Project ECHO Nevada: Telehealth for Nevada's Rural Communities

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Office of Statewide Initiatives
Project ECHO Nevada

Objectives

1. Describe the Project ECHO model and history
2. Review the role of Project ECHO in Nevada
3. Examine the impact of ECHO programs
4. Review collaboration with Medicaid and evaluation

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Troy Jorgensen, BS

- Senior Program Manager since 2022
- Joined Project ECHO Nevada in 2016 after completing B.S. in Community Health Sciences
- Passionate about understanding the needs of Nevada's communities and how ECHO can support local providers
- Currently pursuing a Masters in Healthcare Administration at UNLV

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Project ECHO History & Model

What is Telehealth?

Definition - The use of information technology to deliver education, research, and clinical care

What it does – Telehealth is the delivery of clinical services through telecommunications

How it does it - Telehealth moves information electronically to consumers quickly and efficiency without a patient physically seeing a health care provider

- Telehealth initiatives should strengthen rather than compete with other health services

Niles, Nancy J.. Basics of the U. S. Health Care System, Jones & Bartlett Learning, LLC, 2019. ProQuest Ebook Central, http://ebookcentral.proquest.com/lib/knowledgecenter/detail.action?docID=5851490.
Created from knowledge center on 2021-11-30 17:11:54.

Four Elements to Telehealth

1. Its purpose is to provide clinical support.
2. It is intended to overcome geographical barriers, connecting users who are not in the same physical location.
3. It involves the use of various types of information and communication technology (ICT).
4. Its goal is to improve health outcomes.

Four Categories of Telehealth

Synchronous

Video Conference Visits, Phone Calls, Chat Based Interactions

- Electronic Medical Record (EMR) - Gather, store, and communicate clinical data
- Acute Disease, Chronic Disease, and Preventative Care

Asynchronous

Remote Monitoring

- Hospital Based Telemedicine

Technology enabled

- Robotic Surgery
- Artificial Intelligence - data interpterion, diagnostics, and therapeutics (devices and sensors)

Telementoring

- Project ECHO

https://www.americantelemed.org/resource/why-telemedicine/

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What is Project ECHO?

- Project ECHO is a form of telehealth that maximizes scarce specialty care resources
- Connects specialists/subject matter experts with healthcare professionals for case consultation and continuing education
- Primary focus is on case-based education to master complexity and increase capacity

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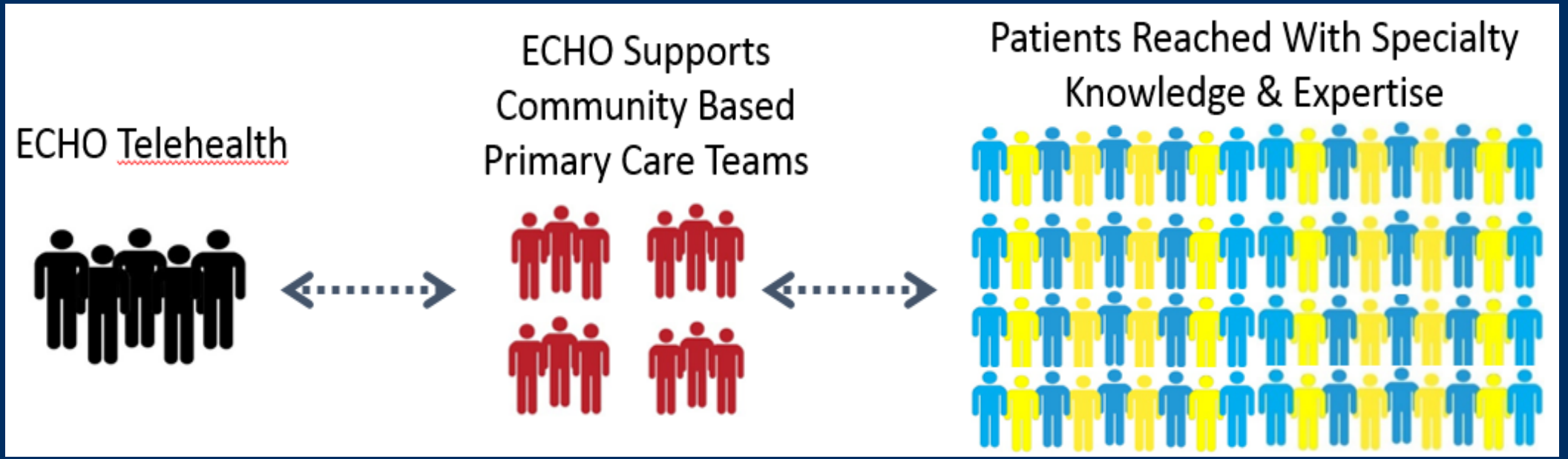
Telemedicine vs. Project ECHO



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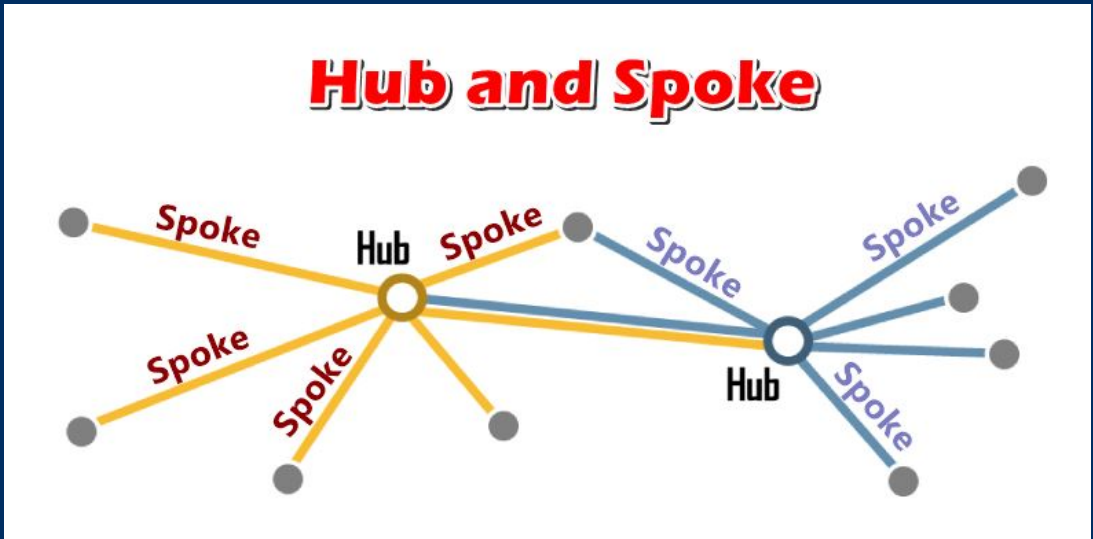
Hub and Spoke Model

