

Utilizing Project ECHO as a Learning Framework to Support Rural Age-Friendly Care

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Disclosure

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Objectives

Describe the Project ECHO Model

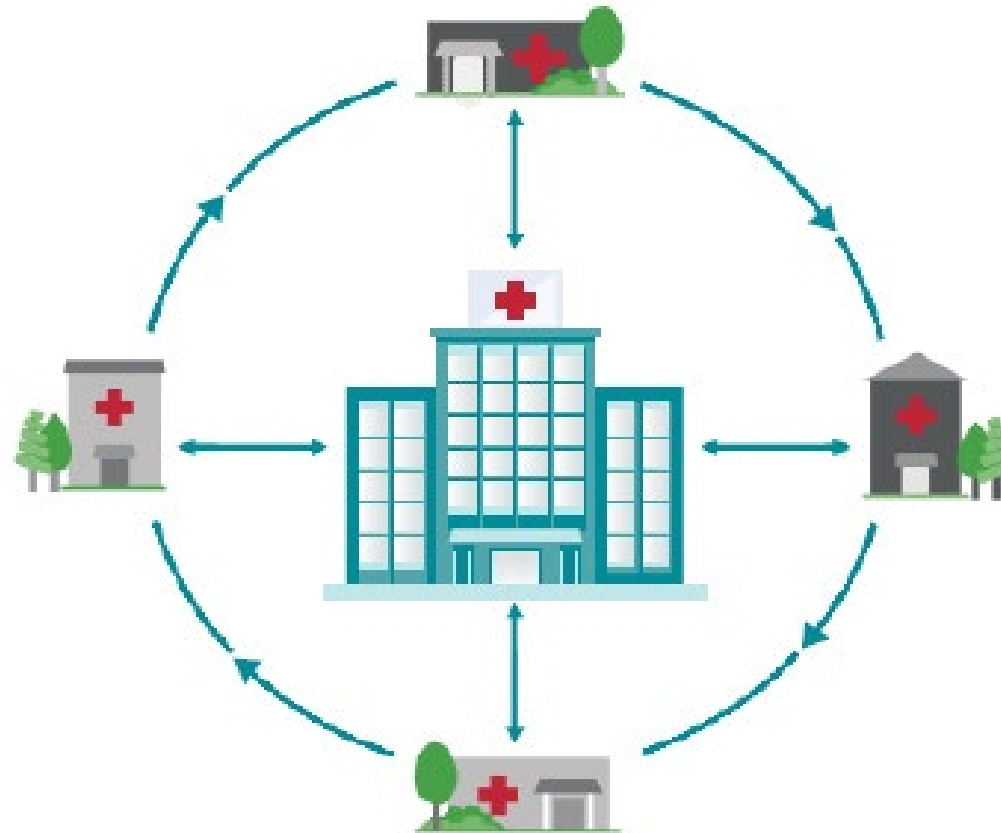
Discuss Project ECHO as a platform for Age-Friendly Education



