Addressing Addiction Through Project ECHO in Oregon:
Innovative Program Offerings for Various Settings

Oregon AHEC Opioid Symposium

April 26, 2019

Disclosures

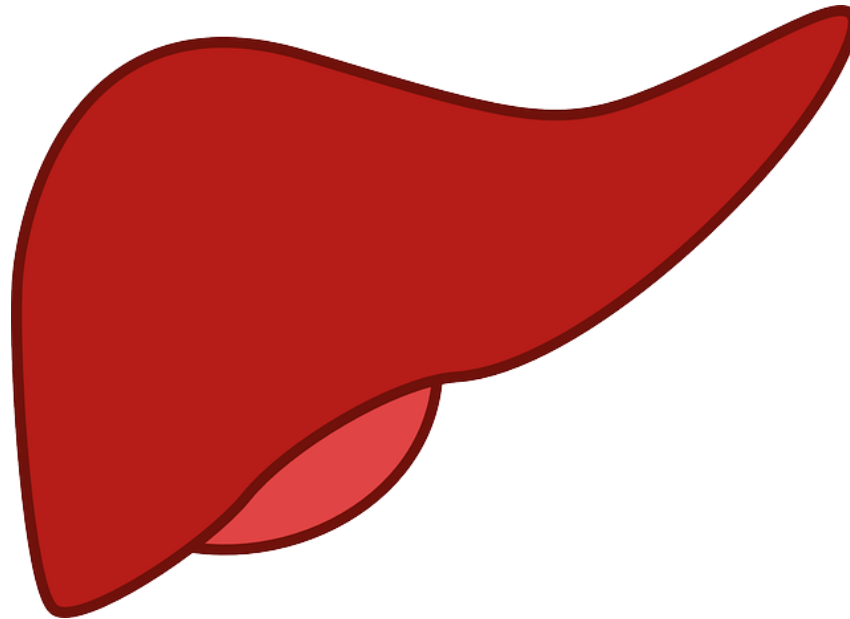Maggie McLain McDonnell has nothing to disclose.

Presentation Goals

1. Briefly describe the ECHO model and how it is different from other types of telemedicine
2. Overview of Oregon ECHO Network
3. Learn about Addiction Medicine ECHO offerings
4. Learn about opportunities to participate

ECHO in Action

The Project ECHO® (Model Principles

1. Use Technology (multipoint videoconferencing and Internet) to leverage scarce resources
2. Sharing "best practices" to reduce disparities
3. Case-based learning to master complexity
4. Program evaluation and data tracking

"All teach, All learn"

- Clinicians learn from specialists
- Clinicians learn from each other
- Specialists learn from practicing clinicians

Evidence for Project ECHO

The New England Journal of Medicine

ORIGINAL ARTICLE

Outcomes of Treatment for Hepatitis C Virus Infection by Primary Care Providers

Sanjeev Arora, M.D., Karla Thornton, M.D., Glen Murata, M.D., Paulina Deming, Pharm.D., Summers Kalishman, Ph.D., Denise Dion, Ph.D., Brooke Parish, M.D., Thomas Burke, B.S., Wesley Pak, M.B.A., Jeffrey Dunkelberg, M.D., Martin Kistin, M.D., John Brown, M.A., Steven Jenkusky, M.D., Miriam Komaromy, M.D., and Clifford Qualls, Ph.D.

Original Article

Telementoring Primary Care Clinicians to Improve Geriatric Mental Health Care

Elisa Fisher, MPH, MSW,[1] Michael Hasselberg, PhD, RN, PMHNP-BC,[2,3] Yeates Conwell, MD[2]
Linda Weiss, PhD,[1] Norma A. Padrón, PhD, MPH,[4,5] Erin Tiernan, BS,[2] Jurgis Karuza, PhD, MA,[6,7]
Jeremy Donath[8] and José A. Pagán, PhD[1,9,10]

Review

The Impact of Project ECHO on Participant and Patient Outcomes: A Systematic Review

Carrol Zhou, MD, Allison Crawford, MD, Eva Serhal, MBA, Paul Kurdyak, MD, PhD, and Sanjeev Sockalingam, MD, MHPE