Hub team includes:

- Facilitators & staff
- Multidisciplinary team of Subject Matter Experts (SME)

Spokes include:

- Healthcare professionals
- Interdisciplinary care teams
- Social services professionals
- Community health workers



Learning Loop/ATAL

Role of Project ECHO Nevada

- Support healthcare professionals in rural and underserved areas through teleconsultation with subject matter experts
- Respond to needs of local community through development of new programs to meet those needs
- Collaborate with various state, regional, and national partners to administer programs
  - Recruitment of subject matter experts that may not exist in Nevada
- Connect healthcare professionals with resources from across the state and region

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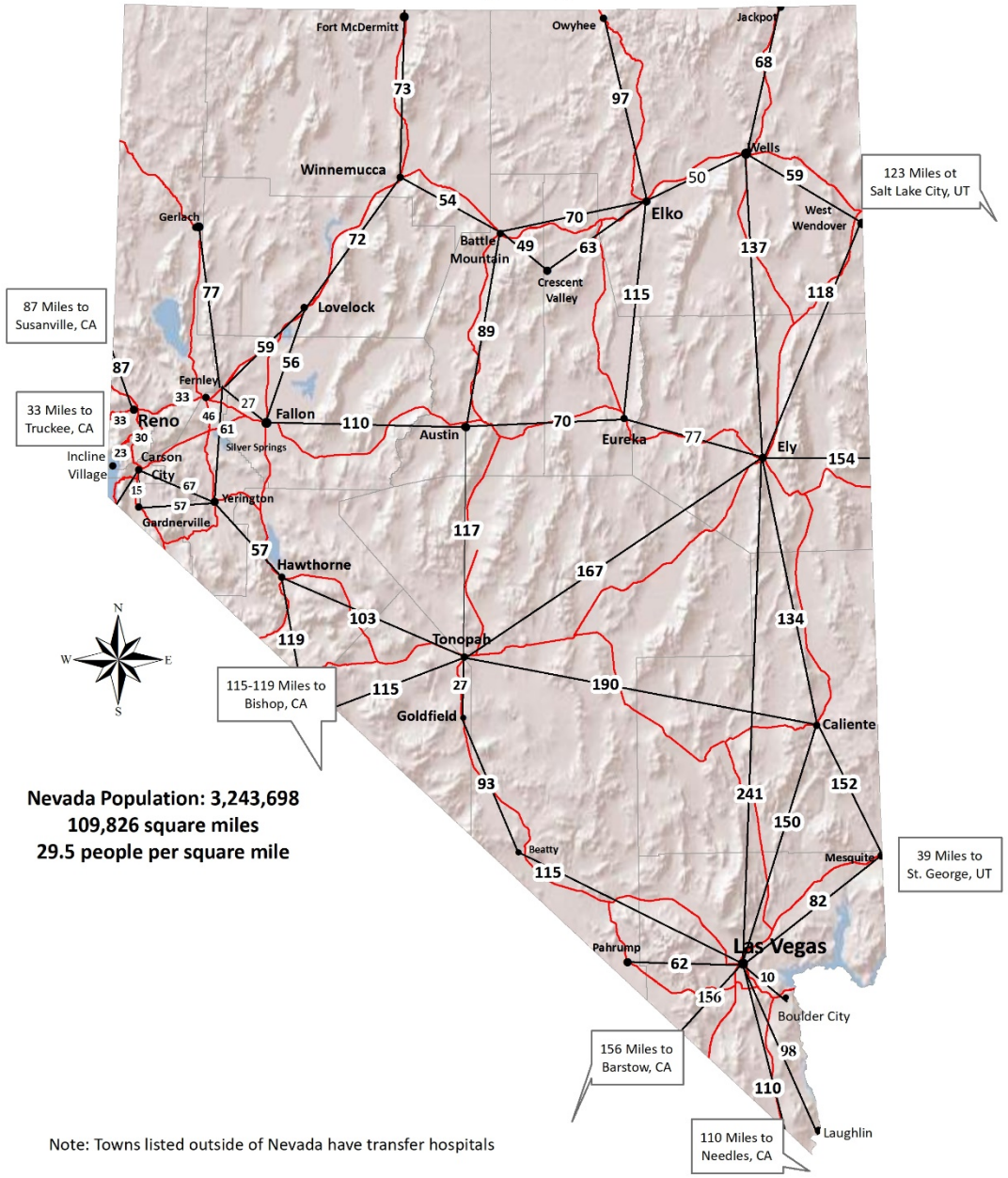
Nevada Mileage Diagram

