

Presents

*Project ECHO and a Rural Advisory Panel: Tools to Help Create
a Community Health Infrastructure in Rural Oregon*

Speakers:

Maggie McDonnell, MPH - Oregon ECHO Network (OEN) Director; Project Director of HEAL-OR
Kate McKenna, MD, One Community Health

Our top partners

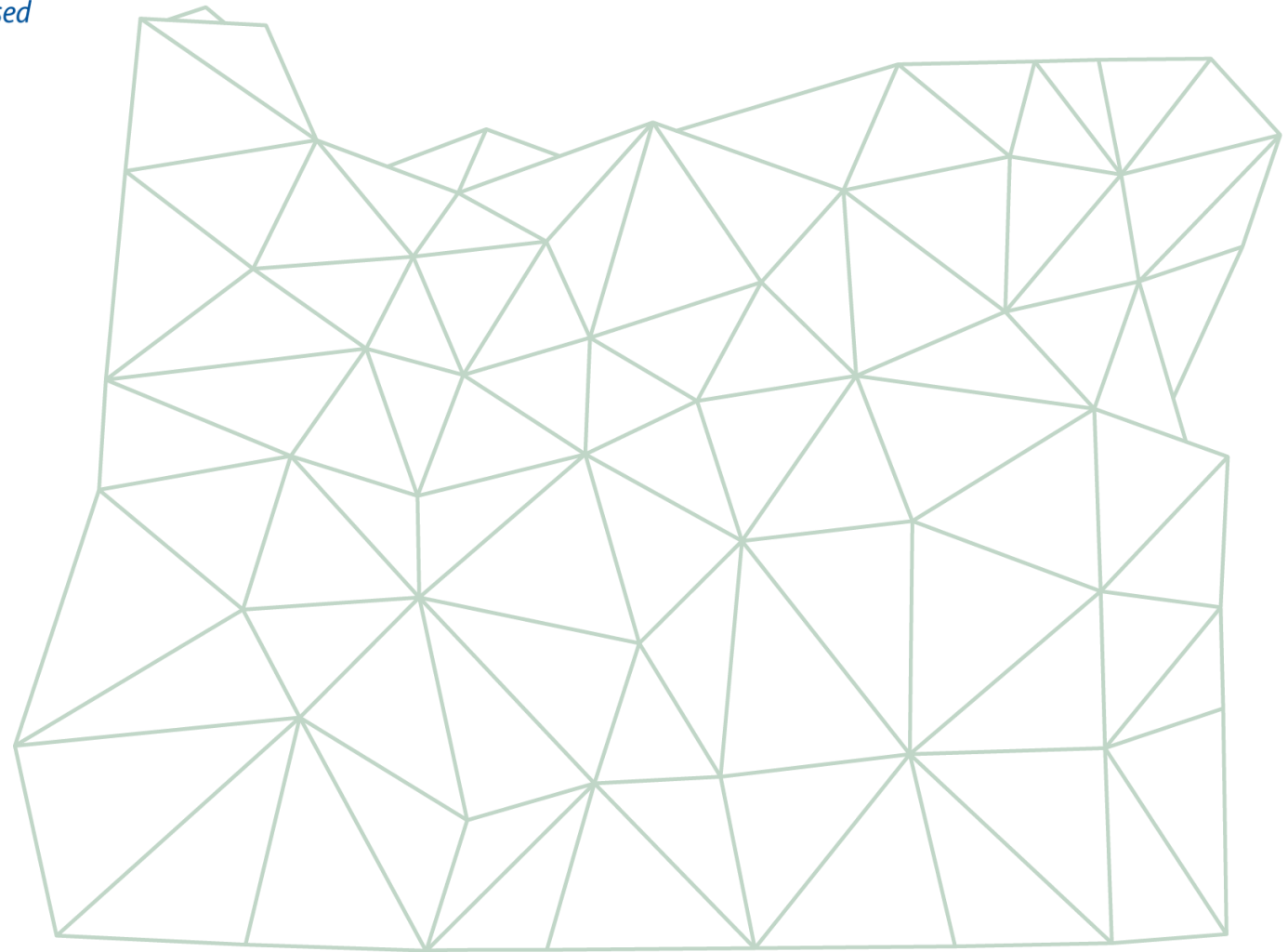




Project Echo And A Rural Advisory Panel: Tools To Help Create a Community Health Infrastructure in Rural Oregon

