

THE COLLEGE OF FAMILY PHYSICIANS OF CANADA / LE COLLEGE DES MEDICINS DE FAMILLE DU CANADA

MEMBER INTEREST GROUPS SECTION (SECTEUR DES GROUPE D'INTERET DES MEMBRES CANSIM)

**Join the Member Interest Groups Section!**

- Connect with peers who share your interests
- Collaborate with colleagues
- Volunteer to develop practice tools and resources

SCAN ME

Scan Here or email us at [migs@cfpc.ca](mailto:migs@cfpc.ca)

**MIGS | SGIM**  
Connecting family doctors. Fostering practice interests.  
Créer des réseaux de médecins de famille. Cultiver les intérêts de pratique.

**Harnessing teams to deliver effective chronic pain care: the ECHO experience**

Lori Montgomery MD CCFP FCFP CHE

Dana Garden MD CCFP FCFP

**MIGS | SGIM**  
Connecting family doctors. Fostering practice interests.  
Créer des réseaux de médecins de famille. Cultiver les intérêts de pratique.

**Disclosures: Montgomery**

- no industry affiliations
- teaching honoraria from ACFP, UCalgary, UBC, U of A, PEIP by PEER, CBT Canada
- grant from Hotchkiss Brain Institute (U of C) and Alberta Innovates for a pilot clinical trial of a medication for opioid withdrawal; **CIHR Transforming Health with Integrated Care (THINC) grant to study ECHO Pain**
- medical leadership roles, Primary Care Alberta and Alberta Medical Association

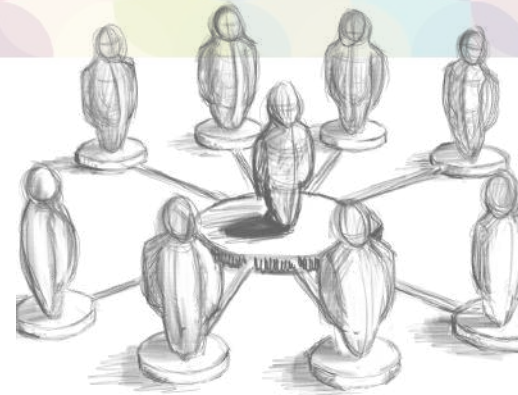
**Disclosures: Garden**

- none

## Learning Objectives



1. explore a new way of delivering efficient and effective chronic pain care
2. describe a primary care-driven model for improving access to team-based speciality care
3. identify tools to enable spread of this model in your community



## Team based care improves

- patient functional status
- health care professionals' adherence to recommended practices
- use of healthcare resources
- job satisfaction and collegiality
- rates of burn out

Reeves S, Pelone F, Harrison R, Goldman J, Zwarenstein M. Interprofessional collaboration to improve professional practice and healthcare outcomes. Cochrane Database of Systematic Reviews 2017, Issue 6.



## Team based care is enhanced by interprofessional education



## Interprofessional education

- Interprofessional education occurs when students or members of two or more professions learn **with, from and about each other** to improve collaboration and the quality of care.

Hugh Barr & Helena Low (2013) Introducing Interprofessional Education. CAIPE publication (available at <https://www.caipe.org/resources/publications/caipe-publications/barr-h-low-h-2013-introducing-interprofessional-education-13th-november-2016>)



## Interprofessional education improves

- length of stay
- medical errors
- patient satisfaction
- patient or caregiver education
- mortality

Cadet, T., Cusimano, J., McKearney, S., Honaker, J., O'Neal, C., Taheri, R., ... Cohn, J. S. (2023). Describing the evidence linking interprofessional education interventions to improving the delivery of safe and effective patient care: a scoping review. *Journal of Interprofessional Care*, 38(3), 476–485.