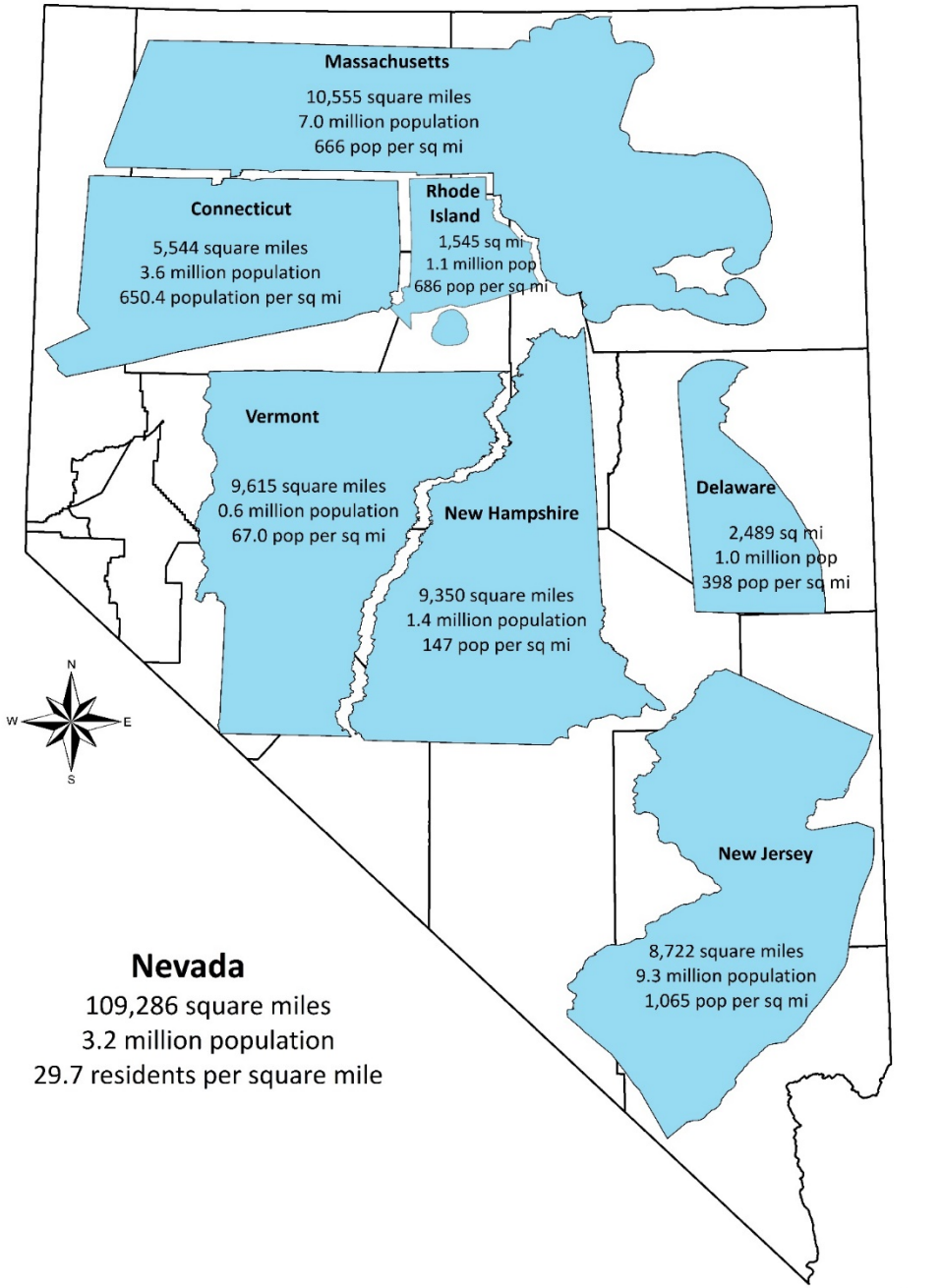


Nevada Population: 3,243,698
109,826 square miles
29.5 people per square mile

Note: Towns listed outside of Nevada have transfer hospitals

Source: Office of Statewide Initiatives (2022).

Map 5: Visualizing the Population of Seven Eastern States Within Nevada



Nevada
109,286 square miles
3.2 million population
29.7 residents per square mile

Source: Office of Statewide Initiatives (2023).

Our Team

NORTHERN NEVADA HOPES *your partner in health.*

KIRK KERKORIAN SCHOOL OF MEDICINE
UNLV

NEVADA ADVANCED PAIN SPECIALISTS
CENTER FOR INJURY REHABILITATION

1993 2023
30 YEARS OF AGING WELL

Sanford Center for Aging

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What We Offer

- Access to specialists and subject matter experts
  - Synchronous (real-time) case review with clinical subject matter experts
- Connection with colleagues and friends across the state
- Free CME/CEU credits for attending
  - *AMA PRA Category 1*
  - Nursing
  - MFT/CPC
  - Pharmacy
  - Social Work
  - Psychology
- Didactics/handouts/resources
  - References and Resources BOX™ folder with previous presentations (slides, handouts, resources, etc.)
- Access to previously recorded sessions in our OnDemand Library