National Perspective on Project ECHO

- Over 170 organizations in the U.S. and over 34 countries

- Nearly 140 different U.S. program topics

  - Addictions
  - Autism
  - Behavioral/Mental Health
  - Cancer Screening and Prevention
  - Cardiology/Heart Failure
  - Care Transitions
  - Chronic Pain
  - Community Health Workers

  - Hepatitis C
  - HIV
  - Liver Care
  - Neurology
  - Palliative Care
  - Pediatrics
  - Prison Peer
  - Pulmonary/Asthma
  - Quality Improvement
  - Women's Health

Map of Organizations Offering ECHOs

Key: ECHO Hub Type (164)
- ◆ Superhub (6)
- ● Hub (149)
- ○ U.S. DoD Hub (6)
- ○ U.S. VA Hub (9)

Key: US State Shading
- ▢ ECHO impact (46)
- ▢ Awaiting ECHO impact

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Oregon ECHO Network

- **Statewide resource for ECHO programs and services**, e.g. supports participant recruitment, evaluation, IT support, faculty engagement and contracting, curriculum development, delivery of sessions, CME, Maintenance of Certification Part 2

- **Hosted at Oregon Rural Practice-based Research Network (ORPRN)**

- **Hybrid business model** (grants, contracts, OEN Advisory Board)

- **Develop programs that are relevant to the interests of Oregon primary care clinicians and other health professionals** (interest assessment and participant feedback in surveys)

Why Clinicians and Health Professionals Participate in ECHO

Increased Access to Specialty Expertise

Professional Development

Create Community

Participate from home or your office

No-Cost CME and Maintenance of Certification Credits
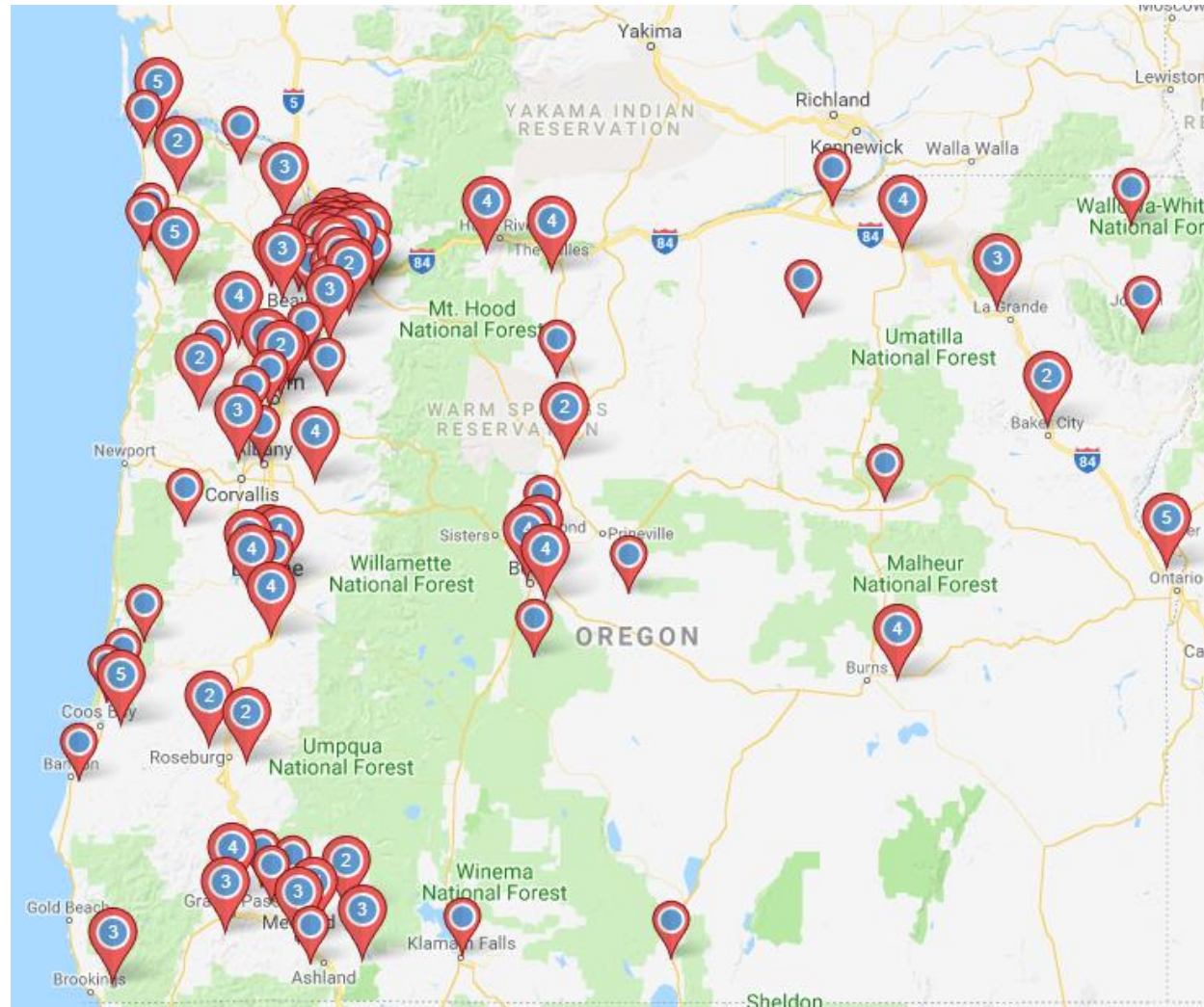
Increased Patient Satisfaction