Origins of Extension for Community Healthcare Outcomes - ECHO Model™

Problem: 30,000 patients → 6 month wait for liver disease specialists

Solution:
**Project
ECHO Model**



Sanjeev Arora MD
University of NM

Benefits of ECHO model in rural areas

Increase access to specialty knowledge

Improve outcomes

Reduce disparities

Increase provider satisfaction

Reduce isolation

Need for geriatrics expertise

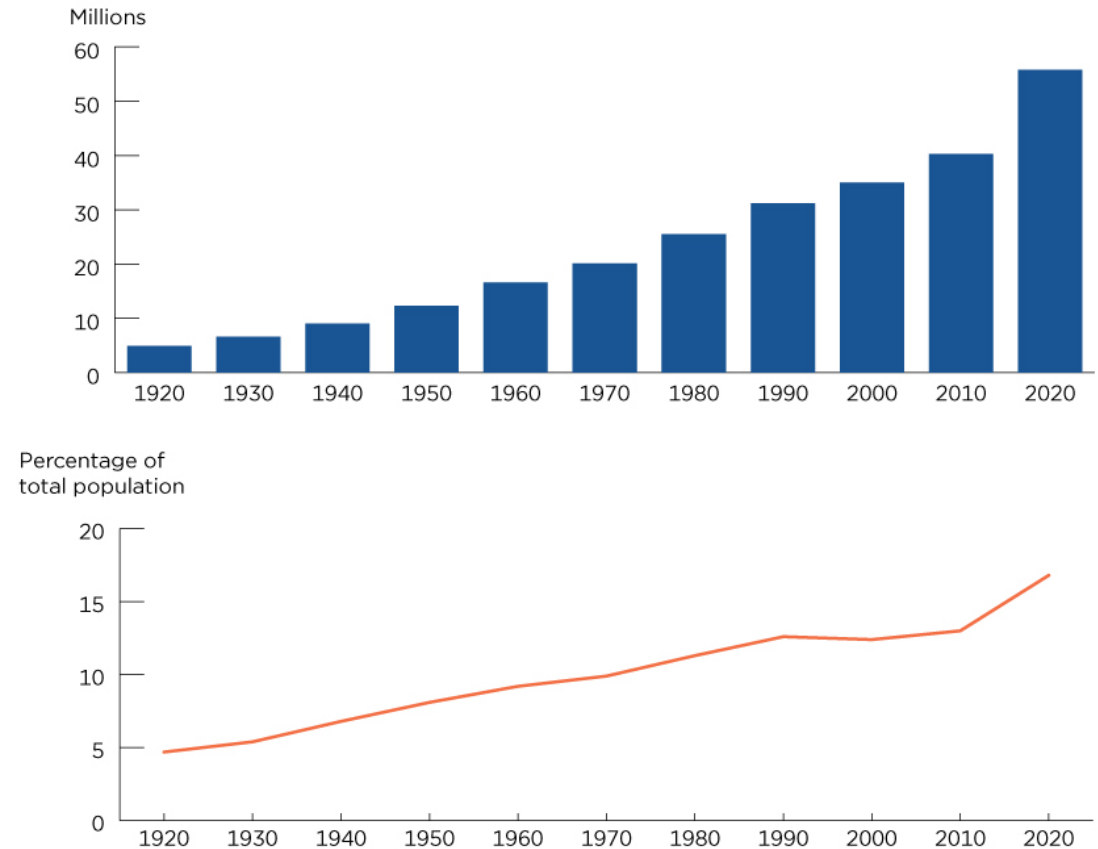
- Americans are living longer and healthier lives
 - Increasing more quickly in rural areas

BUT

- Only 7,000 geriatricians in the U.S.
- Most healthcare professionals do not receive adequate, *if any*, training in the care of older adults

Figure 1.

Population 65 Years and Over by Size and Percentage of Total Population: 1920 to 2020

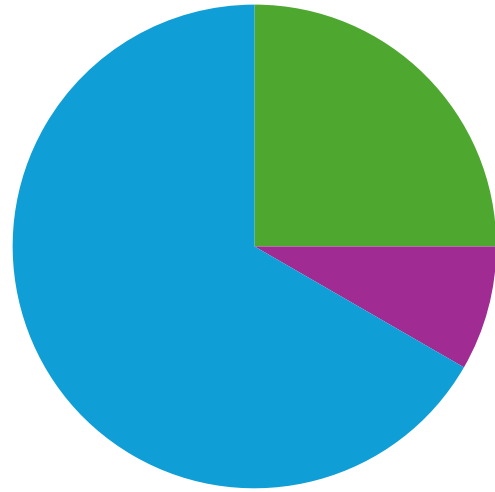


Note: For information on data collection, confidentiality protection, nonsampling error, and definitions, refer to <https://www2.census.gov/programs-surveys/decennial/2020/technical-documentation/complete-tech-docs/demographic-and-housing-characteristics-file-and-demographic-profile/2020census-demographic-and-housing-characteristics-file-and-demographic-profile-techdoc.pdf>.

Source: U.S. Census Bureau, Decennial Census of Population, 1900 to 2000; 2010 Census Summary File 1, and 2020 Census Demographic and Housing Characteristics File (DHC).

