Baycrest Health Sciences, in partnership with North East Specialized Geriatric Centre, has been leading “Project ECHO Care of the Elderly” (ECHO COE), building the capacity of over 100 primary care providers (PCPs) and community partners since January 2018.

Goals:
- Equip PCPs to provide more comprehensive care for their complex aging patients
- Utilize existing telehealth and tele-education services to facilitate geriatrics training to PCPs across Ontario, particularly in remote, underserved areas
- Meet the demand for care of Ontario’s aging population by expanding the reach of our expertise in care of the elderly

### About ECHO COE
- Cycles run either 10 or 15 weeks with closed participation
- Day and time varies by cycle
- Sessions are 60-90 minutes
- Minimum 40 sessions per year

Topics are all geriatric focused and were chosen based on needs assessments of our learning partners (spokes). Topics include:
- Dementia
- Responsive behaviours
- Incontinence
- Driving
- Frailty
- Advanced care planning
- Mood disorders
- Sleep disorders
- Polypharmacy
- Movement disorders
- Bone health
- Pain
- Delirium
- Medical cannabis
- Falls
- Nutrition

Each cycle includes flex sessions so learners can identify topics of interest that arise during the first few weeks of the cycle.

### Impact

**Pilot Findings**
- Overall, 26/34 registrants attended at least 6/10 sessions.
- Analysis included these 26 participants
- Both physicians and other health professionals showed a significant increase in self-efficacy (p=0.001 and p=0.009, respectively) (Fig. 1, Fig 2)
- Change in knowledge was noted for both groups with larger changes among the physicians compared to other health professionals

**Cycle 1 Findings**
- Both physicians and other health professionals showed an increase in knowledge (statistically significant) and self-efficacy (statistically significant for non-physicians) (Fig. 3, Fig. 4)
- Statistically significant improvements were noted in comfort level working with older adults
- Overall, participants were satisfied with the program (4.4 / 5)

**What Our Learning Partners Say....**

"...It is helpful to hear from other professionals what their knowledge [is] about certain or particular aspects of the different topics”

"...really enjoyed collaborating to come up with solutions for people or things to try”

“I really like the cases. It sort of puts everything into perspective so the didactic, sometimes you forget some of the information...and then when you put it actually with a patient and you can actually visualize how we would treat that patient”

### Innovations

1. In January 2019 we started ECHO COE-Long Term Care (LTC) in response to frequent requests for ECHO sessions focused on LTC. Although many topics from ECHO COE are also of interest to LTC physicians and staff, there are unique learning needs that occur specifically in LTC. The Ontario Centers for Learning, Research and Innovation in Long-Term Care are collaborative partners.

2. In partnership with the Centre for Aging and Brain Health and Seniors Quality Leap Initiative we are running ECHO COE – Innovation Adoption to help facilitate adoption and implementation of innovation in long-term care. We are using the ECHO methodology to facilitate knowledge translation.

3. Collaborating with other geriatric-focused ECHOs across North America to discuss process and outcome measures.

https://baycrest.echoontario.ca/