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## Background

### What is Project ECHO®?

“*Extensions for Community Healthcare Outcomes*”

Project ECHO® is an innovative model for health professional education that expands **access** and **capacity** to provide evidence-informed care to remote and rural communities.

Click [here](#) for more information about Project ECHO®.

### Paediatric Project ECHO® for Obesity Management



#### TeleECHO Clinics (monthly)

Didactic + Patient case + Evidence-based recommendations

#### ECHO Education Event (1 day)

In-person, skills development workshop

## Study Objective

To evaluate performance-related outcomes of TeleECHO Clinics:

- **Acceptability** and **satisfaction**;
- Changes in healthcare provider **knowledge** and **self-efficacy**; and
- **Practice impact**.

## Methods

- Prospective, mixed-method study with repeated measures at baseline, 6M and 12M.
- Data collection managed via REDCap.
- Study approved by local Research Ethics Board.

## Results

### Participant Demographics

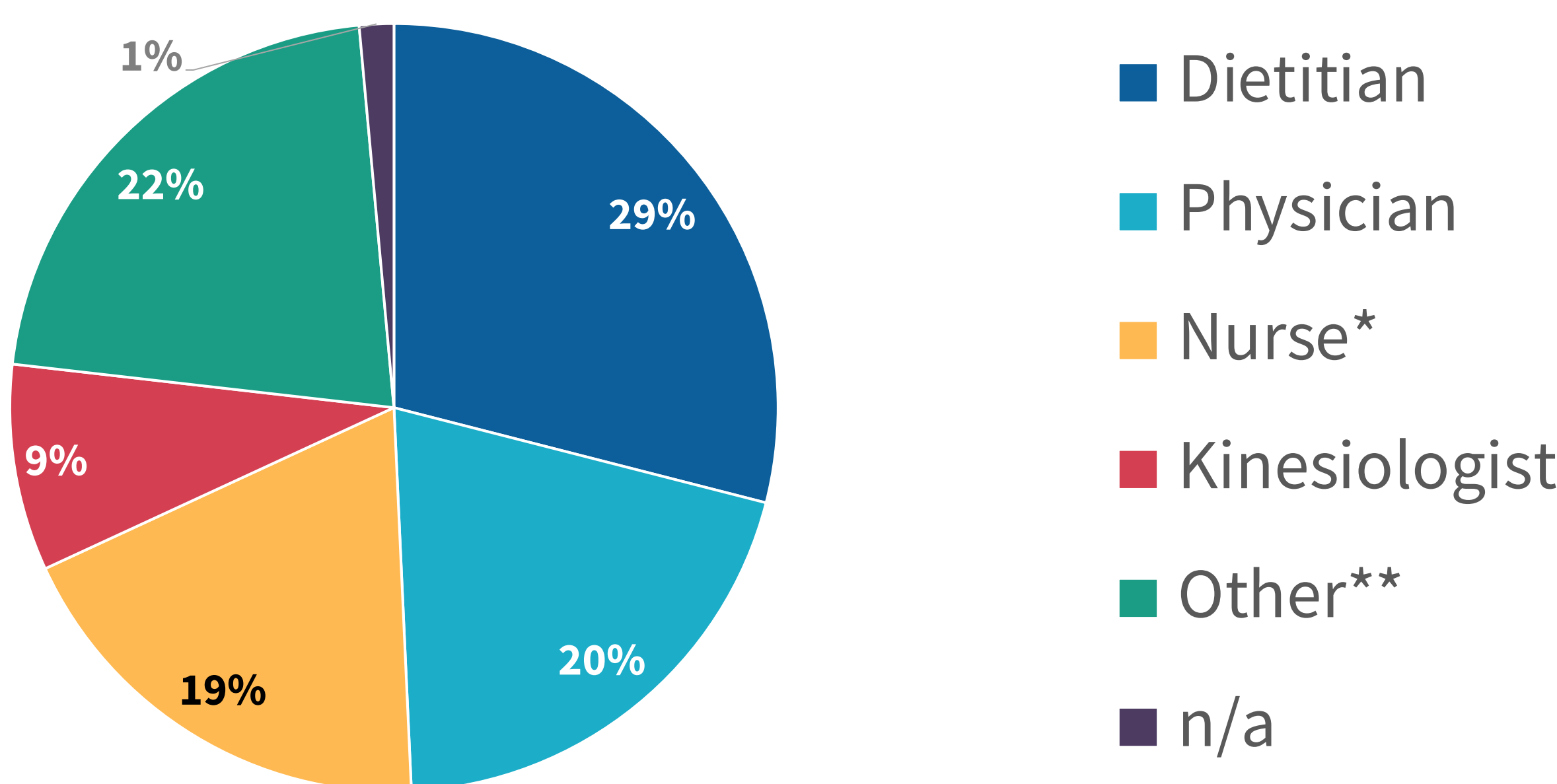


Figure 1. Professional breakdown of ECHO® Obesity Management participants, n = 69. \*Nurse includes Nurse Practitioner and Registered Nurse. \*\*Other includes Rehabilitation Therapists, Pharmacists, and Social Workers.