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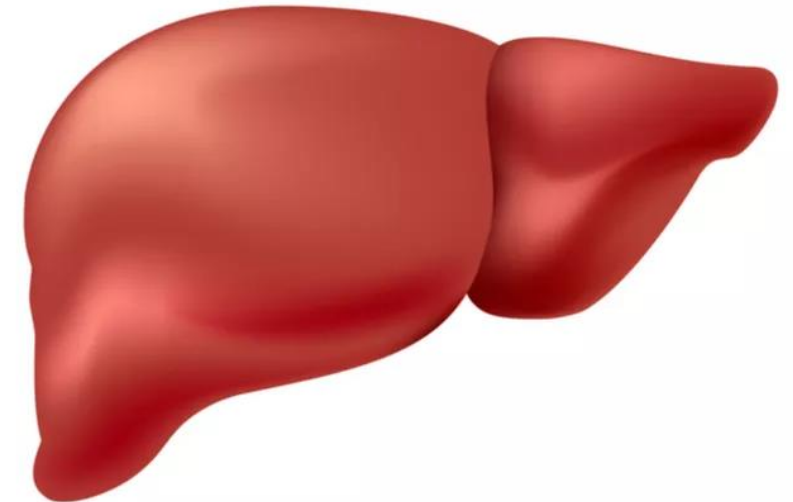
What is Project ECHO?



2003



Extensions for **C**ommunity **H**ealthcare **O**utcomes





**Moving Knowledge Instead of
Patients and Providers**



The ECHO Model

Amplification - Use *Technology* to leverage scarce resources

A



B



Share **Best Practices** to reduce disparity

Case Based Learning to master complexity

C



D



Web-based **Database** to *Monitor Outcomes*

Oregon Rural Practice-based Research Network

Oregon Rural Practice-based Research Network (ORPRN) was founded in 2002 with 6 practices. Over 400 statewide practices now participate in a current or recent ORPRN project or program. In 2017, ORPRN created the Oregon ECHO Network to provide telementoring programs to clinicians across Oregon.

- *A Practice based Research Network is a group of ambulatory practices devoted principally to the primary care of patients, but affiliated in their mission to investigate questions related to community-based practice and to improve the quality of primary care*

ORPRN's mission is to improve health outcomes and equity for all Oregonians through community partnered dialogue, research, coaching, and education.

In addition to our OEN projects, we currently have ongoing 15 funded research projects and 6 funded improvement and transformation projects with participation from practices in every county in the state, covering a number of clinical, policy and practice related topics.

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)**
- **“One-stop shop” website** (www.oregonechonetwork.org)
- **Hybrid business model** (grants, contracts, OEN Advisory Board)



Recent ECHO Programs hosted by OEN

- Adult Psychiatry I/ II
- Child Psychiatry
- Chronic Pain and Opioids
- Chronic Pediatric and Adolescent Medical Conditions
- COVID 19 Response for Oregon Clinicians
- Dementia 360
- Diabetes Care for Whole-Person Health
- Geriatric Care in an Age-friendly Health System
- Integrated Behavioral Health for Pediatric Populations
- Long COVID
- Nursing Facility Behavioral Health
- Substance Use Disorders in Ambulatory Care
- Substance Use Disorders in Hospital Care
- Substance Use Disorders in Jails
- Pain Management and Substance Use Disorders in Dentistry
- Preceptor
- Whole-Person Care for Children and Youth in Foster Care

What are Communities of Solution?



Community of Solutions

“local decision making is of paramount importance” (Folsom Group)

- 1967 Folsom Report created the Phrase
- Communities of Solution (COS) recognize that “complex political and administrative structures hinder problem solving”
- COS include links between “community, public health, and primary care” and to be grounded in patient-centered care

Griswold, Kim S., Sarah E. Lesko, and John M. Westfall. "Communities of solution: partnerships for population health." *The Journal of the American Board of Family Medicine* 26.3 (2013): 232-238.