Improves Quality of Care

Map of Participating Spoke Sites Since 2014

Fall 2017- 180 spoke sites
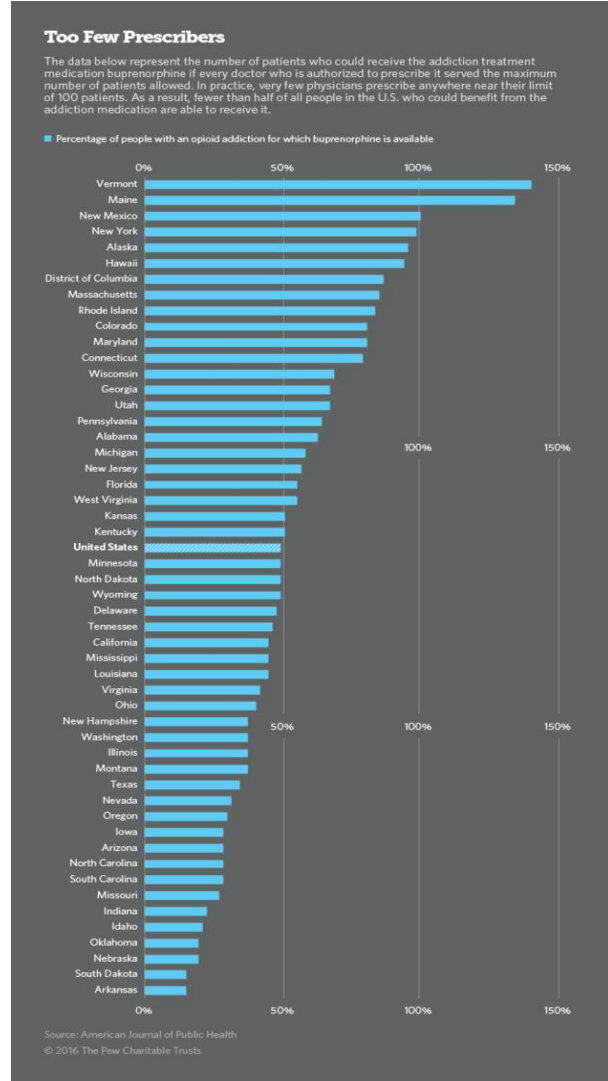
Fall 2018- 240+ spoke sites

