

# SHOW-ME ECHO

Using ECHO to Build Resilient School Communities

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# We have no disclosures.

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## MISSION

*To develop, study, and use telehealth solutions that improve access by providing high-value, patient-centered health care and medical education in Missouri and beyond.*

- MTN Staff



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## WHAT IS ECHO?

ECHO (**Extension for Community Healthcare Outcomes**) is an educational program that uses videoconferencing technology to create communities of learning focused on specialists sharing their expertise with community providers who can give their patients improved care in their own communities.

### “ALL TEACH; ALL LEARN”

- Through this learning collaborative, ECHO moves knowledge, not people. In this model, everyone benefits from a community committed to cycles of knowledge-sharing, best practices, and positive impact.

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## Dr. Sanjeev Arora



Started at the University of New Mexico

- 8 month wait in Hep C clinic

Developed Project ECHO for Hep C in 2003

- ✓ Interdisciplinary team
- ✓ Recruited willing primary care providers
- ✓ Used video technology
- ✓ Published studies
- ✓ Showed reduced wait times, increase numbers of treated Hep C patients, and PCPs outcomes were equal to specialists



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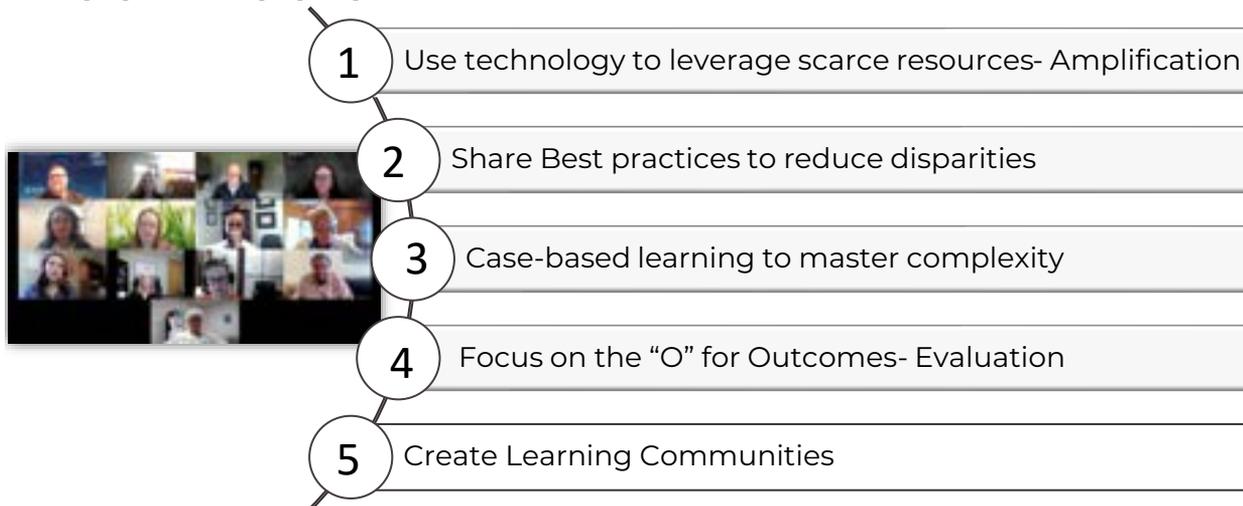
## Nurse Practitioner from Eminence MO. testimonial



AHFg

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## SHOW-ME ECHO MODEL The Five Key Components of ECHO



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## THE ECHO MODEL BUILDS RESILIENCE



### ECHO CYCLE

- ✓ Hub team shares knowledge, acquire new knowledge, facilitate learning
- ✓ Participants acquire new skills and knowledge, gain confidence, join learning community
- ✓ Community members receive advanced, equitable care, increase access to resources, application of best practices

When all the principles are applied, a learning community in which **"ALL TEACH and ALL LEARN"** comes together. *This includes:*