Folsom Group. "Communities of solution: the Folsom Report revisited." *Annals of family medicine* vol. 10,3 (2012): 250-60. doi:10.1370/afm.1350

Communities of Solution- Examples

- Health promotion promotores (culturally and linguistically appropriate CHWs)
- Boot camp translation (identifying health problems and translating best medical evidence into actionable projects)
- OCHIN project (locally relevant data sharing among public health partners, community health stakeholders, informatics, and policy)
- Social determinants of health (nurse-led teams working within food pantries)

HEAL-OR Project



Health Equity, Access and Quality Improvement using Project ECHO in Rural Oregon (HEAL-OR) Project

- 1 of 9 national recipients of HRSA's Telehealth Technology-Enabled Learning Program grants in 2021
- Five-year project, totaling \$2.375 million dollars of funding
- Focusing efforts in six rural counties in Oregon (**Hood River, Wasco, Gilliam, Sherman, Baker and Umatilla**) specifically for Latino/x/e patients and older adults

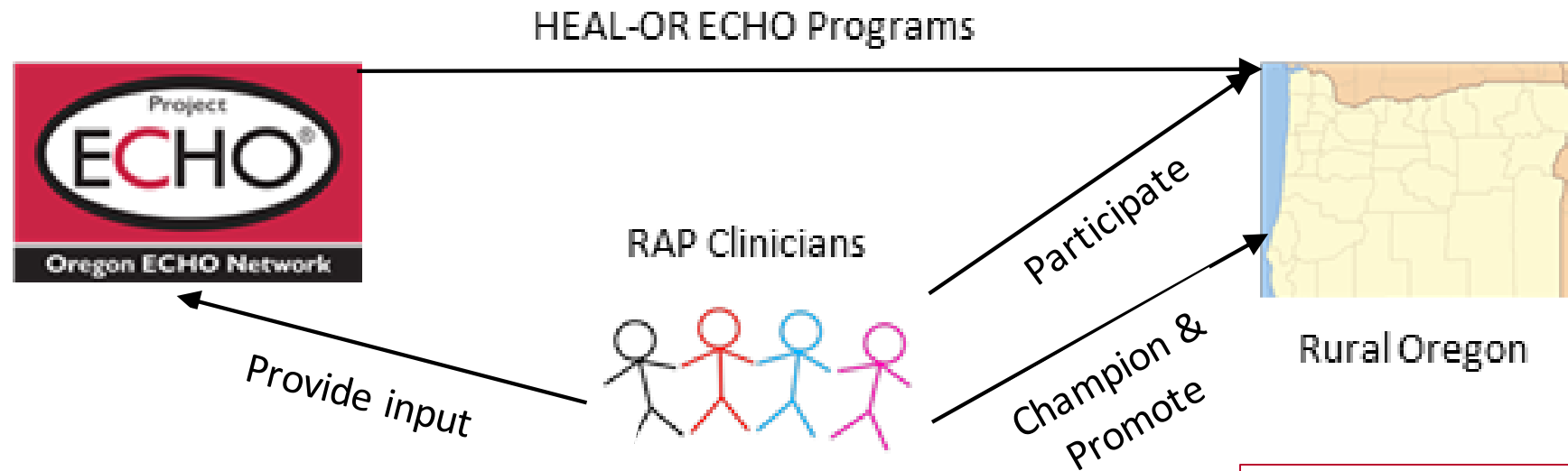
Latino/x/e Population in Service Area have Significant Health Needs

- **Growing Latino population** – Latinos are 14.1% of Oregon's population, 15.6% of the rural population and 21.7% of the target service area with a high of 33% in Hood River County
- **Poverty rate among Latino Oregonians is nearly double the rate for whites**
- **Oregon Latinos have higher rates of lack of insurance coverage.** In 2019, 11.5% of Oregon Latinos lacked health insurance compared to just 5.3% of non-Latino Oregonians.(10)
- **Diabetes is the fifth leading cause of death in the Latino population** and 15.6% of Oregon Latinos have diabetes compared to 8.1% of whites
- **COVID-19 has also disproportionately affected the Latino population.** In OR, Latinos have been 3 times more likely to test positive for COVID (8685 per 100,00) vs 2917 per 100,00 for non-Latinos).
- **Lower COVID-19 Vaccination Rates:** As of June 18, 2021, 42% of Latinos in Oregon were vaccinated compared to 59% of whites. In our service area, 42% of Latinos in Hood River, Wasco, Gilliam and Sherman counties had been vaccinated and only 28% in Umatilla and Baker counties.(17)

