

MOMS Project ECHO Final Summary and Evaluation Report

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Background

Project ECHO was developed at the University of New Mexico Health Sciences Center to help improve access to care for complex chronic health conditions. The ECHO model includes specialists located at a “hub” site that connects with numerous community partner sites, “spokes”, to facilitate virtual case-based learning and short didactic presentations. Project ECHO builds capacity through virtual education and training of local primary care providers seeking to improve their skills in managing and treating complex health conditions.

The Montana Obstetric and Maternal Support (MOMS) program demonstration project at Billings Clinic launched Project ECHO in year 1 with a focus on maternal health topics. The following report provides a final summary and evaluation of Project ECHO activities from years 1 – 5 of the MOMS grant.

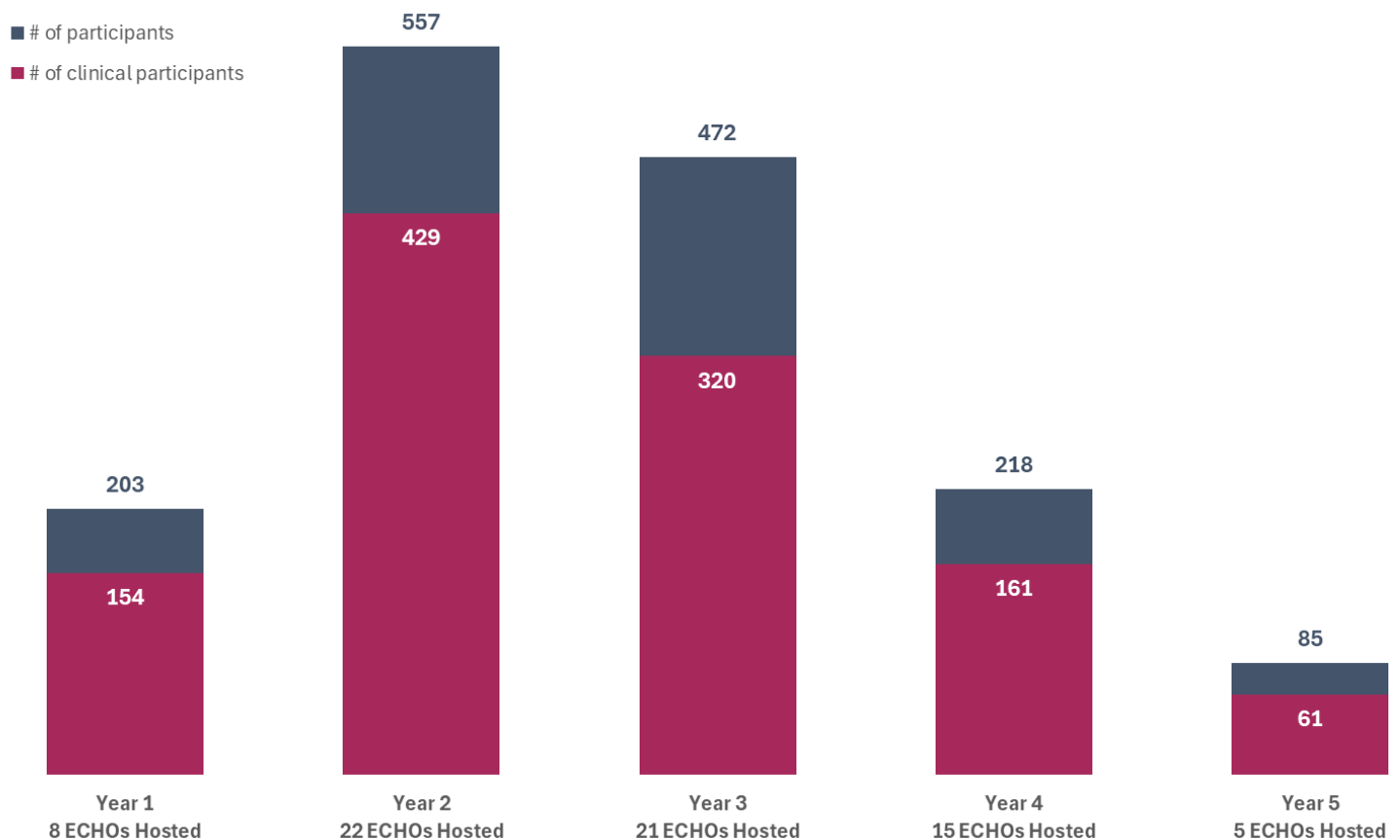
MOMS Project ECHO

Seventy-five ECHOs were hosted throughout the MOMS grant, including four special interest webinars (one webinar on marijuana and maternal child health held in year 3, and three cultural safety webinars held throughout year 4 and 5). MOMS Project ECHO sessions were held biweekly through year 4, and then moved to once a month for the final year of the project. Figure 1 shows the total number of ECHO participants by year of the MOMS grant.

Figure 1. Total Number of ECHO Participants by MOMS Grant Year.

Year 2 and 3 of the MOMS program had the highest total number of participants and Project ECHO sessions held throughout the grant cycle.

MOMS Project ECHO Participants Years 1-5.



A total of 460 unique spoke participants attended ECHOs throughout the grant, including 258 clinical participants, 72 non-clinical participants, 47 students, and 83 participants that did not report their organization or role. Figure 2 shows ECHO participants by clinical/non-clinical roles.

Figure 2. MOMS Project ECHO Unique Participants by Clinical/Non-Clinical Role

The majority of participants at MOMS Project ECHO sessions were **clinical**.

MOMS Project ECHO Unique Participants by Clinical / Non-Clinical (N=460).