Winter 2019- 300+ spoke sites

15 different ECHO topics have been offered in Oregon

Addiction Medicine ECHO Programs

Too Few Prescribers
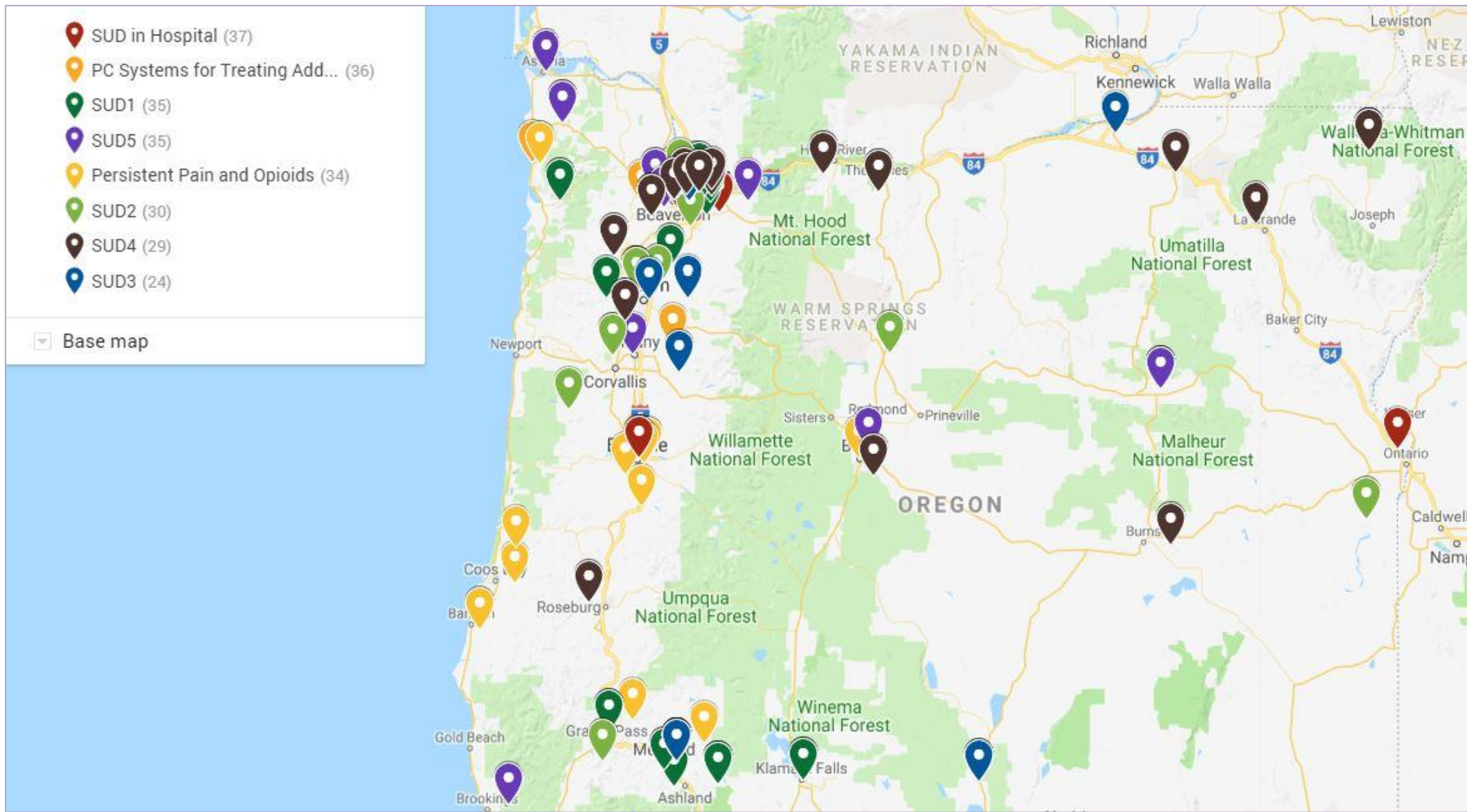
The data below represent the number of patients who could receive the addiction treatment medication buprenorphine if every doctor who is authorized to prescribe it served the maximum number of patients allowed. In practice, very few physicians prescribe anywhere near their limit of 100 patients. As a result, fewer than half of all people in the U.S. who could benefit from the addiction medication are able to receive it.

■ Percentage of people with an opioid addiction for which buprenorphine is available

US →

Oregon →

Source: American Journal of Public Health
© 2016 The Pew Charitable Trusts

Legend:
- SUD in Hospital (37)
- PC Systems for Treating Add... (36)
- SUD1 (35)
- SUD5 (35)
- Persistent Pain and Opioids (34)
- SUD2 (30)
- SUD4 (29)
- SUD3 (24)

Base map

Substance Use Disorders in Ambulatory Care

- **12 session** program; next offering fall 2019

- The **overall program objective** was to build the capacity and knowledge of clinicians and their teams to diagnose and treat opioid use disorder and other substance use disorders in the primary care setting.