- *Connection & Character*
- *Confidence & Competence*
- *Contribution*
- *Coping & Control*

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## How ECHO Can Help with Resilience

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<b>Confidence</b>	Builds self-efficacy through supportive mentorship and practice
<b>Competence</b>	Strengthens knowledge and skills via ongoing specialist-guided learning
<b>Connection</b>	Creates community, reduces isolation, builds relational networks
<b>Character</b>	Reinforces professional values and ethical practice
<b>Contribution</b>	Celebrates participants as co-leaders and experts
<b>Coping</b>	Supports emotional resilience, reduces stress through shared problem solving
<b>Control</b>	Increases agency by empowering local decision-making

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## ECHO SESSION: HOW IT WORKS



### CASE PRESENTATION



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# ASTHMA ECHO

A COLLABORATIVE LEARNING APPROACH FOR BRINGING  
 BETTER ASTHMA CARE TO PEOPLE IN THEIR COMMUNITY



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## WHY THIS ECHO?

- The most common condition reported among public school students was asthma (9.9%).
- Number one reason school children miss school/High ER rates for children with Asthma
- The number of public-school students diagnosed with asthma has increased by 41% in the last decade. [https://mohidcount.org/wp-content/uploads/2015/09/Childhood\\_Asthma\\_Final\\_HM.pdf](https://mohidcount.org/wp-content/uploads/2015/09/Childhood_Asthma_Final_HM.pdf)
- Low-income children are particularly affected by poor asthma management.
- Comprehensive efforts have shown to be the most effective in promoting asthma control.
- School nurses are key players in successful childhood asthma management

\*[https://mohidcount.org/wp-content/uploads/2015/09/Childhood\\_Asthma\\_Final\\_HM.pdf](https://mohidcount.org/wp-content/uploads/2015/09/Childhood_Asthma_Final_HM.pdf)

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## Why This ECHO

- Approximately 1 in 11 Missouri children (8.7% to 8.9%) currently live with asthma, totaling over 114,000 individuals.
- Lifetime Diagnosis: About 11% to 14% of Missouri children have been diagnosed with asthma at some point in their lives.
- Gender: In children, asthma is more common in males (7.6%) than females (5.7%).
- **Annual Visits:** Missouri records more than **22,000** asthma-related emergency department (ED) visits and **3,400** hospitalizations for children annually.
- **Seasonal Peaks:** Hospital admissions for pediatric asthma typically peak twice a year, in **April/May** and **October**.

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## ASTHMA ECHO

TO EQUIP CLINICAL AND COMMUNITY- BASED PROFESSIONALS WITH BEST PRACTICES IN ASTHMA CARE THROUGH A COORDINATED PROGRAM

**Every Tuesday in January, February, April, May, September & October from 12 - 1 PM CT.**



### HUB TEAM MEMBERS

Ben Francisco, PhD, PNP, AE-C  
 Rebecca Brown, MPA, RRT, AE-C  
 Deb Cook, RN, AE-C  
 Shelley Cooper, EdD, MAT, BSBA  
 William Dailey, MD, MS, MSMI  
 Bernard Eskridge, MD  
 Paul Foreman, PhD  
 Ragini Kapoor, MD  
 John Kraemer, PhD  
 Claudia Preuschoff, MD  
 Tammy Rood, DNP, PNP, AE-C  
 Layla Snipes, RN  
 John Spivey, MD

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## ASTHMA ECHO



### LEARNING OUTCOMES

- Increase adoption of asthma best practices, addressing the 4 components of national asthma guidelines.
- Support practice-based quality improvement programs that enable providers to implement national asthma guidelines through adoption of best practices.
- Increase numbers of outpatient visits for preventative asthma care.
- Identify best practices for school, home, community, and clinical settings.
- Meet state and national requirements for Asthma Educator and Asthma Home Environmental Assessment recertification.