## ECHO

- ECHO (Extensions for Community Healthcare Outcomes)
- a virtual learning community of primary care providers, aimed at increasing capacity to deliver evidence-based care in their own communities and reducing healthcare disparities
- strong evidence base across various disease conditions, but traditionally driven by specialist services in an attempt to manage access



## The ECHO Community dynamics



## ECHO evidence

- improved patient outcomes
- improved provider knowledge/confidence
- increased access to speciality care
- typically not RCTs; based on survey responses

Osei-Twum, Jo-Ann MSc, MPH1; Wiles, Brittany2; Killackey, Tieghan RN, PhD3; Mahood, Quenby MI4; Lalloo, Chitra PhD5; Stinson, Jennifer N. RN, PhD6. Impact of Project ECHO on Patient and Community Health Outcomes: A Scoping Review. Academic Medicine 97(9):p 1393-1402, September 2022

Zhou, Carrol MD; Crawford, Allison MD; Serhal, Eva MBA; Kurdyak, Paul MD, PhD; Sockalingam, Sanjeev MD, MHPE. The Impact of Project ECHO on Participant and Patient Outcomes: A Systematic Review. Academic Medicine 91(10):p 1439-1461, October 2016. | DOI: 10.1097/ACM.0000000000001328

## ECHO Ontario

- |  |   |
|--|---|
| ▷ Addiction Medicine and Psychosocial Interventions    | ▷ Indigenous Chronic Pain and Substance Use Pilot   |
| ▷ Adult Intellectual & Developmental Disabilities      | ▷ Integrated Mental and Physical Health             |
| ▷ Autism   | ▷ Liver   |
| ▷ Care of the Elderly                                  | ▷ Mental Health                                     |
| ▷ Care of the Elderly – Dementia                       | ▷ Obsessive Compulsive Disorder                     |
| ▷ Care of the Elderly – Long-Term Care                 | ▷ Occupational and Environmental Medicine (WSIB)    |
| ▷ Child and Youth Mental Health                        | ▷ Ontario Bariatric Network                         |
| ▷ Chronic Pain and Opioid Stewardship                  | ▷ Paediatric Complex Care                           |
| ▷ Chronic Pain and Opioid Stewardship North            | ▷ Paediatric Obesity Management                     |
| ▷ Concussion   | ▷ Paediatric Pain                                   |
| ▷ Coping with COVID for Hospital-Health Care Providers | ▷ Paediatric Palliative Care                        |
| ▷ Epilepsy – Adults                                    | ▷ Psychotherapy                                     |
| ▷ Epilepsy – Child and Youth                           | ▷ Rheumatology                                      |
| ▷ Epilepsy and Genetics                                | ▷ Return-to-Work for Public Safety Personnel (WSIB) |
| ▷ First Nations, Inuit, and Metis Wellness             | ▷ Skin and Wound                                    |
|  | ▷ Trans and Gender Diverse Healthcare               |

## CIHR Transforming Health with Integrated Care (THINC) Team Grant

Received \$1,999,636 over 5 years

CIHR funding opportunity objectives:

1. Identify evidence-informed, actionable solutions
2. Advance the field of implementation science
3. Build capacity
4. Spark collaborations
5. Foster knowledge mobilization and impact



Canadian Institutes of Health Research

Instituts de recherche en santé du Canada



# ECHO THiNC Grant

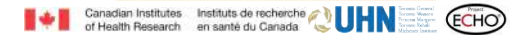
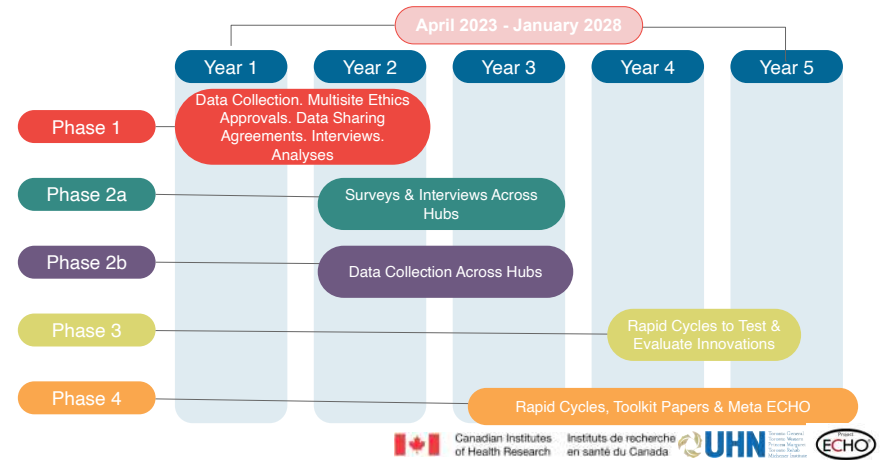
Full title: **Testing Healthcare innovations in integrated Networks for Chronic pain: Evaluation of the Implementation of ECHO Chronic Pain in Canada (THiNC-ECHO)**