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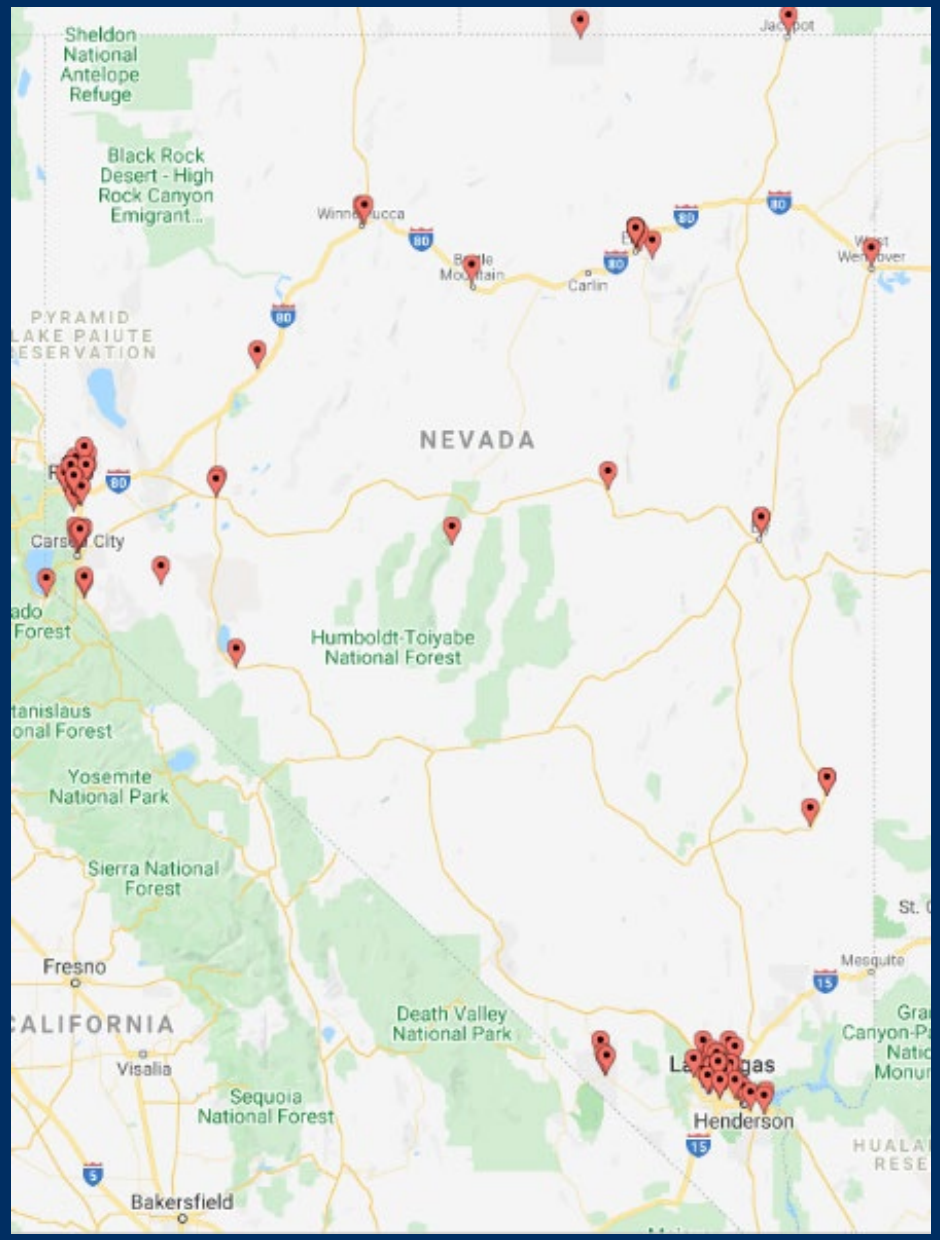
Impact of Project ECHO Nevada

Project ECHO Nevada Impact - 2019



PROJECT ECHO NEVADA | 2019 ANNUAL REPORT

The purpose of **Project ECHO Nevada** is to expand the capacity of health professionals to effectively treat chronic, common and complex health conditions in underserved populations throughout Nevada.

146 CLINICS ADDRESSING **20** TOPIC AREAS

INCLUDING NEW CLINICS ON **PALLIATIVE CARE AND NUTRITION**

493 HEALTH CARE EXPERTS

2,972 LEARNERS BASED IN NEVADA, ARIZONA, CALIFORNIA AND DELAWARE

75 CASE PRESENTATIONS REVIEWED AND CONSULTED ON BY MEDICAL EXPERTS RELATED TO DIABETES/ENDOCRINE (21), PAIN MANAGEMENT (19) AND MEDICATION ASSISTED TREATMENT (13)

