



**UW PACC**

Psychiatry and Addictions Case Conference

UW Medicine | Psychiatry and Behavioral Sciences

# **UW PACC UPDATE 2017-2018**

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# GENERAL DISCLOSURES

The University of Washington School of Medicine also gratefully acknowledges receipt of educational grant support for this activity from the Washington State Legislature through the Safety-Net Hospital Assessment, working to expand access to psychiatric services throughout Washington State.

# SPEAKER DISCLOSURES

✓ Any conflicts of interest? NO

# OBJECTIVES

1. Describe the UW PACC model
2. Review current evidence base
3. Review feedback from past UW PACC sessions
4. Discuss updates/revision to UW PACC 2017-2018
5. Develop understanding of how to benefit

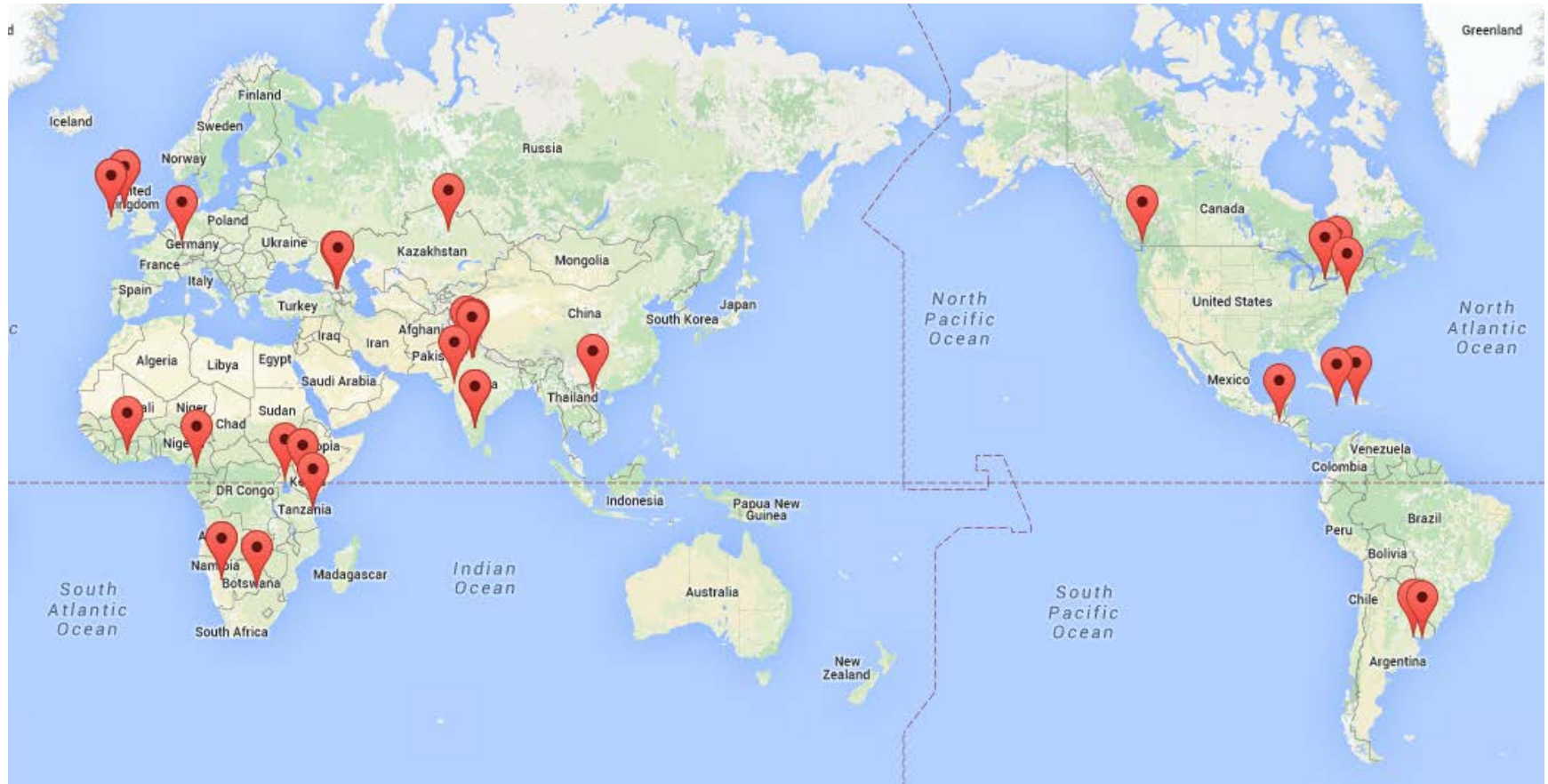
# PROJECT ECHO

## (EXTENSION FOR COMMUNITY HEALTHCARE OUTCOMES)

- 2003 developed to expand treatment of HCV
- Develop capacity for safe and effective treatment of chronic, common, and complex conditions
  - Link specialty care with primary care
- Now includes:
  - Pain, HIV, HCV, Bone Health, Rheumatology, Epilepsy, Endocrine, TB, Heart Failure, Autism, Geriatrics, HTN, Childhood Obesity, Palliative Care, Dementia, Pediatric ADHD, Hepatology, Nephrology, MS, Pulmonary

# PROJECT ECHO: LOCATIONS

## (EXTENSION FOR COMMUNITY HEALTHCARE OUTCOMES)



<http://echo.unm.edu/locations/>

# DEVELOPING CAPACITY

- Train and support community providers
  - Collaborative practice model
  - Development of Network
  - Case-Based Learning loops
    - Hub → Community
    - Community → Community
    - Community → Hub
  - Short didactics



