

Chronic Pain Gains in Alberta: An ECHO Series

The ECHO model was first initiated in New Mexico in 2003, where the goal was to increase skills and knowledge in specialized sectors of health for health care workers working in remote and underserved communities. Since then, the program has been expanded worldwide to a broad range of topics in health care. The CMN's ECHO model incorporated a short didactic session with a case presentation from a community member, followed by discussion and recommendations provided by attendees and an expert HUB team of family physicians with enhanced skills in addiction and interdisciplinary colleagues. ECHO follows a philosophy of all teach and all learn. The series was aimed at developing skills for treating and managing chronic pain for the health care team in its entirety from intake nurses, social workers to doctors, and so on.

Multiple studies conducted have shown high efficacy for changing practice, from treatment plans to charting patients' information. This made the ECHO model highly desirable as multiple needs assessments conducted by the ACFP and CMN for its members flagged the need to gain confidence and skills in chronic pain management in patients with possible substance use disorders or on chronic opioid therapy.

The Chronic Pain Gains in Alberta: An ECHO series ran from April 2022 to November 2022. The series was hosted virtually and had a total of 12 sessions.

CASES PRESENTED:



“*Excellent format! Like having a panel discussion, but much more interactive.*”
Participant from post session evaluation

“*The written feedback emailed afterwards is EXCELLENT, as it allowed me to be able to focus on feedback, and how things were said, rather than frantically jot down notes.*”
Case presenter from post session evaluation

“*[This brought] Focus back on patient's thinking patterns or cognitive illusions to help with facilitating change.*”
Case presenter from post session evaluation

“*Fabulous case and a great mix of presenters/hub experts.*”
Session participant