## Results (continued)

### Acceptability and Satisfaction, 6M

1	2	3	4	5	6	7
Strongly disagree	Disagree	Somewhat disagree	Neutral	Somewhat agree	Agree	Strongly agree

#	Item	Mean	SD	Min, Max
1	Involvement in the Paediatric Project ECHO® Program is a worthwhile experience for me.	6.1	1.0	3, 7
2	I would recommend involvement in the Paediatric Project ECHO® Program to my colleagues.	6.4	0.7	5, 7
3	The Paediatric Project ECHO® Program has connected me with peers and diminished my professional isolation.	5.6	0.9	4, 7
4	Paediatric Project ECHO® has created a supportive community of practice.	5.8	0.6	5, 7
5	The Paediatric Project ECHO® Program is an effective way for me to learn.	5.8	1.3	2, 7
6	I have learned new information through the Paediatric Project ECHO® Program.	6.2	0.8	4, 7
7	I have learned best practice care through the Paediatric Project ECHO® Program.	6.0	0.8	4, 7
8	I respect the knowledge of the facilitators involved in the Paediatric Project ECHO® Program.	6.6	0.6	5, 7

Table 1. Program acceptability and satisfaction at 6M (n = 20), using a 7-point Likert scale where 1 = “strongly disagree” and 7 = “strongly agree”.