Meet the Faculty

- **Jessica Gregg, MD, PhD. Assistant Professor, Internal Medicine, OHSU School of Medicine**
- Todd Korthuis, MD, MPH. Associate Professor, Internal Medicine. Chair of Addiction Medicine Section. OHSU School of Medicine
- Melissa Weimer, DO, MCR. Chief of Division of Behavioral Health & Addiction Medicine, Albany Acute Care. Medical Director, SPHP Addiction Recovery Center (SPARC). St. Peter's Health Partners. Guilderland, NY. Board Certified in Addiction Medicine.
- John Mahan, MD, FASAM. Psychiatric Medical Director, Jackson County Mental Health. Board Certified in Addiction Psychiatry.
- Sean Mahoney, PWS, CRM, Peer Support Specialist for OHSU Impact Team

Substance Use Disorders in Ambulatory Care

- **Program topics**
  - Alcohol use disorder
  - Benzodiazepine use disorder
  - Opioid Use Disorder (OUD)
  - Methamphetamine use disorder
  - Tobacco use disorder
  - Other SUDs

Case Form

Persistant Pain and Opioid Use Disorder ECHO Case Presentation Form

Provider Name: Click here to enter text   **Patient Gender:** Click here to enter text   **Insurance/CCO:** Click here to enter text

Presentation Date: Click here to enter text   **Patient Age:** Click here to enter text   **Date of patient's next scheduled appointment with**

Clinical Site/Region: Click here to enter text   **you:** Click here to enter text

Please complete the patient case form below, including only information relevant to your clinical question(s). You will have <u>2-4 minutes to present the case.</u>

HPI/Case Summary: Click here to enter text

Pain Descriptor:	**Pain Location:**		**Proposed Pain Diagnosis:**	**Pain Aggravator:** (including mechanical, social, psychological, emotional): Click here to enter text
☐Burning	☐Head	☐R Upper Extremity	☐Osteoarthritis	
☐Aching	☐Face	☐L Upper Extremity	☐Facet Arthropathy	
☐Sharp	☐Neck	☐R Lower Extremity	☐Myofascial Pain Syndrome	
☐Dull	☐Chest	☐L Lower Extremity	☐Rheumatoid Arthritis	
☐Constant	☐Upper Back	☐Other: Enter text	☐Visceral Pain	**Pain Alleviator:** (including mechanical, social, psychological, emotional): Click here to enter text
☐Intermittent	☐Lower Back		☐Tension Headache	
☐Numbness/tingling	☐Abdomen		☐Migraine Headache	
☐Other: Enter text	☐Pelvis		☐Fibromyalgia (Central Sensitization)	
			☐Other: Enter text	

WHAT IS YOUR MAIN QUESTION ABOUT THIS PATIENT? Click here to enter text

GOALS FOR TREATMENT / PROPOSED TREATMENT PLAN: Click here to enter text

Program Reach

- **100%** of respondents "increased the number of collegial discussions with peers about patients with OUD and other substance use disorders"

- **58%** of respondents reported their clinic "changed a policy or procedure to improve care for patients with OUD or SUD"

- **63%** of respondents "provided 1 or more case consultations for a colleague on a patient with OUD or SUD"

- **37%** of respondents convened a "multi-disciplinary group within [their] clinic to discuss improving care for patients with OUD or SUD at least 1 time"

"I would like to continue to learn more about **chronic pain and abuse** and where we can find the line when we are tapering opioids."

"**We are not well equipped to address a lot of chronic pain issues in our clinic**, as we do not prescribe pain medications, nor do we have pain groups."

"I would like maybe more on **pain management issues**. That is why so many people have found themselves on these high doses of narcotics. We need tools to help them manage pain complaints   Thank you - I am learning so much from this cohort."

Chronic Pain & Opioids

- **12 session** program; next offering Winter 2020

- The **overall program objective** is to build the capacity and knowledge of clinicians and their teams to diagnose and treat persistent pain, opioid dependence, and opioid use disorder in the primary care setting.