This THiNC ECHO team grant aims to leverage **implementation science** and knowledge mobilization (KM) approaches to

1. **explain** the spread of ECHO pain in Canada and estimate where and how many new hubs are still needed,
2. understand **barriers and facilitators** for ECHO implementation and evaluate their associations with ECHO the hub's outcomes,
3. develop and evaluate **strategies** to enhance outcomes in alignment with the Quadruple Aim and health equity framework, and
4. develop a **toolkit** for future ECHO implementation activities.



## THiNC Grant Project Timeline



## implementation: national spread



1. St Joseph's Care Group - Improving pain care for Indigenous people
2. Sick Kids - sickle cell pediatric pain
3. ECHO Ontario - concussion
4. BC Centre for Palliative Care - grief and bereavement literacy

## Implementation supports

1. Ontario Superhub at UHN
2. partnerships with regulatory bodies, professional societies,
3. ECHO Pain Canada website
4. toolkit / community of practice / mentoring



## adaptation in Alberta

- Alberta College of Family Physicians
- South Zone Primary Care Networks
- adapted the model to be driven by primary care, responding to changing needs in the community.

## more adaptation



- some changes in the plan
- originally intended to be co developed with a First Nations community
- decision to make it part of ongoing operational funding
- primary care reform, end of funding arrangement for the Primary Care Networks

22

## Alberta Experience

- February 11, 2025 | Managing Chronic Headache in Community Practice
- March 25, 2025 | Older Adults and Pain Management: Pearls and pitfalls from the front line
- April 8, 2025 | Influencing Behavior Change: Practical Strategies for Community Practices
- May 13, 2025 | The Inherited Patient on Opioids
- June 10, 2025 | Managing Chronic Pain in Patients with Opioid Use Disorder
- July 8, 2025 | Managing Multiple Pain Conditions in a Patient



## Alberta Experience

Occupation	# of Attendees
Family Physician	82
Other	26
Registered Nurse	18
Licensed Practical Nurse	7
Nurse Practitioner	6
Pharmacist	6
Social Worker	4
Family Medicine Resident	3
Medical Student	1



## Alberta Experience

Occupation	# of Attendees
Family Physician	82
Other	26

Registered Licensed Pr	OVERALL SERIES IMPRESSION	
	Series Evaluation Statement	Average Score (5=Absolutely)
Nurse Prac	This program content enhanced my knowledge	4.50
Pharmacist	The timing of sessions was well managed	4.68
Social Wor	I enjoyed the daytime offerings	4.60
Family Mec	I enjoyed the SZ PCN ECHO Series	4.73
Medical St	The sign-in experience was smooth and simple	4.59
	I found the event website easy to navigate and user-friendly	4.68
	The virtual offerings greatly impacted my ability to attend	4.59
	The engagement opportunities provided still allowed me to feel connected to colleagues	4.59
	The length of the series was reasonable for an online event	4.82
	<b>Average</b>	<b>4.64</b>

## Alberta Experience



Scan the QR code to join the

## CHRONIC PAIN

Discussion Forum

on MiGroups (Powered by TimedRight)



Files



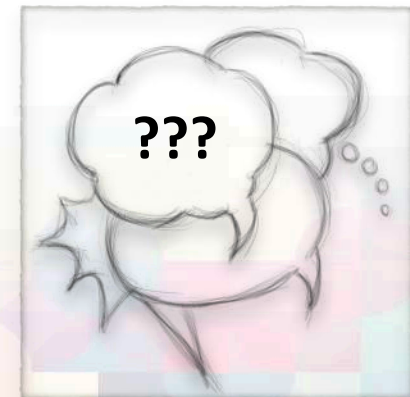
Discussion



Events

[migs-chronic-pain.timedright.com](https://migs-chronic-pain.timedright.com)

- **Diverse:** 23 discussion groups
- **Popular:** Over 5,000 members
- **Private:** A secure, online platform for CFPC Members to connect with one another in their area of interest.



Lori Montgomery  
[lori.montgomery@ahs.ca](mailto:lori.montgomery@ahs.ca)