### Overall Knowledge Change, 6M

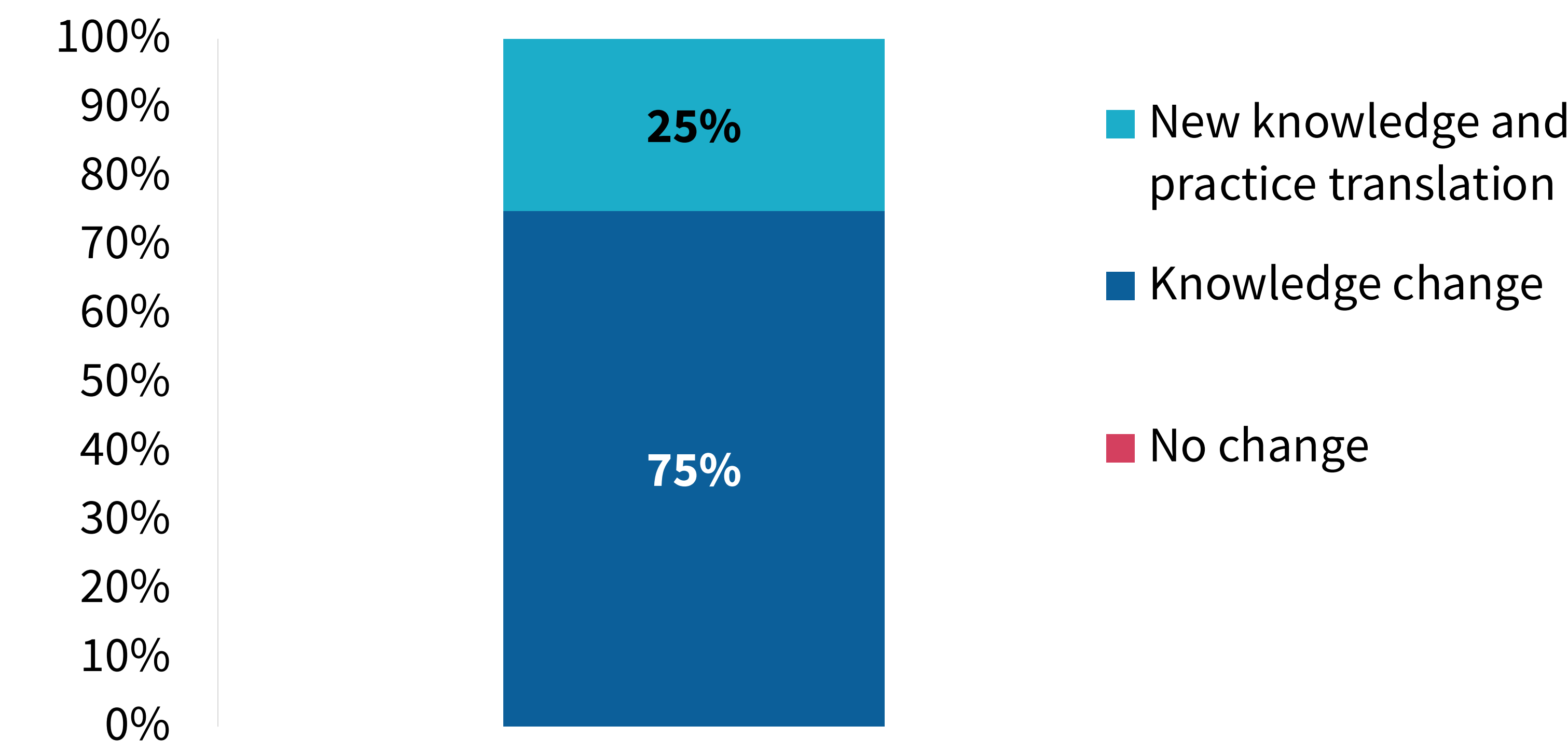


Figure 2. Overall knowledge change and translation of knowledge to practice at 6M (n = 20).

### Change in Self-Efficacy, 6M

For my scope of practice, I feel confident in my ability to...

