

Rethinking

MENTAL HEALTH

6.0

A Whole of Health Approach

Implementing a Project ECHO Hub into a public mental health service

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& Andrew Simpson**



#RTMH



Health
Sydney
Local Health District

PROJECT ECHO

(**E**xtension for **C**ommunity **H**ealthcare **O**utcomes)

Sydney Local Health District

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ReThinking Mental Health Forum CESPHN

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Moving Knowledge Instead of Moving People



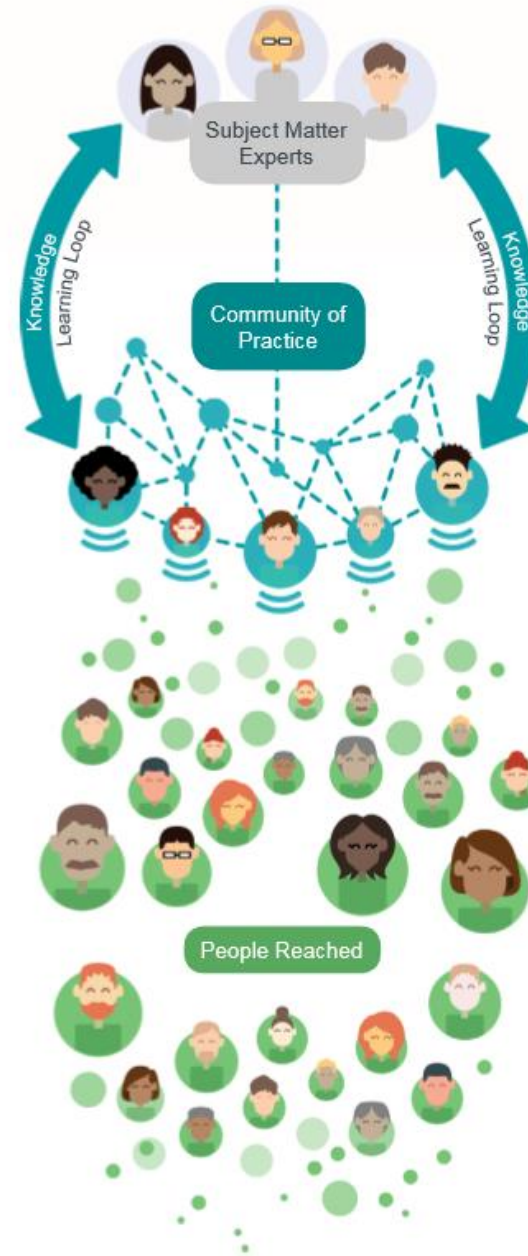
What is Project ECHO?