Meet the Faculty

- **Jonathan L Robbins M.D., M.S., Assistant Professor of Medicine, Division of General Internal Medicine and Geriatrics, OHSU School of Medicine**

- **Catriona Buist Psy.D., Assistant Professor of Anesthesiology and Perioperative Medicine, OHSU School of Medicine**

- Elizabeth Tiffany, M.D. , Medical Director SATP & Addiction Psychiatry Fellowship Director at Portland VA Medical Center

- Amy Maher, M.D., Pain management physician, Asante Physician Partners

- Michelle Marikos, Certified Peer Support Specialist, Oregon Pain Guidance

Chronic Pain & Opioids

- **Program topics:**
  - **Understanding and assessing different types of pain**
  - Appropriate treatment plans for patients with OUD
  - **Evidence-based interventions for persistent pain**
  - **Managing opioid tapers**
  - Identifying patients who may benefit from buprenorphine products
  - Distinguishing between opioid dependence and OUD

"Still trying to understand the **guidelines/rules/regulations** for implementation of MAT into a primary care setting."

"Barriers are lack of protocols at my clinic."

"Information about how to **best handle patients when they have very strong and immediate expectations of the services** that they believe they should receive, in the specific time frame that they request. In other words, patients who expect that they are going to come into the clinic and get Suboxone immediately, without going through the appropriate channels, and also how to manage patients who frequently, cancel appointments, are late to appointments, or no show."

Effective Systems for Treating Addiction in Primary Care

- **12 session** program offered January- June 2019; next offering winter and spring 2020

- The **overall program objective** is to help clinical teams build or improve systems of care that effectively treat addiction in a primary care setting.

Meet the Faculty

- **Stacie Andoniadis, Primary Care Innovation Specialist, CareOregon**

- Andrew Suchocki, MD, Medical Director, Clackamas County Health Centers

- Melissa Brewster, PharmD, Columbia Pacific CCO Pharmacist, CareOregon

- Heather Starbird, MA, Behavioral Health Clinician, La Clinica Phoenix Health Center

Effective Systems for Treating Addiction in Primary Care

- **Program topics:**
  - **Team-based approaches**
  - **Administrative policies and protocols**
  - **Standardized processes and workflows for patient office visits**
  - Processes to improve communication
  - Best practices for the exchange of health information
  - Trauma-informed systems of care
  - **Harm reduction spectrum in primary care**
  - Community referral pathways

Practice Situation Form

Briefly describe a situation or challenge your practice has experienced addressing addiction in primary care from a systems or population level. This could be an administrative, workflow, referral process, or systems challenge. (This should be a quality improvement challenge not a patient example.)

a. Situation:

b. Background:

c. Assessment

d. Request: (What is your main question about this case? What would you like help with?

What We are Learning So Far

Primary care clinical teams request tangible take-aways and guidelines that can be implemented quickly

Offering space for both systems and clinical questions is beneficial

Primary care is poised to treat from a patient focused perspective- but barrier and myths need to be addressed