480 CME CREDITS DELIVERED

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Project ECHO

Attendance – BY – Geography

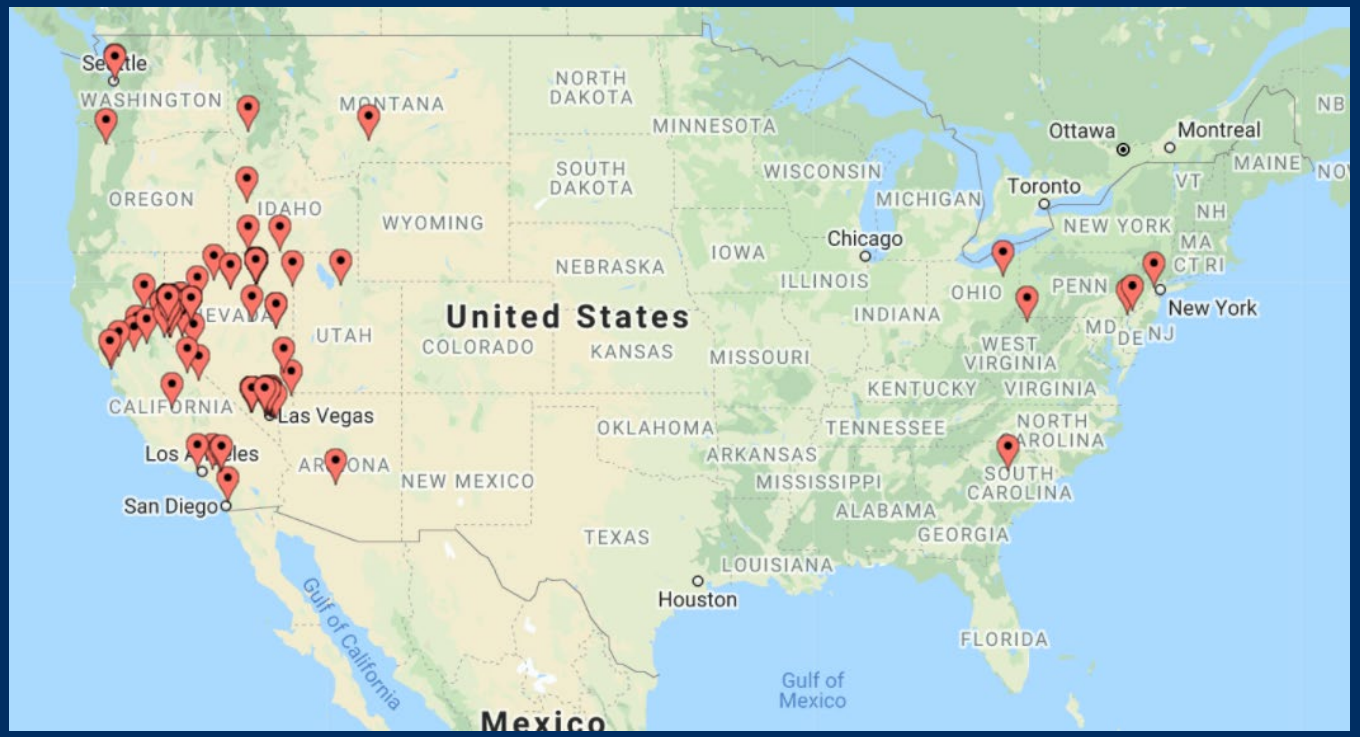
RURAL NV: 20.3% | **URBAN NV:** 74.3%

OUT OF STATE: 5.4%

ENGAGE with COMMUNITY 2020 22

Project ECHO Nevada is fully integrated into the University of Nevada, Reno School of Medicine's strategic priority to expand our clinical platform to improve access to quality care for Nevadans while enhancing medical education.

Project ECHO Nevada Impact - 2020



PROJECT ECHO NEVADA | 2020 ANNUAL REPORT

The purpose of **Project ECHO Nevada** is to expand the capacity of health professionals to effectively treat chronic, common and complex health conditions in underserved populations throughout Nevada.

261 CLINICS ADDRESSING **20** TOPIC AREAS

INCLUDING NEW CLINICS ON **COVID-19, HIV, AND CANCER SURVIVORSHIP**

949 HEALTH CARE EXPERTS

5,000 LEARNERS

MORE THAN A 50% INCREASE IN BOTH **EXPERTS** AND **LEARNERS** OVER THE PREVIOUS YEAR

91 CASE PRESENTATIONS

REVIEWED AND CONSULTED ON BY SUBJECT MATTER EXPERTS

1,358 CME HOURS DELIVERED

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Attendance – BY – Geography

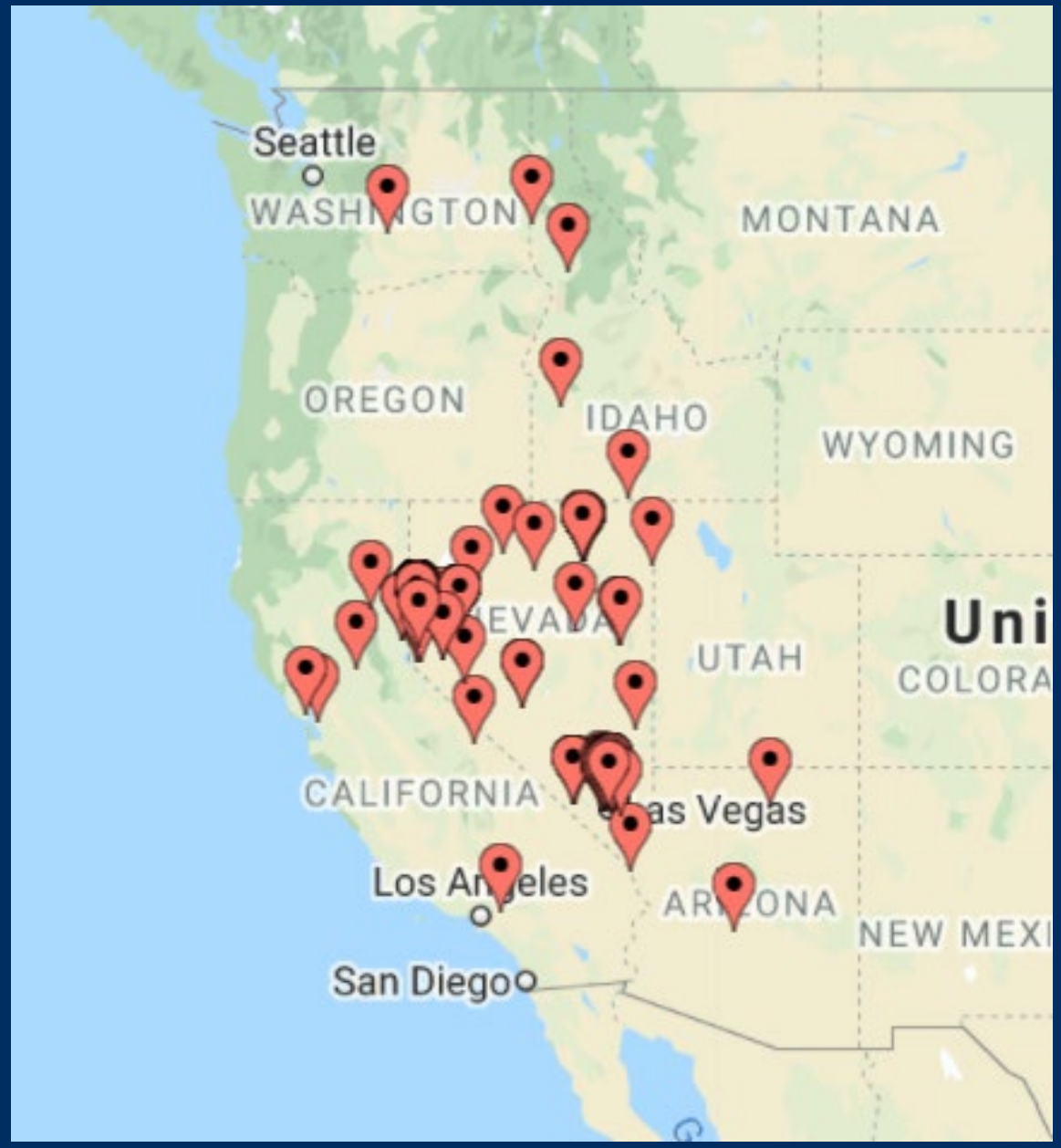
RURAL NV: 28.8% | **URBAN NV: 65.4%**

OUT OF STATE: 5.8%

ENGAGE our COMMUNITY 2022

Project ECHO Nevada is fully integrated into the University of Nevada, Reno School of Medicine's strategic priority to expand our clinical platform to improve access to quality care for Nevadans while enhancing medical education.