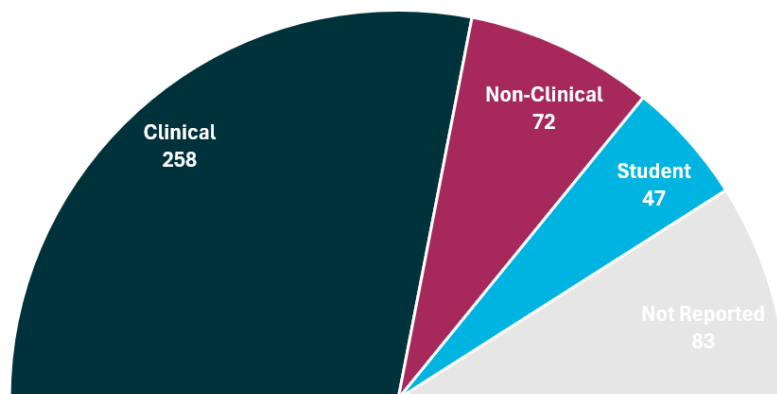


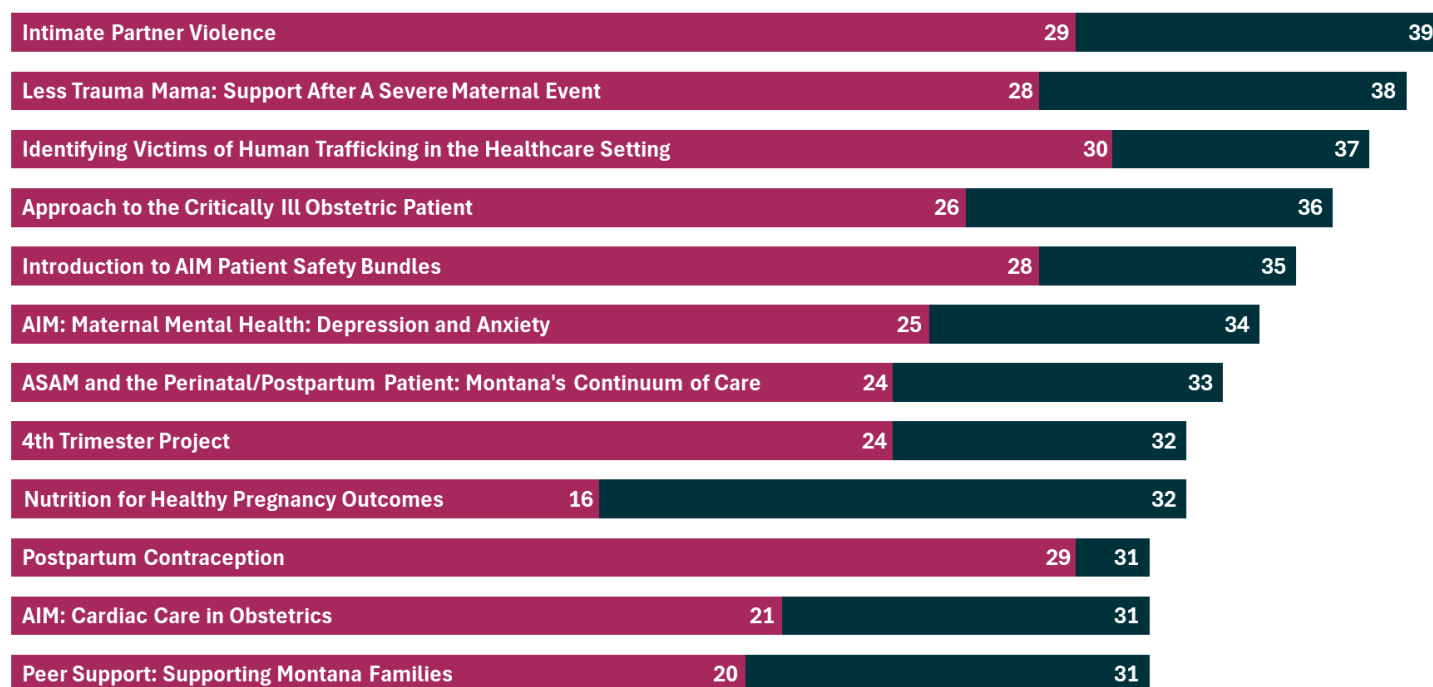
Figure 3 demonstrates the top 10 most attended ECHO sessions throughout the MOMS grant. The ECHO didactic presentation *Intimate Partner Violence* had the most **total** participants to date (N=68), while the didactic presentation *Identifying Victims of Human Trafficking in the Healthcare Setting* had the most **clinical** participants (n=30). See Appendix A for a full list of ECHO topics to date.

Figure 3. Top 10 Most Attended Project ECHO Sessions Year 1 – Year 5

The MOMS Project ECHO topic *Intimate Partner Violence* had the most total participants and total clinical participants from year 1 to year 5 of the grant.

Top 10 MOMS Project ECHO Topics Throughout the MOMS Grant.

■ # of Clinical Participants ■ Total # of Participants



The majority of clinical spoke participants practiced at hospitals (n=128) and critical access hospitals (n=42). Table 1 shows the unique clinical participants by facility type and table 2 shows unique clinical participants by role.

Table 1. Unique Clinical Participants by Facility Type (N=258)

| Facility Type | n |
