

PENN STATE PROJECT ECHO

Using technology, not proximity, to **connect and share knowledge.**

Project ECHO (Extension for Community Healthcare Outcomes) at Penn State uses a telementoring model to connect specialists with community providers across Pennsylvania and beyond. Together, they discuss de-identified patient cases and develop recommendations for care. Over time, community health providers become the experts, and fewer patients have to travel for specialized services.

The heart of the ECHO model™ is this hub-and-spoke, knowledge-sharing system. It is not telemedicine, where outside specialists assume the care of the patient. Instead, it is a guided, virtual learning community aimed at practice improvement: providers receive mentoring and feedback, strengthen their skillset related to more complex cases, and retain responsibility for their patients. As a result, patients get the high-quality care they need, when they need it, and close to home.

To date, ECHO programs have largely focused on disseminating chronic disease management information to community clinics. However, the ECHO movement's explosive growth to 218 institutions nationally and 37 countries across the globe provides the opportunity for outstanding responsiveness in the setting of a pandemic, such as for COVID-19.

Project ECHO is uniquely positioned to connect medical and policy expertise to health systems, hospitals, clinical providers and communities during an infectious disease outbreak. By utilizing a hub-and-spoke model, ECHO can provide rapid support in knowledge dissemination of the latest outbreak updates as well as assist with adapting guidelines into practice. Community clinics and clinical providers benefit from this expertise as well as standardization of approaches to address outbreaks, ensuring communities receive Centers for Disease Control and Prevention (CDC) guideline-concordant care. Additionally, the ECHO model has the ability to reach directly into minority and medically underserved communities, which often have lower rates of health literacy and higher rates of poverty, underinsurance, and lack of health care access.

Recognizing that successful engagement of health systems, providers and communities in CDC guideline-concordant practices during pandemics has the potential to save countless lives, Project ECHO at Penn State launched a COVID-19 ECHO series on March 20 with multiple sessions occurring each week.

“
Helpful information that could save lives... thanks for sharing such life-saving practices.
”
COVID-19 ECHO Participant



“
Thank you very much for your help and for what you all are doing to help us keep in touch with needs on the ground. It is incredibly helpful!
”
COVID-19 ECHO Participant



COVID-19 ECHO

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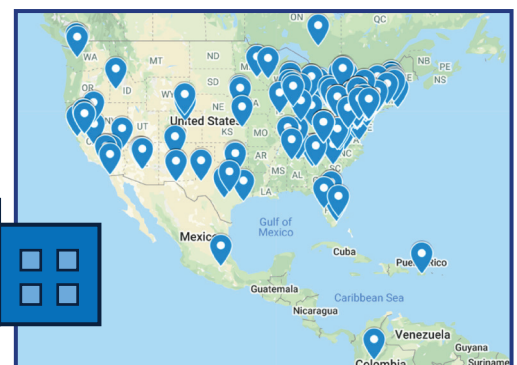
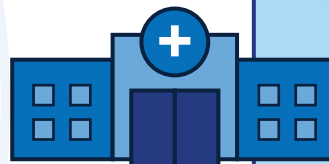
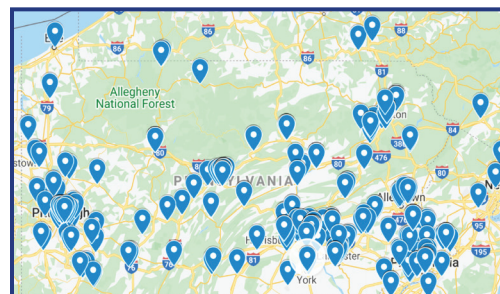
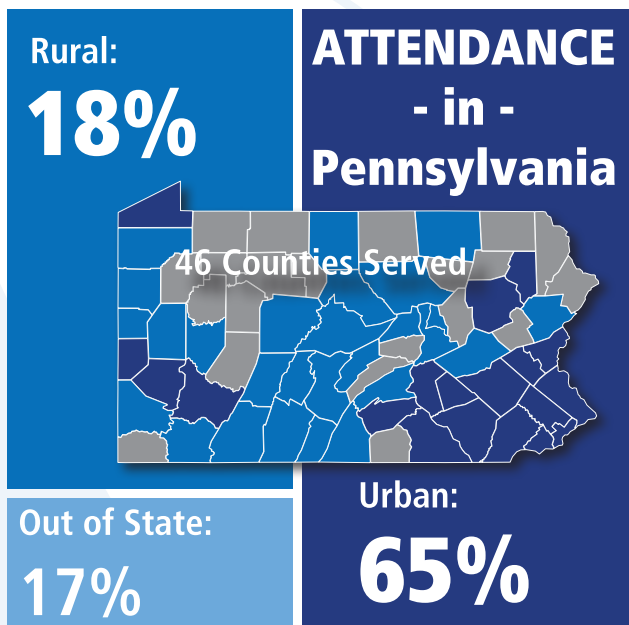
Penn State Project ECHO's COVID-19 Response