Project ECHO Nevada Impact - 2021



ANNUAL SUMMARY | 2021

The purpose of **Project ECHO Nevada** is to increase health care and public health professionals' capacity to effectively address emerging, common, chronic, and complex conditions in populations throughout Nevada.

265 ECHO SESSIONS

112 CASES REVIEWED ACROSS ALL ECHO SESSIONS

1,259 HEALTHCARE SUBJECT MATTER EXPERTS ACROSS ALL ECHO SESSIONS

3,348 HEALTHCARE PROFESSIONALS ACROSS ALL ECHO SESSIONS

Attendance - BY - Geography

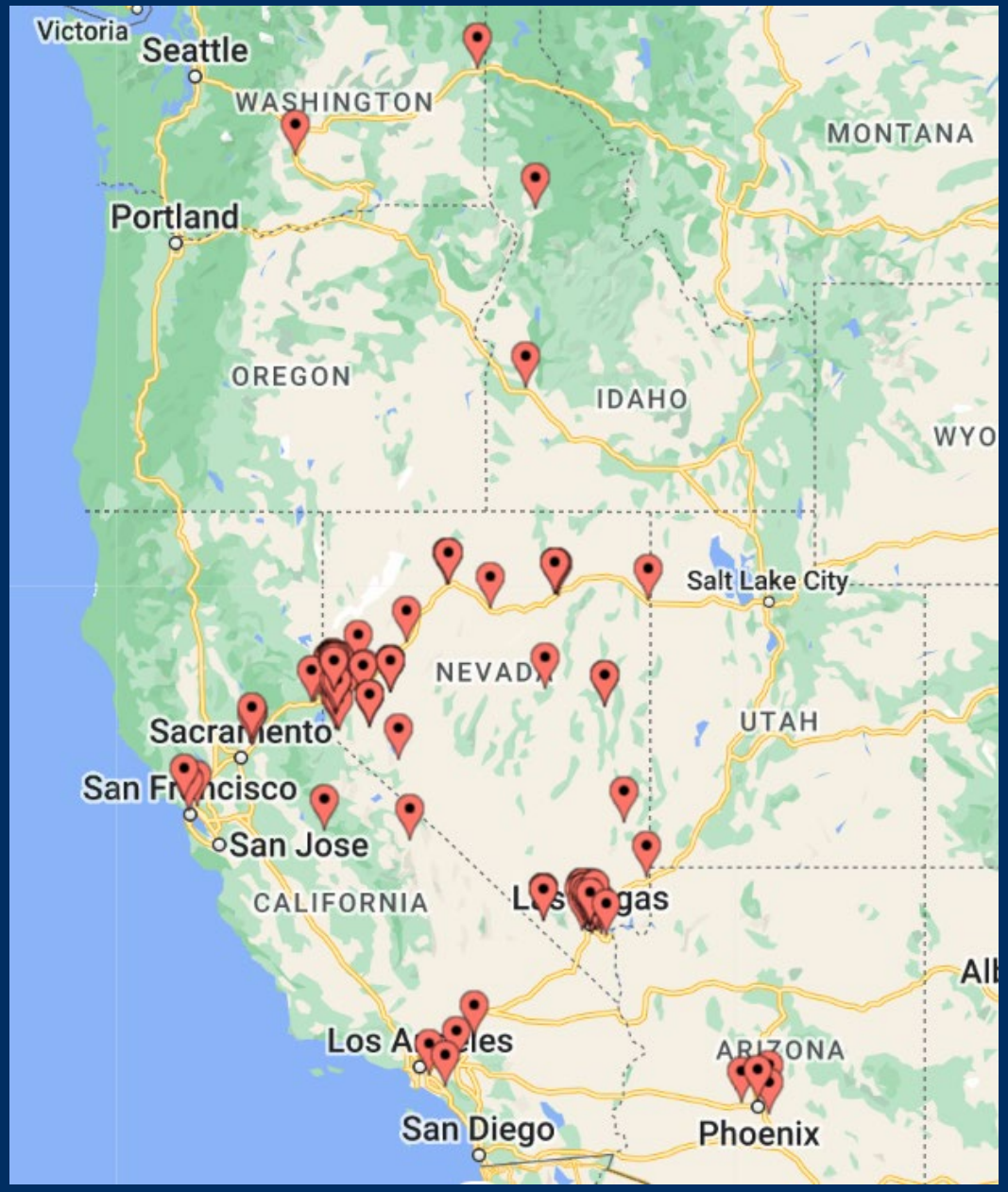
URBAN NV:	RURAL NV:	OUT OF STATE:
71.4%	20.9%	7.7%

23 TOPIC AREAS

INCLUDING; CARDIOVASCULAR MEDICINE, COVID-19, TELEHEALTH, AND HEALTHCARE TRANSITIONS

1,571 CONTINUING EDUCATION HOURS DELIVERED ACROSS ALL ECHO SESSIONS

Project ECHO Nevada Impact - 2022



ANNUAL SUMMARY | 2022

The purpose of **Project ECHO Nevada** is to increase health care and public health professionals' capacity to effectively address emerging, common, chronic, and complex conditions in populations throughout Nevada.

254 ECHO SESSIONS

119 CASES REVIEWED ACROSS ALL ECHO SESSIONS

1,313 HEALTHCARE SUBJECT MATTER EXPERTS ACROSS ALL ECHO SESSIONS

2,663 HEALTHCARE PROFESSIONALS ACROSS ALL ECHO SESSIONS

Attendance - BY - Geography

URBAN NV:	RURAL NV:	OUT OF STATE:
70.3%	25.7%	4.0%

24 TOPIC AREAS

INCLUDING: CARDIOLOGY, DIABETES, WOMEN'S HEALTH, GENDER AFFIRMING CARE, PAIN MANAGEMENT, INFECTIOUS DISEASE, FIRST-EPISODE PSYCHOSIS, NUTRITION, PALLIATIVE CARE, AND SBIRT.