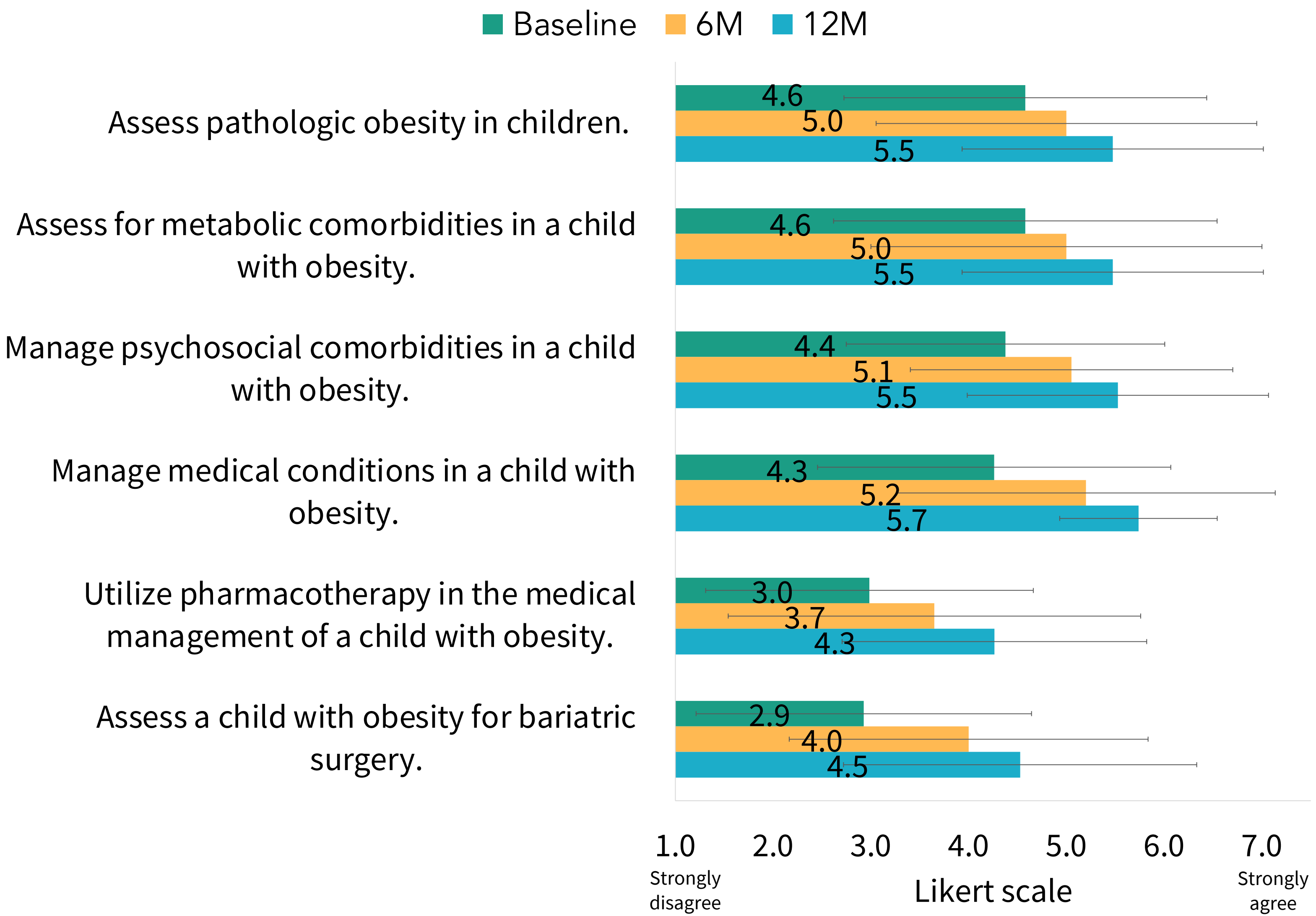


Figure 3A. Self-efficacy related to clinical skills in obesity management at baseline (n = 69), 6M (n = 20), and 12M (n = 19). Error bars represent standard deviation.

## Results (continued)

### Change in Self-Efficacy, 6M (continued)

For my scope of practice, I feel confident in my ability to...