Project ECHO- Geriatrics Sessions (2016-present)

Year-round, monthly one-hour sessions



- Mini-Didactic
- Q & A / Discussion
- Case Consultations



Project ECHO-Geriatrics Panel

Area Agency on Aging staff

Clinical Social Work

Gerontological Nursing

Geriatric Medicine

Geriatric Pharmacy

Geriatric Psychiatry



Project ECHO-Geriatrics multidisciplinary panel
(2019)

Project ECHO-Geriatrics Reach



4 – 5 sites attend each session + individuals

Average 30-40 participants per session



PROJECT ECHO – GERIATRICS

Didactics Database

March 21, 2025

Fall Prevention in Primary Care: STEADI Update



By Kristina Cosley, PT, DPT
Physical Therapist, Harborview Medical Center

WATCH VIDEO



February 21, 2025

HIV & Aging



By Reema Navalurkar, MD
General internal medicine physician

WATCH VIDEO



January 17, 2025

Late Life Depression in Primary Care



By Beth Labardi, MD
Clinical Assistant Professor UW Department of Psychiatry and Behavioral Sciences Veteran Affairs Puget Sound Health Care System

WATCH VIDEO



December 20, 2024

What Matters



By Katherine Ritchey, DO, MPH
Geriatrics and Palliative Care, VA Puget Sound Division of Geriatrics, University of Washington

WATCH VIDEO



October 18, 2024

Mentation: Dementia



By Emily Trittschuh, PhD
Associate Professor University of Washington Department of Psychiatry and Behavioral Sciences VA Puget Sound Health Care System GRECC Neuropsychologist

September 20, 2024

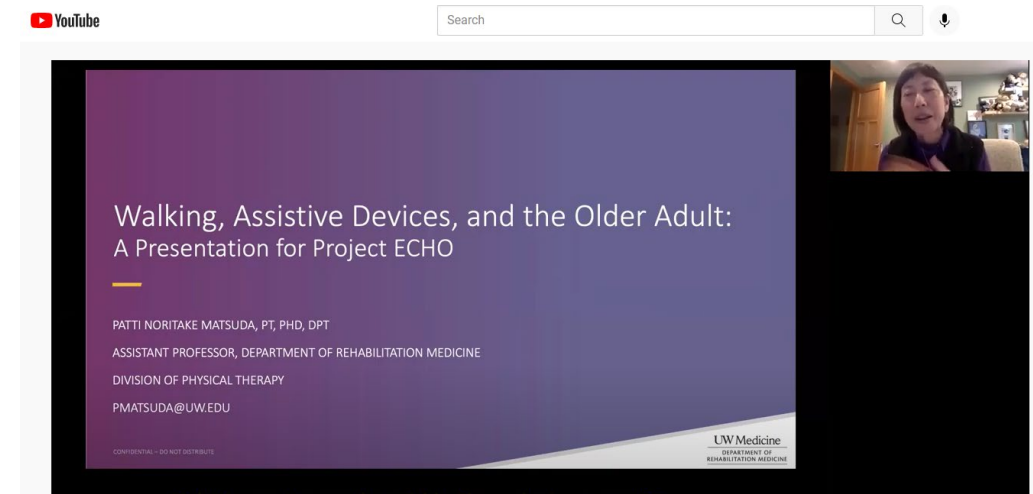
Hidden Risks of Medications: Inactive Ingredients