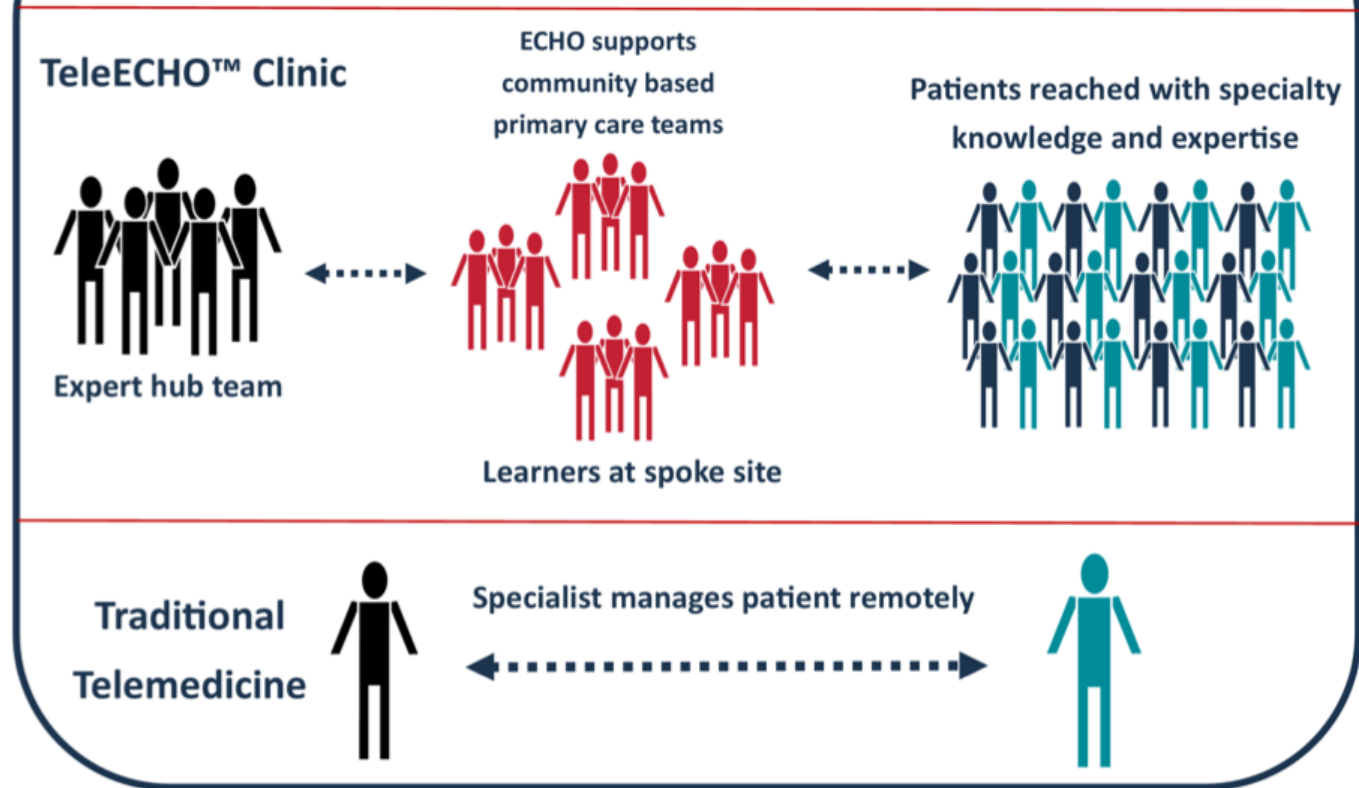
- Create **Hub-and-spoke knowledge-sharing networks** through weekly ECHO sessions
- Use multi-point **video conferencing** to conduct virtual clinics with community providers
- Learn from **didactic lectures** and **complex case presentations**
- Provide **evidence based** educational resources

How does ECHO work?

- A health education model using **videoconferencing** technology
- Increase **capacity of primary care clinicians to provide specialist care** directly to patients in their own practices.
- Increase **access to specialist treatment** in rural and underserved areas
- **Reduce health disparities**