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## UPCOMING SCHEDULE

DATE	DIDACTIC TOPIC
April 7	Spirometry - You Can Do This!
April 14	Approaches and Resources for Asthma Telehealth
April 28	Collaborating and Supporting School-Based Asthma Care
May 5	Breathing Room: How School-Based Education Improves Asthma Outcomes
May 12	Breathe Better at Home: Tech Tools for Kids with Asthma
May 19	Engaging and Supporting Parents of Children with Asthma
May 26	Roundtable: Asthma-Highlights and Important Directions

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## Testimonials and Participant Stories

[I] continue to use evidence-based practice guidelines from the National Heart Lung and Blood Institute (NHLBI) as discussed in each Asthma ECHO session. [I] use the STATIC mnemonic to help remember best practices - Severity, Therapy Step, Adherence, Technique for Inhaler, Inhalants (environmental triggers), Comorbid conditions.

-Asthma ECHO Participant

After understanding the management of Moderate/Severe Asthma, it has been helpful to pass information to my patients

-Asthma ECHO Participant

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# AUTISM BEHAVIOR SOLUTIONS: SCHOOLS & COMMUNITIES ECHO

A COLLABORATIVE LEARNING APPROACH FOR INCREASING BEHAVIORAL KNOWLEDGE AND PRACTICE FOR WORKING WITH STUDENTS WITH AUTISM



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## WHY THIS ECHO?

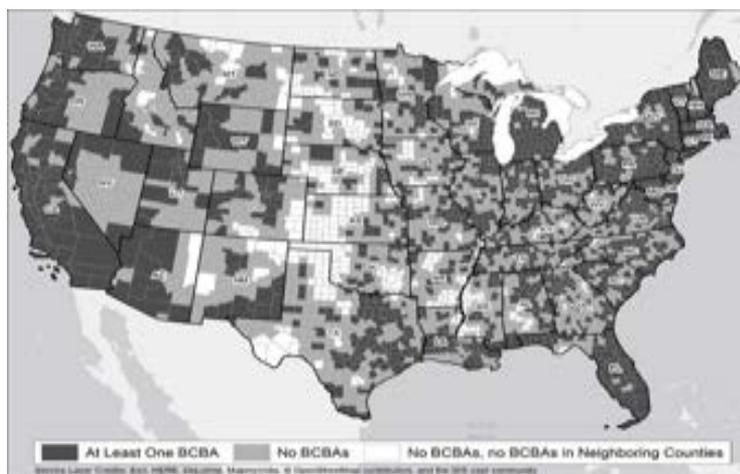
- In a 2022 study of Missouri 8-year-olds, approximately 1 in 31 were identified as having autism.
- Youth with autism and other neurodevelopmental disabilities receive significant support in school settings, yet many professionals and other staff in school settings have little-to-no training in evidence-based supports for these populations
- Most school nurses and other staff receive very limited education related to autism and behavioral intervention.
- Nurses are rarely included in IEP meetings, despite being a key medical voice on these interprofessional teams.
- Nurses are often tasked with delivering healthcare to students with disabilities in school settings, yet they are not offered the behavioral consultation support often needed to preserve safety and support positive health outcomes.
- Nurses may not be aware of the behavioral health, medical, and psychosocial complexity associated with autism.

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## WHY THIS ECHO?



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## AUTISM BEHAVIOR SOLUTIONS: SCHOOLS & COMMUNITIES ECHO

INCREASING BEHAVIORAL KNOWLEDGE  
AND PRACTICE FOR WORKING WITH  
STUDENTS WITH AUTISM

**Every 1st & 3rd Monday of the  
month from 1 - 2 PM CT.**



### HUB TEAM MEMBERS

Cy Nadler, PhD  
Pediatric Psychologist  
Children's Mercy, Kansas City

Alison Anderson, LBSW  
Autism Education Coordinator/Parent Advocate  
Children's Mercy Kansas City Autism Clinic

Kayleigh Fogle, M.Ed., BCBA, LBA  
Behavior Analyst  
Knox County R-1 School District