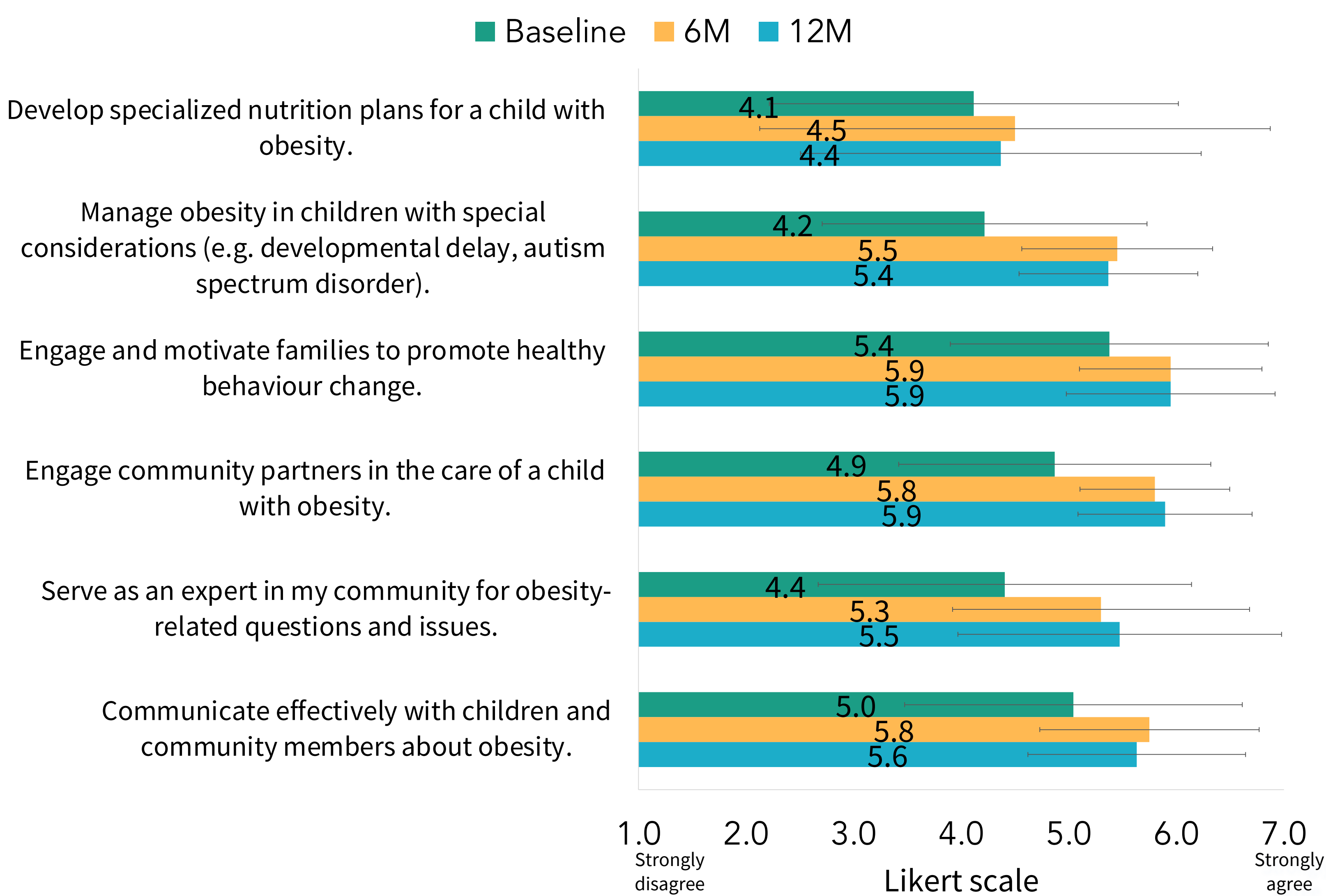


Figure 3B. Self-efficacy related to clinical skills in obesity management at baseline (n = 69), 6M (n = 20), and 12M (n = 19). Error bars represent standard deviation.

“The **sharing of resources** has been so helpful. Encouragement to try **new approaches** and the acknowledgement that it's tough going sometimes, I really find this helpful.”