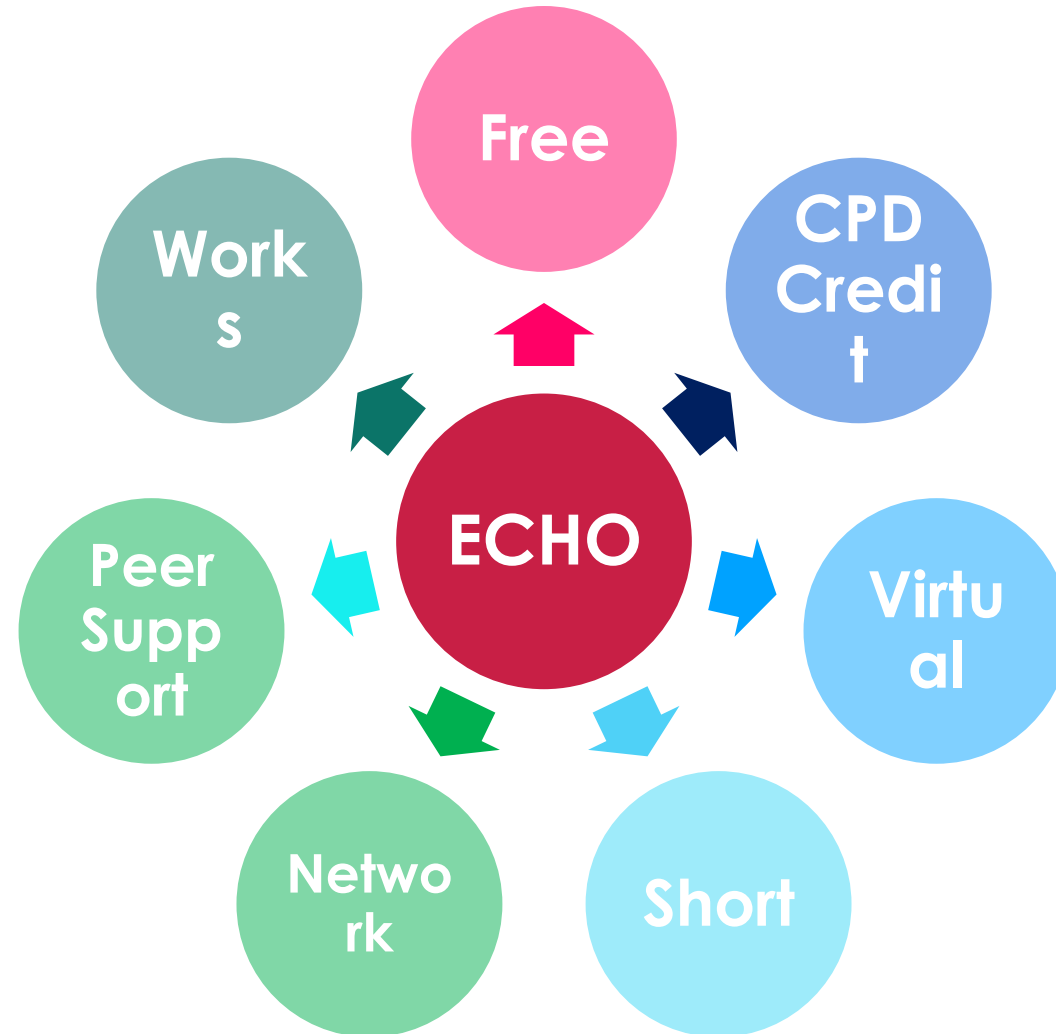


ECHO vs. Telemedicine



- ECHO model is not 'traditional telemedicine'.
- Treating Physician retains responsibility for managing patient.

Why ECHO for Primary Health Providers?



Project ECHO: Sydney LHD

| | Eating Disorders | Intellectual Disability | General Mental Health |
|----------------------|---|---|---|
| Target launch | Mar 2020 | Mar 2020 | May 2020 |
| Length of each cycle | 10 weeks | 10 weeks | 10-15 weeks |
| Number of sessions | 10 sessions | 10 sessions | 10-15 sessions |
| Length of a session | 90 minutes | 90 minutes | 60 minutes |
| Curriculum | Closed | Closed | Closed |
| Primary Target | Clinicians from NSW Health LHDs across the state | Clinicians from NSW Health LHDs across the state | GPs, Practice Nurses, Allied Health Professionals from PHNs |
| Secondary Target | GPs, Practice Nurses, Allied Health Professionals from PHNs | GPs, Practice Nurses, Allied Health Professionals from PHNs | Clinicians from NSW Health LHDs across the state |
| Comment | State-wide program | State-wide program | Focus area – Cardiometabolic health |

What does a typical session look like?

Introductions & Announcements

- 5-10 minutes
- All participants say hi!

Didactic Teaching

- 20 minutes
- Teaching from hub member or guest
- Pre-agreed curriculum
- Time for questions and discussion

Complex Case Presentation

- 30-60 minutes
- Presentation from 'spoke' participant.
- Summary sent in advance.
- Time for questions. Recommendations provided.

Evaluation: Target outcomes

Short-term

- Increase participants' knowledge and skills
- Increase participants' confidence in managing complexity
- Support participants in providing effective and evidence based treatment

Long-term

- Improve patient outcomes and treatment experience
- Reduce referrals to secondary and tertiary services