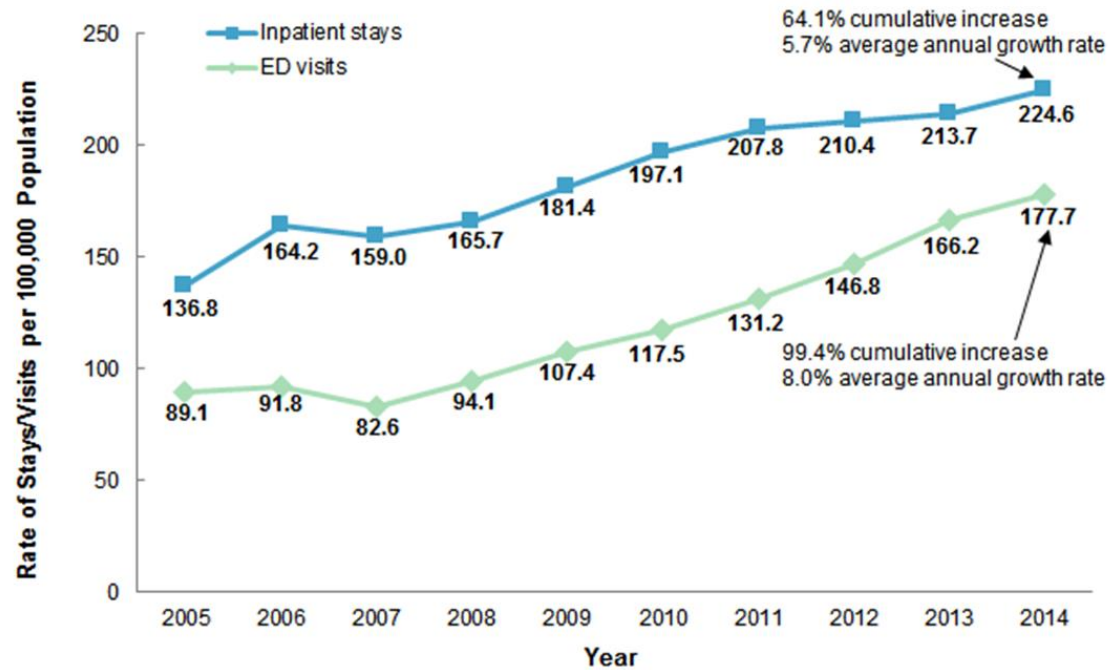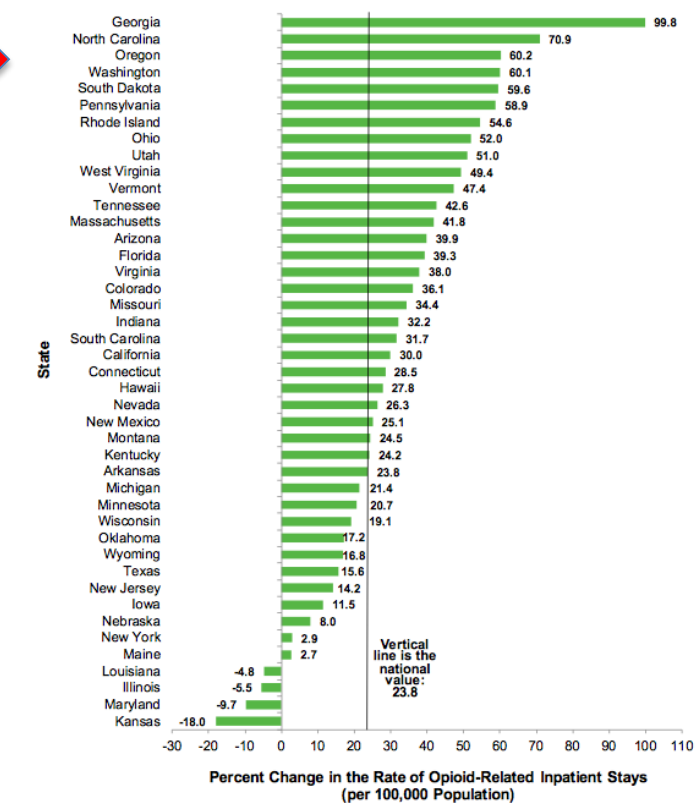# Opioid-related Hospitalizations Rising Across US-Oregon Among Sharpest

Substance Use Disorders in Hospital Care

- **12 session** program; next offering Fall 2019

- The **overall program objective** is to build the capacity and knowledge of clinicians and their teams to diagnose and treat opioid use disorder and other substance use disorders in the hospital setting.