1,460 CONTINUING EDUCATION HOURS DELIVERED ACROSS ALL ECHO SESSIONS

Project ECHO Nevada Impact – Case Reviews

Case Reviews by County (Number)

	2016	2017	2018	2019	2020	2021	2022	2023 (to date)
Urban	4	19	5	13	60	78	78	21
Rural	40	69	48	57	29	33	41	12
Out-of-state	0	0	1	5	2	2	4	2
Total	44	88	54	75	91	113	123	35

Launch of First Episode Psychosis

Case Reviews by County (Percent)

	2016	2017	2018	2019	2020	2021	2022	2023 (to date)
Urban	9.1	21.6	9.3	17.3	65.9	69.0	63.4	60.0
Rural	90.9	78.4	88.9	76.0	31.9	29.2	33.3	34.3
Out-of-state	0.0	0.0	1.9	6.7	2.2	1.8	3.3	5.7
Total	100	100	100	100	100	100	100	100

Launch of First Episode Psychosis

Project ECHO Nevada Impact – Jan. 2016 through Apr. 2023

Clinic Report

from *January 1, 2016* to *December 31, 2023 (about 95 months or 2921 days)*

Number of clinics held	**1352 found**	Total Hours	**0 hours**

Attendance

Individual attendees	**3311**	Total attendance	**15282 (+ anon = 16193 total)**
		Average attendance	**12.0 per clinic session**

Facilitator involved	311 individuals attending combined total of 6372 times (+ 3 anon = 6375 total)
Attendee involved	3311 individuals attending combined total of 15282 times (+ 911 anon = 16193 total)

Case Reviews

623 total

since 2016

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Project ECHO North American Impact

ECHO Movement Overview

Reach Metrics

Total Attendances	Partners	Participant Cities	Participant Countries
1,738,946	51,494	8,740	180

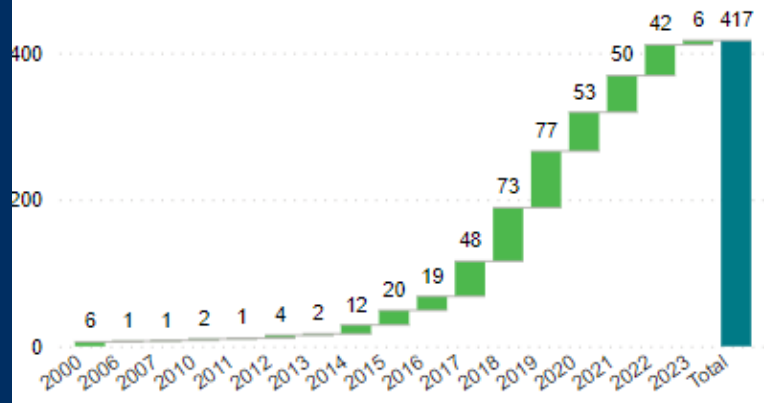
Hubs	Hub Countries	Learning Hours	Sessions	Programs
417	2	2,271,800	62,669	3,012

About the Data

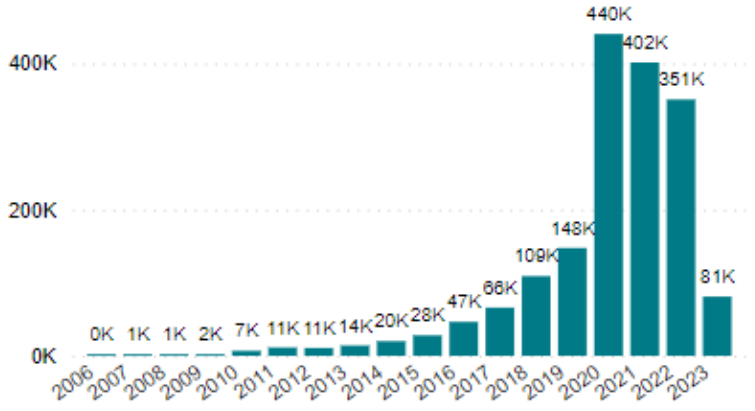
Session Metrics

Average Learners	Average Duration
46	78 minutes

Hubs Launched per Year



Attendances per Year



Project ECHO Global Impact

ECHO Movement Overview

Reach Metrics

Total Attendances	Partners	Participant Cities	Participant Countries
2,559,270	43,105	9,361	170

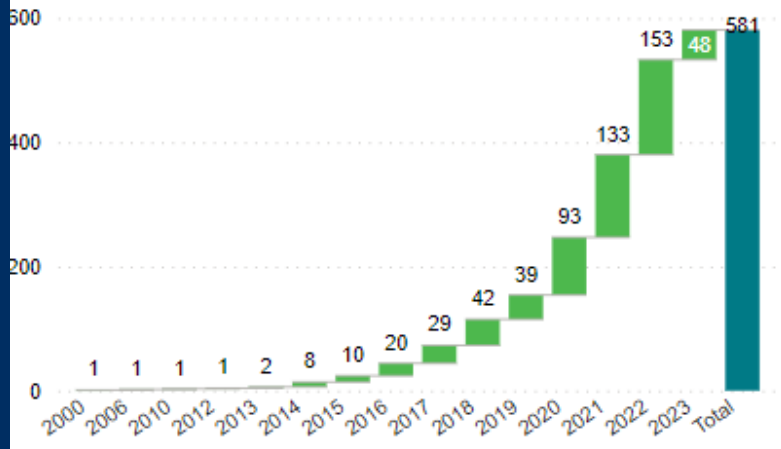
About the Data

Hubs	Hub Countries	Learning Hours	Sessions	Programs
581	66	3,619,860	31,932	2,836

