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 smartphone to gain access to case-based learning and interdisciplinary teams.

• 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 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

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

This project is supported by the Health Resources Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Advanced Nursing Education Workforce (ANEW) grant #T94HP30900 for $1,390,650.00 over 2 years financed 100% by HRSA. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsement be inferred by HRSA, HHS or the U.S. Government. An Administrative Supplement Award of $140,485.00 supported this project.

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.

Making geography irrelevant 913-588-2081 | projectecho@kumc.edu