Jen Maddox, MHA, BSN, RN, NCSN  
Director of Health Services  
Columbia Public Schools

John Mantovani, MD  
Child Neurologist  
Mercy Kids, Autism Center

Bethany Rhodes, MA, CCC-SLP  
Speech Pathologist  
SEMO Autism Center for Diagnosis & Treatment

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## AUTISM BEHAVIOR SOLUTIONS: SCHOOLS & COMMUNITIES ECHO



### LEARNING OUTCOMES

- Increased knowledge of the principles of behavior.
- Increased confidence in using evidence-based behavioral strategies across the school setting.
- Increased confidence in their ability to collaborate effectively with school professionals, medical and allied health providers, families, and children.
- Increased knowledge of autism and co-occurring conditions.

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## UPCOMING SCHEDULE

DATE	DIDACTIC TOPIC
March 3	Why Do Kids Misbehave in Schools?
April 7	Behavioral Supports During Medical Visits
April 21	Models of Disability (Social vs Medical)
May 5	504 vs IEP
May 19	Medication Management
June 2	Building on Communication Strengths

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## Testimonials and Participant Stories

I live in a very rural area of Missouri where autism education and resources are scarce. Being able to identify early signs and symptoms of autism is crucial for these patients to receive necessary therapy and services.

-Autism Behavior Solutions in Schools & Communities  
ECHO Participant

Attending ECHOs for the past four years have changed my practice...because I can provide the materials that are given during the didactics and the cases that are presented.

-ECHO Participant

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## Show-Me ECHOs in Child Health

- Vaping, Tobacco, Nicotine Treatment ECHO
- Pediatric Weight Management ECHO
- Child Psych ECHO
- Child Trafficking Awareness ECHO
- Suicide Prevention ECHO
- Concussion ECHO
- Foster Care in Primary Care ECHO
- Disordered Eating/Eating Disorders ECHO
- Infectious Disease ECHO

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Missouri Telehealth Network University of Missouri		<b>SHOW-ME ECHO TOPICS</b>				
Adult Psych	Asthma	Autism	Autism: Behavior Solutions	Building Healthy Communities	Certified Peer Specialist	Child Psych
Community Health Worker	Concussion Care	Cardiovascular Disease	Dementia & Alzheimer's	Dermatology	Developmental Disabilities	Diabetes
Disordered Eating & Eating Disorders	Foster Care	Head Start	Infectious Diseases	Hepatitis C	HIV	Hypertension
Kidney Disease	Mothers, Infants, & NAS	Substance Use Disorder	Medical Forensic	Pediatric Weight Management	Suicide Prevention in Health Care	Emergency Medical Services
Family Support Provider	IBT for Healthy Weight	Vaping, Tobacco, & Nicotine Treatment	Veterinary Education & Training	Cancer Survivorship	Child Trafficking Awareness	Pain Management

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## Next Steps

- Register at [showmeecho.org](http://showmeecho.org)
- The morning of the ECHO you will receive an invite in your email
- Follow the prompts to join the Zoom call
- Request access to SharePoint Folder

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- ✓ FREE to participate
- ✓ FREE continuing education credits available
- ✓ Open to individuals and organizations
- ✓ Real collaboration & deidentified patient cases
- ✓ Sessions held virtually



**REGISTER OR SUBMIT A  
CASE AT SHOWMEECHO.ORG**



DON'T FORGET TO STOP BY OUR BOOTH!

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## Resources

- [The ECHO Model - Project ECHO](#)
- <https://www.fosteringresilience.com/article/the-seven-cs>
- <https://health.mo.gov/living/healthcondiseases/chronic/asthma/pdf/ChildhoodAsthmainMissouri.pdf>
- <https://www.cdc.gov/autism/communication-resources/community-reports.html>

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# QUESTIONS?

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Jen [jemaddox@cpsk12.org](mailto:jemaddox@cpsk12.org)

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