The COVID-19 ECHO series at Penn State seeks to inform healthcare providers and administration of the latest best practices in emergency preparedness and patient treatment for COVID-19. Additionally, and in order to reach rural and underserved communities, sessions for community organizations and the general public are being delivered.

Our first community-focused ECHO session has garnered over 1,600 views on YouTube. Project ECHO at Penn State has partnered with REACH (Racial and Ethnic Approaches to Community Health), a national program administered by the Centers for Disease Control and Prevention (CDC) to reduce racial and ethnic health disparities, to offer sessions in Spanish. Our first session delivered in Spanish reached 140 Hispanic community leaders and members via Zoom and Facebook Live.

Session topics are chosen to equip participants with strategies to address challenges presented as a result of the novel coronavirus pandemic. Together, experts and participants collaborate to discuss common scenarios related to diagnosis and care as well as difficult, complex, or challenging presentations of an organization, clinic, hospital, or patient management scenario.

596 PARTICIPANTS REGISTERED IN 28 STATES AND 6 COUNTRIES



Penn State Project ECHO is hosting COVID-19 sessions each week covering multiple topics in emergency preparedness and patient treatment. Register and share: <https://is.gd/COVID19PSU>



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COVID-19 ECHO Series Curriculum

Personal Protective Equipment

Gavin Macgregor-Skinner, BVSc, MSc, MPH, MRCVS
Assistant Professor, Public Health Sciences
Section of Public Health Preparedness
Penn State College of Medicine

Testing & Primary Care Response

Cynthia Chuang, MD, MSc
Chief, Division of General Internal Medicine
Professor of Medicine and Public Health Sciences
Penn State Health Milton S. Hershey Medical Center

Guidance for Hospitalist Sections & Divisions

Ami DeWaters, MD, MSc
Hospitalist, Internal Medicine
Penn State Health Milton S. Hershey Medical Center

Muhammad (Fahad) Khalid, MD
Interim Chief, Division of Hospital Medicine
Penn State Health Milton S. Hershey Medical Center

Communicating with Family & Visitors

James Probolus, MD
Staff Physician, Palliative Medicine
Penn State Health Milton S. Hershey Medical Center

Mental Health Concerns During a Pandemic

Aditya Joshi, MD
Staff Physician, Psychiatry
Penn State Health Milton S. Hershey Medical Center

ICU Care

Lauren Van Scoy, MD
Associate Professor, Department of Medicine
Division of Pulmonary, Allergy and Critical Care Medicine
Associate Professor, Department of Humanities
Penn State Health Milton S. Hershey Medical Center

Home Management Algorithm

Gavin Macgregor-Skinner, BVSc, MSc, MPH, MRCVS
Assistant Professor, Public Health Sciences
Section of Public Health Preparedness
Penn State College of Medicine

PA Nursing Homes: Where Do We Go From Here?