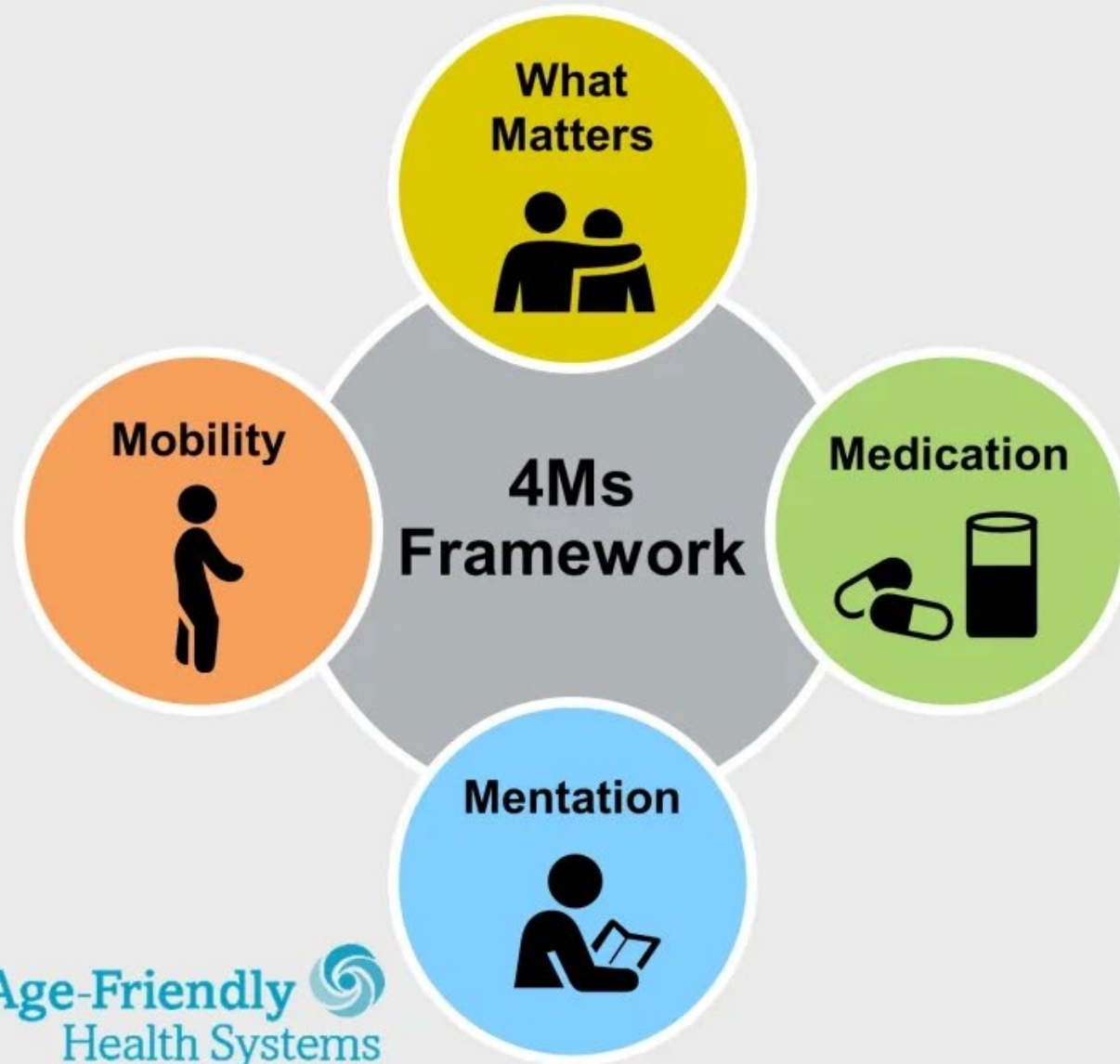
By Leigh Ann Mike, PharmD, BCPs, BCGP
Clinical Associate Professor, Department of Pharmacy, University of Washington Assistant Director for Education, Plain Center for Geriatric Pharmacy Research, Education,...

Primary care geriatrics curriculum

- 105 videos on YouTube and nwgwec.org



[NW GWEC - YouTube](https://www.nwgwec.org/activities/our-didactics/)



An initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI) in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA).

What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.

Geriatrics-focused ECHO Programs in U.S. (2024)*



Figure from Carrico et al. Growth and impact of Project ECHO for workforce development in age-friendly care. *J Am Geriatr Soc.* 2024; (*HRSA-funded ECHOs through Geriatrics Workforce Enhancement Program)

Summary

Project ECHO is an effective way to train rural health care providers to meet the needs of older adults

ECHO is rapidly expanding capacity for age-friendly interprofessional care

References

- Bennett KA et al. Project ECHO-Geriatrics: Training Future Primary Care Providers to Meet the Needs of Older Adults. *J Grad Med Educ*. 2018 Jun;10(3):311-315. <https://doi.org/10.4300/jgme-d-17-01022.1>
- Carrico et al. Growth and impact of Project ECHO for workforce development in age-friendly care. *J Am Geriatr Soc*. 2024; 72(S3): S6-S13. doi:[10.1111/jgs.18959](https://doi.org/10.1111/jgs.18959)

Additional Resources:

- Project ECHO, University of New Mexico: <https://projectecho.unm.edu/>
- Age Friendly Health Systems Initiative (John A. Hartford Foundation and Institute for Healthcare Improvement): <https://www.ihl.org/partner/initiatives/age-friendly-health-systems>
- For more information about Geriatrics Workforce Enhancement Programs:
 - Geriatrics Workforce Enhancement Center Coordinating Center (John A. Hartford Foundation & American Geriatrics Society). <https://www.americangeriatrics.org/programs/gwep-coordinating-center>
 - National Association of Geriatric Education Centers <https://n-age.org/>