TYPE 1 DIABETES

Empowering primary care providers to improve health outcomes for underserved patients with T1D
What is Project ECHO™?

Project ECHO is a free innovative tele-mentoring “Hub-and-spoke” outreach model that connects community providers or practices (“Spokes”) to a multidisciplinary diabetes specialty team (“Hub”).

Project ECHO’s benefits:

**Knowledge**: Weekly 1-hour clinics to present challenging T1D cases to multidisciplinary team.

**Financial**: No cost AMA CME credits for physicians; CE credits for Nurses, PAs, Dieticians.

**Stipend**: Sponsorship by Helmsley Charitable Trust to participate free of charge – including small stipend for pilot phase participation.

**Benefits To Your Practice:**

**Health**: Access to new treatments, improved care, and enhanced monitoring of outcomes.

**Diabetes Liaison**: Dedicated outreach case manager to provide on-site support to patients and practice.

**Research**: Patients are eligible for enrollment in research projects at Stanford Hub.

**Benefits To Your Community:**

Stanford University is launching a Project ECHO™ for Type 1 Diabetes (T1D), a program to support primary care providers managing adult and/or pediatric patients with T1D who do not receive routine specialty care.

Project ECHO™ is an outreach model designed to address the needs of vulnerable populations by equipping community practitioners with the right knowledge, at the right place, at the right time.

**How to Join Project ECHO:**

Contact the Stanford ECHO staff to become a “spoke” site for this initiative.

For more information, visit: projectecho.stanfordchildrens.org

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RE: Funding opportunity for providers and clinics to participate in Project ECHO Type 1 Diabetes

Dear California Community Providers and Practices,

I would like to invite you to join me in a community of practice that embraces an all-teach, all-learn approach to improving the care of underserved adult and pediatric patients with Type 1 Diabetes (T1D) who do not receive routine specialty diabetes care throughout the State of California.

Stanford University has partnered with Project ECHO® (Extension for Community Healthcare Outcomes) to develop a Project ECHO clinic for Type 1 Diabetes (T1D), Project ECHO T1D. The goal is to increase the capacity of primary care providers and clinics to empower and safely and effectively manage underserved patients with T1D who do not receive routine specialty care.

While patients with T1D may constitute a small part of your practice, here is why I believe this is an important opportunity. Diabetes rates (T1D and T2D) are increasing at alarming rates and roughly 10% of your diabetes clinic population has T1D. While recommendations are for patients with T1D to see a diabetes specialist every 3 to 4 months, we understand this does not happen. Diabetes specialty care is falling on primary care providers and community practices. Health disparities in T1D exist throughout the lifespan. It is well documented that barriers exist that prevent patients with T1D from receiving routine specialty care. Community providers and practices like yours are doing the best you can to support patients with T1D and we want to support you and make it easier on both you and your patients with T1D. The T1D Exchange national T1D registry illustrates that only 25% of patients with T1D at the nation’s top diabetes centers are meeting HbA1c targets. When 75% of patients with T1D are not meeting outcomes, we can no longer blame patients for “non-compliance.” This staggering failure rate exposes system failure. We must do better for our patients. We must do something different.

Project ECHO is an innovative “Hub-and-spoke” outreach model committed to addressing the needs of the most vulnerable populations by equipping community practitioners with the right knowledge, at the right place, at the right time. Through the use of technology, education and research, Project ECHO demonopolizes specialty knowledge and amplifies the capacity for primary care providers to provide best practice care to their patients. The model was developed out the University of New Mexico in 2003 for Hepatitis C and has since been expanded to over 65 complex conditions in over 200 global sites.
The Project ECHO T1D clinic is a weekly video-conference based tele-mentoring collaborative, Continuing Professional Development (CPD) accredited, case-based learning program. By creating a unique partnership between community healthcare providers and diabetes specialists, we will enrich and empower each other in practice and work collectively to enhance care for underserved patients with T1D. Stanford University will serve as the “Hub” site with a team of multispecialty experts (pediatric and adult endocrinologist, primary care provider, behavior health specialist, nurse/diabetes educator, social worker) to work in partnership with “Spoke” sites (community providers and clinics like yours).