Amy M Westcott, MD MHPE CMD FAAHPM AGSF
Optum Complex Care Management
Medical Director, Pennsylvania and Delaware
Associate Professor, Penn State College of Medicine

Caring for Patients with Opioid Use Disorder

Glenn Buchberger, MD, FAAP
Addiction Medicine Specialist
Staff Physician, Pediatrics and Internal Medicine
Penn State Health Milton S. Hershey Medical Center

Status and Public Health Measures

Ping Du, MD, MS, PhD
Associate Professor, Department of Medicine
Associate Professor, Department of Public Health Sciences
Penn State College of Medicine

Top Questions and Answers

Gavin Macgregor-Skinner, BVSc, MSc, MPH, MRCVS
Assistant Professor, Public Health Sciences
Section of Public Health Preparedness
Penn State College of Medicine

Preventing Burnout for Care Providers

Aditya Joshi, MD
Staff Physician, Psychiatry
Penn State Health Milton S. Hershey Medical Center

Use of Telehealth in Long-Term Care

Steven Handler, MD, PhD, CMD
Medical Director, Long-term Care Health Information Technology
University of Pittsburgh Medical Center (UPMC)

Outpatient Testing and Procedures

Andreas Achilleos, MD
Staff Physician, General Internal Medicine
Penn State Health Milton S. Hershey Medical Center

Crisis Standards of Care

Gavin Macgregor-Skinner, BVSc, MSc, MPH, MRCVS
Assistant Professor, Public Health Sciences
Section of Public Health Preparedness
Penn State College of Medicine

CONTINUED...

Recordings of previous COVID-19 ECHO sessions can be found on our YouTube playlist at:

<https://bit.ly/PSUECHOCOVID-19>



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COVID-19 ECHO Series Curriculum Continued

Treatment During Pregnancy

Jaimey Pauli, MD
Staff Physician, Maternal & Fetal Medicine, Obstetrics & Gynecology
Penn State Health Milton S. Hershey Medical Center

Palliative Care

Kristina Newport, MD, FAAHPM
Director, Palliative Medicine
Associate Professor of Medicine
Penn State College of Medicine

Importance of 4Ms during a Pandemic

Jenny Knecht-Fredo, MSN, CRNP
Advanced Care Practitioner Age-Friendly Care
Penn State College of Nursing

COVID-19 Clinic

Emily Link, MD
Staff Physician, General Internal Medicine
Penn State Health Milton S. Hershey Medical Center

Laurie Nelson, MD

Staff Physician, General Internal Medicine
Penn State Health Milton S. Hershey Medical Center

Medical Student Value-added Roles

Jed Gonzalo, MD, MSc
Associate Dean, Health Systems Education
Associate Professor, Department of Medicine
Associate Professor, Department of Public Health Sciences
Penn State College of Medicine

Research Studies for Patients

Karen Krok, MD, FAASLD
Associate Professor, Department of Medicine
Penn State College of Medicine
Staff Physician, Gastroenterology and Hepatology

Cynthia Chuang, MD, MSc

Chief, Division of General Internal Medicine
Professor of Medicine and Public Health Sciences
Penn State Health Milton S. Hershey Medical Center

Sessions in Spanish

Home Management

William Calo, PhD, JD, MPH
Assistant Professor of Public Health Sciences
Implementation Research Director, Penn State Project ECHO
Penn State College of Medicine

Diabetes Management for COVID-19 Patients

Ariana Pichardo-Lowden, MD
Associate Professor, Department of Medicine
Staff Physician, Division of Endocrinology and Diabetes
Penn State Health Milton S. Hershey Medical Center

Family Resources for Managing Mental Health

Johanna Vidal-Phelan, MD, FAAP
Senior Medical Director, Pediatrics
UPMC

Sessions in Nepalese

Home Management

Tanuja Deveraj, MD
Assistant Professor, General Internal Medicine
Penn State Health Milton S. Hershey Medical Center

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