HEAL-OR Project Primary Objectives:

- Objective 1 is to create a Rural Advisory Panel (RAP)
- Objective 2 is to utilize the Project ECHO (Extension for Community Healthcare Outcomes) learning community model to **improve health equity, access, and quality in rural Oregon** by offering three, fixed-length ECHO programs each year, focused in adult mental health, diabetes, and Long COVID

Rural Advisory Panel (RAP)



RAP Members

- Familias en Acción
- Oregon Office of Rural Health
- Oregon Primary Care Association
- NEO AHEC
- Leaders from 4 public health departments
- Primary care clinician leaders
- Behavioral health clinician leaders

RAP Activities to Date

- **Fall 2022** (potential partner meetings, signed scopes of work, board compensation for physical and behavioral health clinicians)
 - Goals: clear expectations and benefits of participation, compensation for time
- **January 2022** (first quarterly advisory board meeting)
 - Goals: introductions, introduce the diabetes ECHO and request feedback, *brainstorm what encouraging ECHO participation looks like in their community*
- **April 2022** (second quarterly advisory board meeting)
 - Goals: *discuss Long COVID ECHO (understand community needs)*, provide updates on Adult Mental Health ECHO
- **July 2022** (third) quarterly advisory board meeting)
 - Goals: share participation information in Diabetes ECHO, *discuss creating ECHO champions in your community*
- **August 2022** (site visits to Gorge region and Eastern Oregon)
 - * Goal: *meet in person with partners, engage new stakeholders, build relationships*

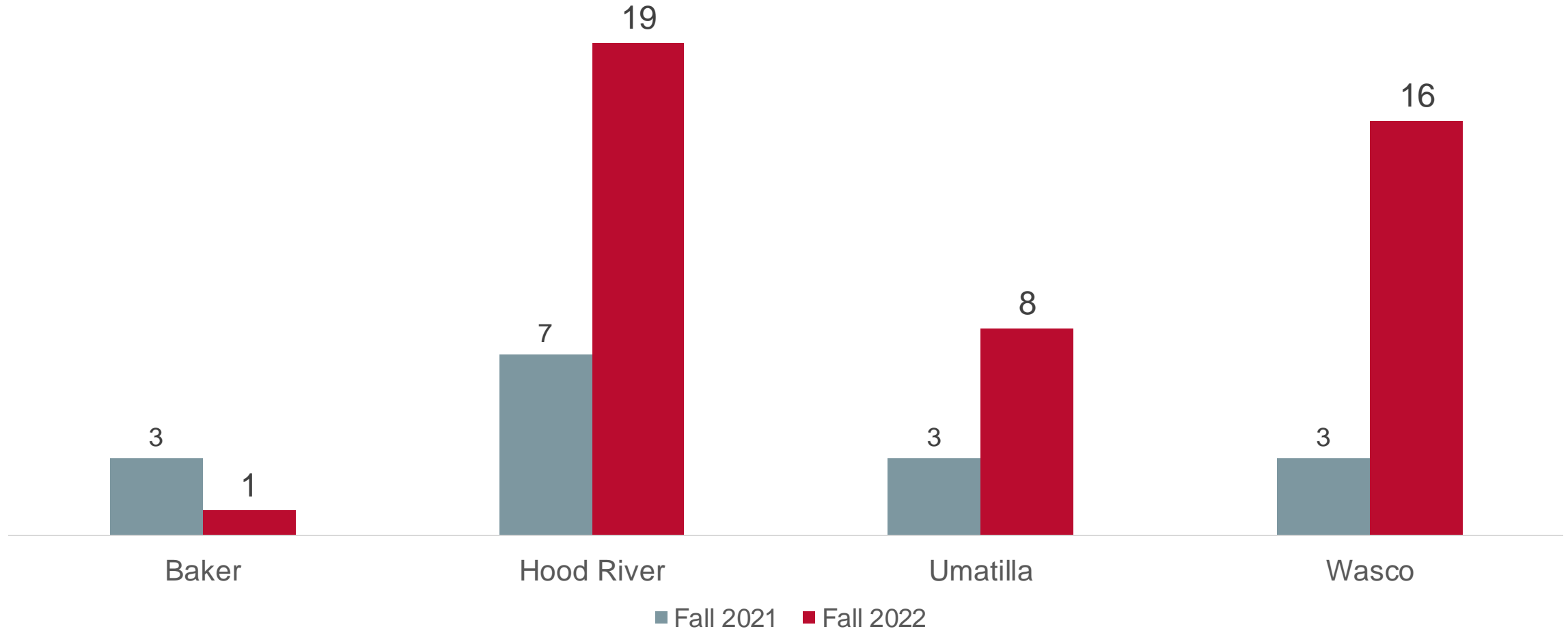
Keys to Success: What We Think is Working