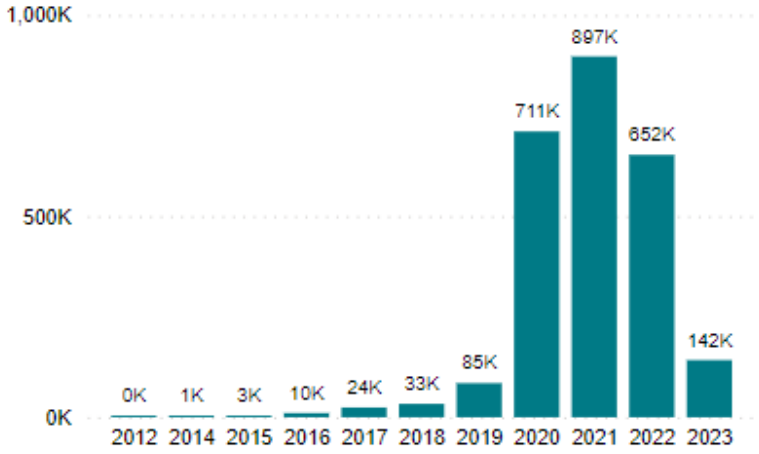
Session Metrics

Average Learners	Average Duration
46	82 minutes

Hubs Launched per Year



Attendances per Year



Medicaid Managed Care & Project ECHO

Inclusion in Medicaid RFP

- In 2021, the State of Nevada included the following language in its Managed Care Request for Proposals (RFP)
  - The Contractor must demonstrate a commitment to improving health outcomes in local communities in which it operates through community reinvestment activities. The Contractor's community reinvestment must be used to support population health strategies, which will include, but may not be limited to, financial support for Project ECHO and Nevada's Perinatal Quality Collaborative. The Contractor is encouraged to work with other Contractors to maximize the collective impact of community reinvestment activities.
- This requirement was enacted beginning with the 2022 cycle for managed care organizations in Nevada
- Four (4) MCOs selected for a four (4) year contract period

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Collaboration w/ MCOs

- In 2021, SilverSummit Healthplan (SSHP), a Centene corporation, sought to establish a multi-part ECHO series focusing on Pain Management for providers in their network
- Created a 6-part series targeting areas of need identified by SSHP, including; reducing number of opioid prescriptions, reducing unnecessary referrals to pain management, and improving provider knowledge about pain treatment
- Pre- and post-test knowledge surveys conducted, along with claims data analysis to evaluate impact
- To date, we have conducted a total of three (3) series with SSHP

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Collaboration w/ MCOs cont.

- In 2021, Anthem sponsored a 6-part series on Medication-Assisted Treatment
- Currently, three (3) MCOs (Molina, United, & SSHP) are sponsoring a series on Medications for Opioid Use Disorder
- Service Agreements are established for all programs with a flat-fee to cover ECHO's costs, as well as inclusion of a provider incentive/bonus system to encourage attendance and case review
- All programs include a pre-/post- knowledge survey and claims data analysis

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State Medicaid Support

- Inclusion in RFP was a major first step towards engraining ECHO into Medicaid funding
- Conducting quarterly meetings with State Medicaid Director to discuss opportunities for ECHO and continued funding
- In January 2023, a letter was sent to all State Medicaid Directors expanding availability of reimbursement for interprofessional consultation which includes modalities like ECHO
  - We are currently working with our State Medicaid team to identify appropriate CPT codes for billing of ECHO consultation services

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SilverSummit Evaluation Results
1st Cohort - 2020

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Improvement in self-efficacy

Providers were asked about their self-efficacy on a range of pain management skills before and after the program

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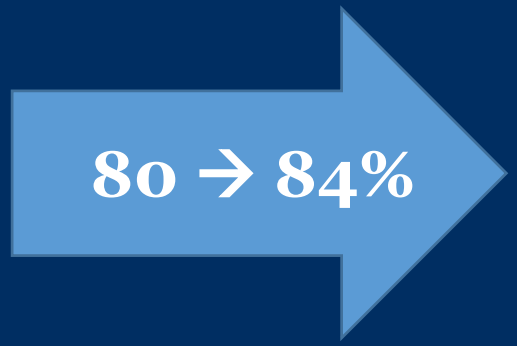
Improvement in pain care knowledge

- Providers* completed a pre-test and post-test with questions about pain management and were scored for accuracy
- Over half of the providers had a higher score on the post-test
- On average, scores increased 4 percentage points from the pre-test to the post-test



*10 of 11 providers completed post-tests.

Claims Data Review Process

- Claims data was collected for SilverSummit providers that participated in the Pain Management ECHO Program and matched to SilverSummit providers that did not participate
- We then reviewed these provider's claim data for patients with a diagnosis of Chronic Pain
  - Among those patients with three outcomes were examined
    1. Use of any opioid medication
    2. Use of higher dose opioid prescriptions
    3. Use of any non-opioid pain medication

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Summary of Claims Data Evaluation

Comparison: SilverSummit prescription claims data from ECHO participating providers (n=5) and non-ECHO (n= 10) providers

Project ECHO participating providers prescribed:

- Fewer opioid prescriptions overall
- More non-opioid pain prescriptions

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Outcomes (county & percent)

Provider Category	Time Period	Total Rx	Total opioids rx	Total opioid rx as a % of total rx	Total opioid rx > 20 MME/day	Opioid rx > 20 MME/day as a % of total opioid rx	Total non-opioid pain rx	Non-opioid pain rx as a % of total rx
ECHO Group	Before	3728	65	2%	19	37%	109	3%
	After	3369	32	1%	10	53%	156	5%
Non-ECHO Group	Before	12793	665	5%	536	80%	570	4%
	After	12929	628	5%	501	80%	748	6%

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Wrap-up

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Quick Review

- Project ECHO is a global telehealth platform
- Project ECHO Nevada started in 2012
- Not traditional telemedicine
  - Project ECHO is a provider-to-provider telehealth platform
- Increases access and quality of care by using a **case-based learning model**

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Project ECHO Goals

- Reach the lives of 1 billion people by 2025
- We depend on support from various stakeholders
  - Community partners
  - Other ECHO hubs
  - Funders
  - Legislative and policy makers
  - New statewide or regional partners

- We encourage you to contact us with new ideas or proposals!

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Questions?

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Programs Webpage

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