Meet the Faculty

- **Honora Englander, M.D., Associate Professor of Medicine, Medical Director, Community & Clinical Integration, OHSU School of Medicine**
- Jackie Sharpe, PharmD., BCPS, Clinical Supervisor for Medicine, OHSU School of Medicine.
- Stacey Mahoney., L.CSW, CADC. Social Worker for OHSU Impact Team
- Sean Mahoney, PWS, CRM, Peer Support Specialist for OHSU Impact Team
- Brittney Caldera, R.N., M.S.N., M.B.A. OHSU Nurse Manager
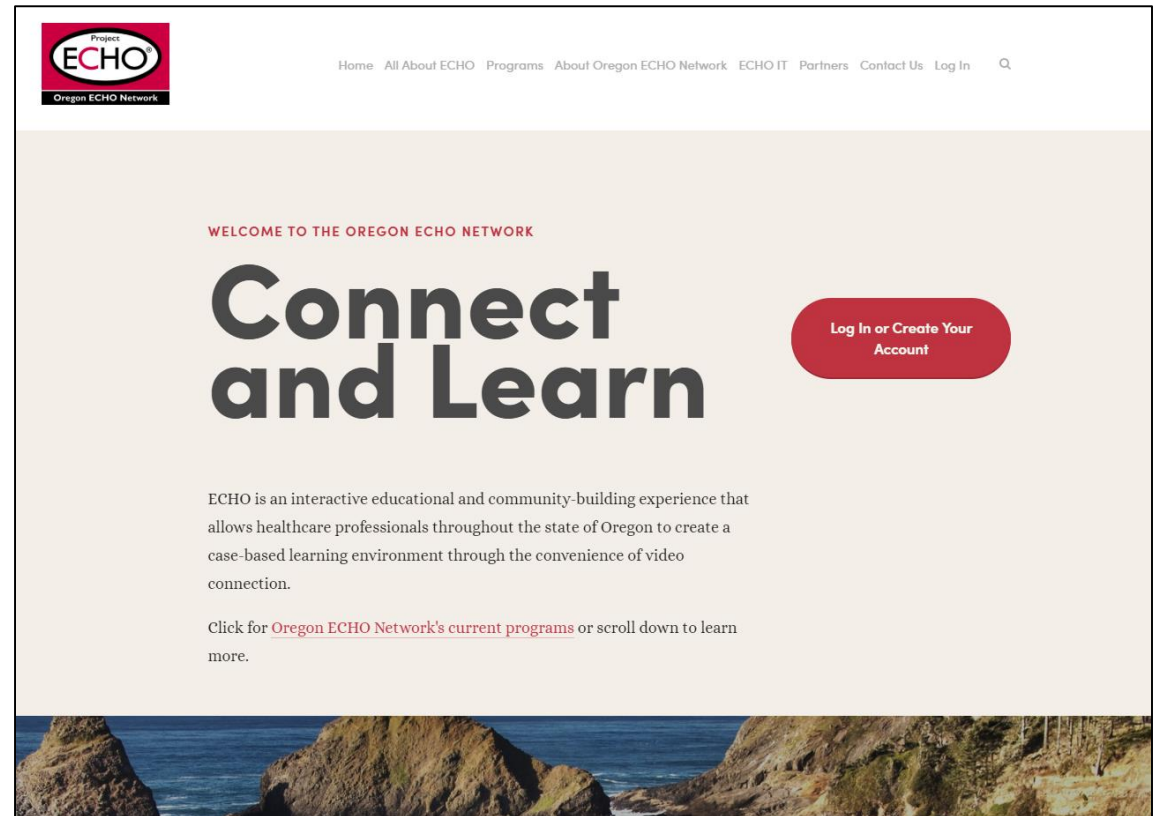
Substance Use Disorders in Hospital Care

- **Program topics:**
  - Understanding SUD
  - **Pharmacotherapy for OUD, including buprenorphine and methadone**
  - **Community SUD treatment settings**
  - Acute pain management in a patient with SUD
  - Managing challenging hospital behaviors: active drug use in the hospital
  - Management of long term IV antibiotics and PICC lines in patients with SUD
  - **Peers in hospital settings**
  - Trauma informed care in a hospital setting

How to Get Involved

Learn More & Register

https://www.oregonechonetwork.org/

- **Program features include:**
  - Participants are directed to our **Connect website** to register for programs
    - Participant forum with program materials, opportunity to email other participants
    - One time registration process
    - Session reminders and calendar invitations

Fall 2019 Programs

- **Substance Use Disorders in Ambulatory Care** (Jessica Gregg)- 9/10/19-12/3/19 (12 sessions)

- **Substance Use Disorders in Hospital Care** (Honora Englander) 9/11/19-12/4/19 (12 sessions)

As well as Adult Psychiatry II, Geriatrics Behavioral Health, Hepatitis C and Liver Care (pending funding)

What's Next

- Creation of an Addiction Medicine ECHO certificate program
  - New program on non-medication approaches to pain
- Further focus on research and additional qualitative methods
- Additional outreach to high need areas

Thank you to our Partners

Contact Us

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www.oregonechonetwork.org