

Spring 2022 TeleECHO Clinic

# Weight Management and Behavior Change: Cases and Discussions

**FACILITATOR:** Goutham Rao, MD, FAHA  
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Case Western Reserve University School of Medicine

**DATE:** Thursdays, 8 - 9 a.m.  
**January 27 to April 14, 2022**

**REGISTER NOW!** [cardi-oh.org/echo/register](http://cardi-oh.org/echo/register)

**FREE 12-week series. No cost CMEs.**

## How It Works

Cardi-OH ECHO utilizes simple videoconferencing technology to conduct virtual clinics with community healthcare providers in Ohio.

This hub-and-spoke model connects physicians, nurses and other clinicians with a multidisciplinary panel of experts who provide the specialized knowledge they need to care for patients with complex conditions.

Each clinic will include a brief didactic session followed by an interactive discussion of de-identified case studies, and will offer a whole-person approach to diabetes and cardiovascular risk management.

## Why Join Cardi-OH ECHO

- » Professional development and retention
- » Continued learning through the sharing of best practices
- » Increased efficiency and joy of practice
- » Improved cardiovascular and diabetes health outcomes
- » Patient retention and satisfaction

## Curriculum Highlights

- » Motivational interviewing
- » Goal setting and behavior change
- » Social determinants of health and mental health barriers
- » Pharmacotherapy for obesity
- » Cultural competence

## Testimonials

“I enjoyed hearing alternative perspectives, learning more about diverse communities, and expanding my knowledge base. I enjoyed the case studies and collaborating on plans for these patients.”

Jane Rupp, CNP  
University Hospitals Otis Moss Jr. Health Center, Cleveland, Ohio

“It was well paced and well presented. I learned a lot of clinical pearls that will improve my skills and practice.”

Akram Assaly, PA-C  
University of Toledo General Internal Medicine, Toledo, Ohio

The MetroHealth System is accredited by the Ohio State Medical Association to provide continuing medical education for physicians, and designates this educational activity for a maximum of 12 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Other Healthcare Professionals: check with your professional association as these credits might be applicable for licensure renewal.

For information on Project ECHO®, visit [echo.unm.edu](http://echo.unm.edu).

In partnership with:



*Founded in 2017, the mission of Cardi-OH is to improve cardiovascular and diabetes health outcomes and eliminate disparities in Ohio's Medicaid population.*

Questions?

✉ [ECHO@CARDI-OH.ORG](mailto:ECHO@CARDI-OH.ORG)

🌐 [WWW.CARDI-OH.ORG](http://WWW.CARDI-OH.ORG)

# Cardi-OH ECHO Eligibility Requirements for Practices and Participants



## Practice Eligibility Requirements

- » Must be a Medicaid provider
- » Must be a Primary Care Provider (e.g., Family Medicine, Internal Medicine, Geriatrics, OB/GYN, Pediatrics)
- » Must have a clinical office with an Ohio address

## Practice Participation Requirements

- » Each practice will present at least 2 case studies during the 12-week virtual clinic
- » Each practice will submit all case studies prior to the start of the series (deadline TBD)
- » Participants will work with the Clinic Coordinator to determine a mutually agreed-upon date for case study presentations
- » Participants will complete surveys as a part of program evaluation and submit a signed Statement of Collaboration

## Other Things to Know

- » Participants are encouraged to be visible on video while in the session
- » Cardi-OH ECHO will support practices' use of web conference technology (i.e., webcam, microphone/telephone audio, Zoom software) including a 1-on-1 tech check prior to the beginning of the 12-week clinic
- » All sessions will be recorded and photographed (an edited version of the recording will be made available on our website)

## By registering, you confirm your acknowledgement and consent to participate in the Cardi-OH TeleECHO Clinic and agree to:

- » Participate collegially in regularly scheduled Cardi-OH TeleECHO Clinics by presenting cases, providing comments, and asking questions;
- » Keep confidential any patient information provided by other participants during a clinic;
- » Complete periodic surveys to help improve services to clinicians and other partners;
- » Use required software including, but not limited to, Zoom and Box;
- » Provide clinical updates and de-identified outcome data on patients as needed;
- » Be solely responsible for the treatment of your patients and understand that all clinical decisions rest with you regardless of recommendations provided by other Cardi-OH ECHO participants;
- » Ensure that your patients are aware of your participation in Cardi-OH ECHO and their de-identified information could be shared.

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