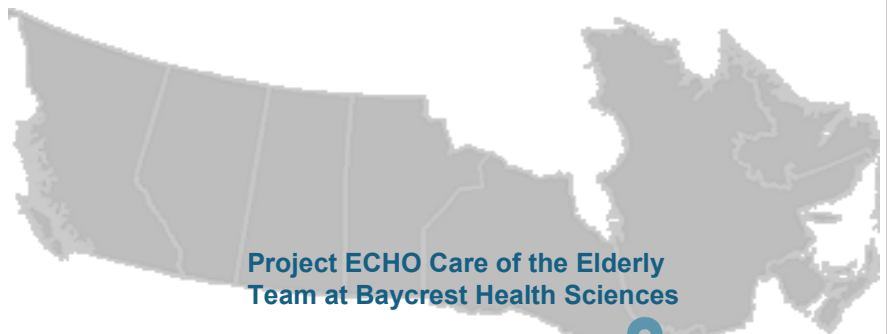
ECHO-Chicago is working with the South Side Pediatric Asthma Center and Urban Health Initiative's (UHI) Pediatric Asthma Community Health Worker to improve asthma management care in underserved communities across Chicago. This HRSA-funded ECHO project leverages the ECHO-Chicago infrastructure to build capacity for the management of complex pediatric asthma among community-based PCPs and improve their use of evidence-based asthma management practices.



Mentoring Programs Across the U.S. and Around the World

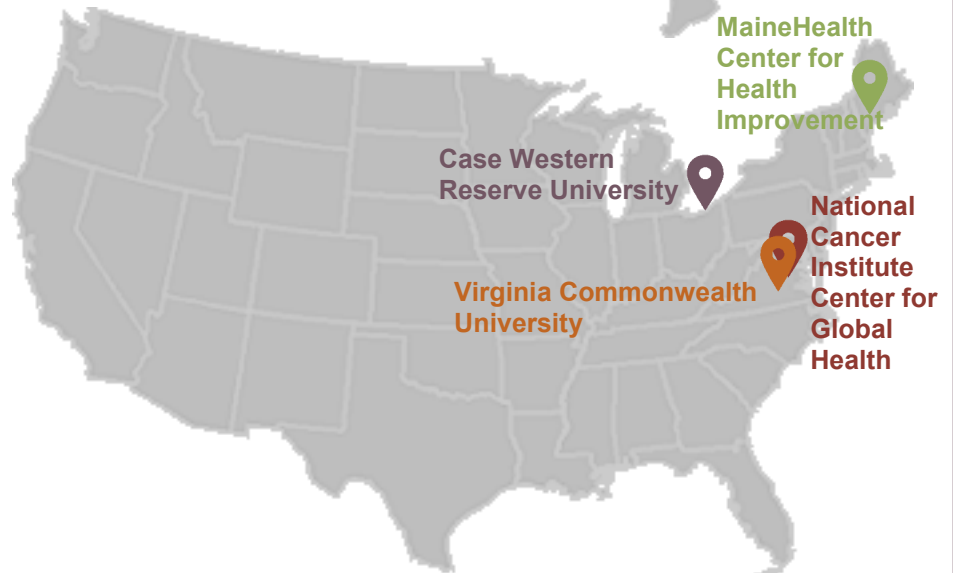
As one of 12 ECHO Superhubs- and the longest running urban ECHO program in the world - ECHO-Chicago provides training and mentorship to existing ECHO programs or to groups that are interested in starting their own ECHO programs. Here are some of the programs that we worked with in FY18.

 **Canada**



**Project ECHO Care of the Elderly
Team at Baycrest Health Sciences**

 **United States**



**MaineHealth
Center for
Health
Improvement**

**Case Western
Reserve University**

**Virginia Commonwealth
University**

**National
Cancer
Institute
Center for
Global
Health**



Australia



**Children's Health
Queensland Hospital and
Health Service**

The ECHO-Chicago Staff



Daniel Johnson, MD
Director



Karen Lee, MS
Executive Director



Kanika Mittal, MS
Director of Operations



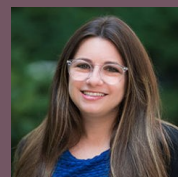
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