Project ECHO T1D is being sponsored by the Helmsley Charitable Trust and we are accepting applications for community providers and clinics to join this initiative. Project ECHO T1D clinic will be launching November 2018 and the pilot phase will continue through June 2019. Thanks to the generous support of the Helmsley Charitable Trust, there is no fee to spoke sites who apply during the pilot phase.

The videos and links below have been provided to help you become more familiar with the format and flow of a Project ECHO:

- About Project ECHO | The University of New Mexico ECHO Institute
- Animated ECHO Introduction
- Dr. Sanjeev Arora, Founder Project ECHO | TED Talk
- Project ECHO addressing diabetes | Endo ECHO Video
- Living with T1D: Broken Healthcare Delivery System | Meta ECHO Conference Video

I welcome you to Join our community of practice at this link: http://projectecho.stanfordchildrens.org. I will be visiting potential “Spoke” sites and hosting informational web sessions. If you would like to participate in an information session or meet, please email me at diabetesecho@stanford.edu.

I do hope you can join us on this important mission. Not only will your participation in Project ECHO T1D make a difference in your practice and in the lives of the patients, it will be great fun for you and for us!

Sincerely,

Nicolas Cuttriss, MD, MPH, FAAP
Director Project ECHO T1D Clinic | Clinical Assistant Professor | Lead Global Health
Department of Pediatrics and Division of Endocrinology & Diabetes
Stanford University School of Medicine
JOINING PROJECT ECHO T1D

Thanks to the generous support of the Helmsley Charitable Trust, there are no fees for spoke sites who apply to join Project ECHO T1D during the pilot phase. The clinic will launch in November 2018 and the pilot phase will continue through June 2019. We will meet for 60 minutes weekly by videoconference. Sessions involve us taking turns presenting de-identified cases from our own practices, followed by group discussion and recommendations for treatment. By reviewing these cases collaboratively, we will all learn how to better design care plans for people living with T1D. Case presentations will be followed by a short educational talk on a subject related to T1D. Each clinic site is expected to present at least one T1D patient per month. There should be at least one “T1D Champion” designated lead per spoke site, but the clinic is open to all staff and there is no limit to the number of staff who join the weekly clinic. Each spoke site will also have access to a diabetes liaison (ie, a T1D coach) who will be available to conduct home visits to your patients and liaise with your clinic staff. Although the clinic targets T1D, this does not mean your type 2 diabetes (T2D) patients cannot also benefit from the knowledge gained.

Benefits to community providers and community practices who participate includes:

- **Dedicated hour-long, weekly tele-mentoring clinic** for you and other PCP/practices (“spokes”) to present challenging T1D cases for recommendations to multidisciplinary team (behavior health specialist, diabetes educators, PCP, pediatric and adult endocrinologist)
- **Access to real-time support** to your practice in managing patients with T1D, including improving access to newest diabetes treatments and technologies; including access to participant only website with recordings of didactic presentation and other materials.
- **A diabetes care liaison** (i.e., T1D Coach) assigned to your clinic who provides on-site support to your patients and practice, include home visits to patients.
- **Ability to enroll your patients in clinical research opportunities and initiatives** at the Stanford Hub.
- **No cost AMA CME** credits provided for physicians and CE credits for Nurses, Physician Assistants, Psychologies, Dieticians
- **Sponsorship by Helmsley Charitable Trust** to participate free of charge – including small stipend for pilot phase participation.
- **Free in-person training** (travel, accommodations, and meals) for up to two providers from your clinic to come to Stanford for two-day immersion training for Project ECHO T1D.

If you are interested in joining or have questions, please contact Program Manager, Katarina Yabut, by email (diabetesecho@stanford.edu) or by phone (650) 497-4793. Additional information about Project ECHO T1D can be found on the website: [https://projectecho.stanfordchildrens.org](https://projectecho.stanfordchildrens.org).