- Compensation for the rural advisory board panel members
- Clear expectations and benefits of participating (scopes of work)
- Focused meeting agendas and minimal communication outside of planned meetings
- Open communication about goals and progress of HEAL-OR ECHO programs
- Survey the RAP members each year to understand what is working well and what can improve
- Site Visits are Key- they allowed us to build on partnerships and expand our participation



Fall 2021 vs. Fall 2022 ECHO Participation in Service Area

HEAL-OR Participants by County and Year



Communities of Solution Break-outs



What is Working in Your Community? (15 minutes)

- Gather in groups of 4-6 people
- Introduce yourselves: name, role, organization, community where you work
- Ask for a volunteer to take notes and another to report out
- Round table discussion:
 - What are some examples of communities of solution in your community (be specific)?
 - What do you think are some reasons why these community of solution are effective?
 - What lessons could benefit other communities?

Community of Solution Report Out (10 minutes)

- Volunteer from each group will share an example or two from each group



Benefits of Participating in Project ECHO



Benefits of participating in an ECHO

- No-cost Continuing Medical Education Credits and Maintenance of Certification Part 2 credits
- Professional Development
- Creating Community
- Increased Patient Satisfaction
- Improves Quality of Care

Join an ECHO

[HOME](#) [ECHO PROGRAMS](#) [CREATE AN ACCOUNT](#) [LOG IN](#)

JOIN IN AND HELP MAKE HEALTH KNOWLEDGE ECHO

Oregon ECHO Network (Extension for Community Health Outcomes) delivers and supports telementoring programs for clinicians and clinical teams to learn, share, and connect.

Using a simple webcam, specialists and healthcare experts connect with a group of remote participants in interactive video sessions to discuss their toughest cases and learn evidence-based approaches to manage complex conditions and improve quality of care in their communities.

As a project housed within the Oregon Rural Practice Based Research Network at OHSU, the Oregon ECHO Network is committed to building and sustaining a diverse, equitable, inclusive and anti-racist organization. We do so by evaluating how we develop and support our workforce, the partnerships we uphold and how we engage in community-partnered dialogue, research, coaching and education throughout.

Interested in joining a session or registering for a program?

Check out:

www.oregonechonetwork.org



OEN Advisory Board & Partners



HEAL-OR Core Team

Nancy Elder- Principal Investigator

Maggie McLain McDonnell- Project Director

Tuesday Graham- Lead Project Manager

Katherin Gomez-Arboleda- Research Project Coordinator, Entry

Co-Investigators

Jonathan Betlinski- Adult Mental Health ECHO

Anthony Cheng- Long COVID ECHO

Eric Wiser- Diabetes Care for Whole Person Care ECHO

Questions? Comments?

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Resources

Communitycommons.org- Resources about Communities of Solution



Sources for Latino Health Statistics

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Thank You to All of our Partners!



Building healthier communities together



Workability One

inQuiseek

OHA Oral Health

NEON

Grand Canyon University