### Practice Impact, 6M

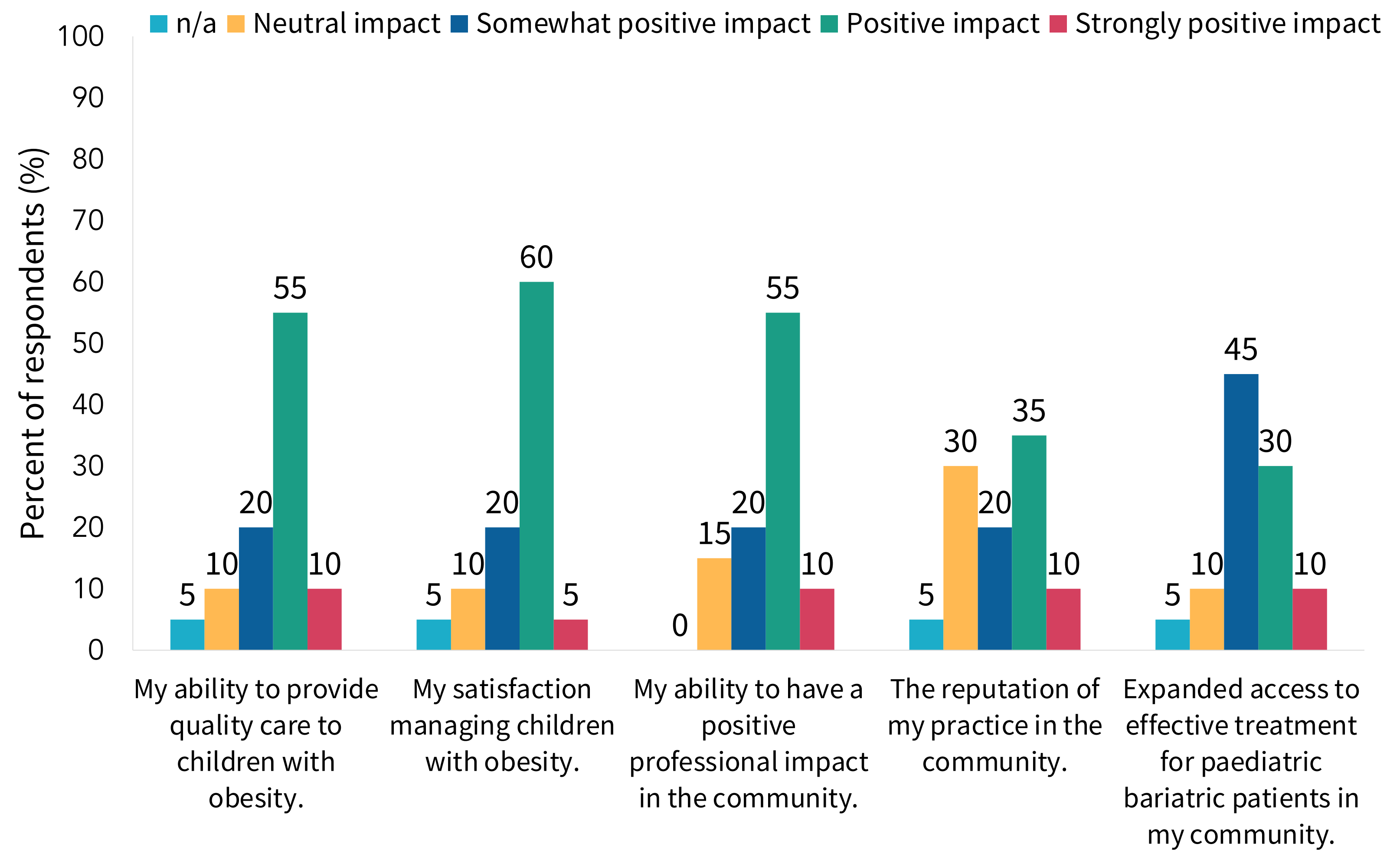


Figure 4. Reported practice level impact at 6M (n = 20). \*Response options ranged from “strongly negative” to “strongly positive”. Only endorsed responses are displayed.

## Conclusions

- The Paediatric Project ECHO® for Obesity Management program is **highly acceptable** and is associated with **improvements in knowledge** and **self-efficacy** among interprofessional healthcare providers.

## Acknowledgements

- Project funded by the Ontario Ministry of Health.
- Thank you to all Paediatric Project ECHO® participants!