



PROJECT ECHO

Extension for Community Healthcare Outcomes

Calling all:

Primary Care Providers: physicians, advanced practice providers – NPs, PAs, CMN, social workers, behavioral health providers, school partners, long-term care and assisted living providers, public health and other interested professionals - join our virtual community of practice.

You're invited to our **Stressed Out ECHO**

Identifying and responding to chronic stress

- ✓ Discuss the effect of **chronic stress** on physical, mental, emotional and spiritual health
- ✓ Identify symptoms of **chronic stress** in our patients, families, caregivers, other providers and ourselves
- ✓ Discuss tools to assess symptoms in diverse populations: women, men, older adult caregivers and health care providers
- ✓ Identify interventions to promote self-care and enhance resilience in patients, families, and providers
- ✓ Apply principles and experience to case study

Join us:

Thursdays 12:00 till 1:00 PM

May 9, 16, 23 and 30

Register: Enter "KUMC Project ECHO" into your web browser

Select: *Stressed Out ECHO* Series

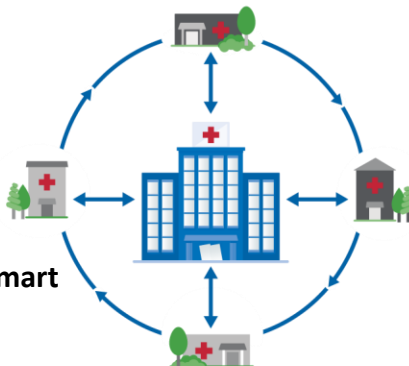


Empowering Primary Care

Extension for Community Healthcare Outcomes

Moving Knowledge, Not Patients

ECHO uses video-conferencing technology to offer mentoring. Connect from your computer, with a webcam and microphone, a tablet or smart phone to gain access to case-based learning and interdisciplinary teams.



Tele-ECHO Model

- Collaborative education
- Democratize and de-monopolize knowledge linking inter-disciplinary specialty team with multiple primary care clinicians
- Experts mentor and share their expertise across a virtual network

ECHO Partners



- Acquire new skills and competencies
- Become part of a community of practice and learning
- Gain access to inter-professional team of specialty providers and colleagues to offer support in how to manage patients with complex conditions
- Increase their professional satisfaction

Tele-ECHO Clinic



- Helps provide better access for patients in rural and underserved communities
- Reduces treatment disparities
- Provides rapid dissemination of new knowledge
- Promotes consistency in care and practice
- Spreads knowledge, expands capacity and accelerates collective wisdom

Stressed Out ECHO



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CME/CNE/CE: Application has been made for continuing education credit for Physicians, Advanced Practice Providers, Nurses, and Social Workers. Other participants may request a certificate of attendance.