**Means:** Increase knowledge and self-efficacy around best practices

# DOES IT WORK?

The NEW ENGLAND JOURNAL of MEDICINE

ORIGINAL ARTICLE

## Outcomes of Treatment for Hepatitis C Virus Infection by Primary Care Providers

Arora et al, 2011

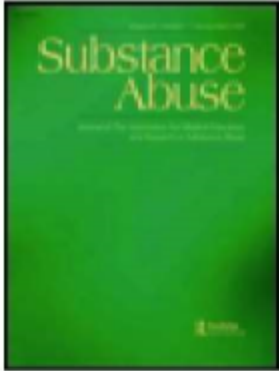
Univ of New Mexico vs ECHO + PCP treatment (21 sites)

Outcomes: cure rates

- **UNM:** 84 of 146 (**57%**)
- **PCP + ECHO:** 152 of 246 (**58%**)

\*\*Those at PCP sites had lower rates of serious event: 6.9% vs 13.7%





## Substance Abuse

# Project ECHO: A new model for educating primary care providers about treatment of substance use disorders

Komaromy M, et al

- > 950 cases presented 2008-2015
- Increase in Buprenorphine waived physicians
  - 2006: 36 (ranked 13<sup>th</sup>)
  - 2015: 375 (ranked 3<sup>rd</sup>)

More rapid growth in waived physicians in traditionally-underserved areas

# Telementoring Primary Care Clinicians to Improve Geriatric Mental Health Care


Elisa Fisher, MPH, MSW,<sup>1</sup> Michael Hasselberg, PhD, RN, PMHNP-BC,<sup>2,3</sup> Yeates Conwell, MD,<sup>2</sup> Linda Weiss, PhD,<sup>1</sup> Norma A. Padrón, PhD, MPH,<sup>4,5</sup> Erin Tiernan, BS,<sup>2</sup> Jurgis Karuza, PhD, MA,<sup>6,7</sup> Jeremy Donath,<sup>8</sup> and José A. Pagán, PhD<sup>1,9,10</sup>

- New York State
  - 54 Primary care and case management sites
- 33 sessions from 2014-2016
- Results
  - 26 Interviews suggest an improvement in knowledge and treatment practice
  - Claims data → ER costs decreased by 24% for patients with mental health diagnosis over 6 months



EMPIRICAL REPORT

## Building Provincial Mental Health Capacity in Primary Care: An Evaluation of a Project ECHO Mental Health Program

Sanjeev Sockalingam<sup>1,2</sup>  • Amanda Arena<sup>3</sup> • Eva Serhal<sup>1,3</sup> • Linda Mohri<sup>3</sup> • Javed Alloo<sup>3</sup> • Allison Crawford<sup>2,3</sup>

- Ontario Province, CA
- Pre and Post multiple choice questions
- Results
  - Knowledge test performance and self-efficacy improved significantly
  - Self-efficacy approached significance
  - Satisfaction ratings high

# UW PACC FEEDBACK

## DO YOU AGREE? STRONGLY=5

- 4.64/5-enhanced current knowledge
- 4.89/5-free of commercial bias
- 4.57/5-information that was new and usable
- 4.57/5-addressed competencies

# INTEND TO CHANGE

- Improve suicide assessment and safety planning
- Take a more harm reduction approach
- Use Gabapentin more
- Start using Suboxone
  - “May consider getting trained”—GREAT!
- Diagnosing PTSD
- Using sleep meds less and behavioral strategies more
- More carefully consider a patients cannabis use
- More accurate diagnosis
- Better understanding around use of psychiatric medications
  - Less polypharmacy
  - Less benzodiazepine use
  - Improved patient education

# HOW WILL CHANGES AFFECT PATIENT OUTCOMES?

- “Remains to be seen, but I am optimistic...”

# HOW COULD WE IMPROVE?

- Improve audience participation
- Tech problems
- Vary the day
- Access to past presentations/slides
- Time of sessions—too long
- More therapy
- Introductions could be faster
- The multitasking dilemma
- Reduce lecture time, less discussion during lectures
- Be more supportive in recommendations
- More discussion from community
- More cases, related cases if possible, get to them sooner

# UW PACC GOAL

- To **increase patient access** across the state to effective and evidence based psychiatric and addiction care through increasing the **knowledge** and **self-efficacy** of all interested health providers within an **intentionally supportive** virtual community.





# INCREASE KNOWLEDGE

- Weekly succinct, evidence based presentations
  - Focus on keeping them to 30min or less!!!
  - Some newish topics and some repeat
- Expert Opinion
  - Regular panelists, visiting panelists
- Community
  - Give time for people at the spokes to participate
  - Solicit engagement

# INCREASE SELF-EFFICACY

- More cases presented
  - 2016-2017: 51 total case presented (48 sessions)
  - 2017-2018: let's go for a personal record!
- How to facilitate
  - Finish didactics on time
  - Timing of the case discussions?
  - Proactive scheduling of cases
    - 2 a year-a sign-up list w
    - More is always welcome



# SPECIAL HONORARY MENTION

- Most Cases Submitted to PACC
  - Howard Walsh!
  - 6 cases submitted!!!
- Most Relevant Didactic (Q1-3)
  - Sleep Disorders: non-med interventions 4.92/5
- Best Quality Didactic
  - How to start using Buprenorphine-Nal for OUD 4.72/5



# HOW TO BENEFIT

- Participation is key
  - Presenting cases
  - Participation in discussions
    - Tell us who you are and where
  - Duration
    - The longer the better
      - $\geq 1$  year associated with higher self-reported knowledge and competencies
      - Helps develop collaborative relationships, develop confidence



# SUMMARY OF ENHANCEMENT

- Keep didactics succinct → 30min max
- Schedule out at least one case a week
- Give time for participant discussion
- More cases
- More cases