|---|-----|
| Hospital | 128 |
| Critical Access Hospital | 42 |
| Clinic (In-Patient: 3, Out-Patient: 35, Tribal: 2) | 40 |
| Residency Program | 18 |
| Federally Qualified Health Center | 8 |
| Health Department (County: 6, Tribal: 1) | 7 |
| Other (Birth Center: 2, Federal Funder: 1, Private Practice: 2, Social Services: 2) | 7 |
| Tribal Hospital | 5 |
| University / College | 3 |

Table 2. Unique Clinical Participants by Role (N=258)

| Role | n |
|-------------------------------------|-----|
| Nurse | 111 |
| Doctor (MD, DO) | 76 |
| Counselor/Therapist | 17 |
| Nurse Practitioner | 11 |
| Physician Assistant | 11 |
| Certified Nurse Midwife | 8 |
| Graduate Degree (MS, MHA, MPH, MSW) | 5 |
| Peer Support Specialist (CBHPSS) | 4 |
| Physical Therapist | 3 |
| Registered Dietitian | 2 |
| Licensed Practical Nurse | 1 |
| Occupational Therapist | 1 |
| Pharmacist | 1 |
| Other | 3 |
| Not Reported | 4 |

MOMS Project ECHO Observations

Evaluation team members observed the MOMS ECHO Clinics and completed a TeleECHO Session Scorecard created by the University of New Mexico Health Sciences and ECHO Institute. The evaluation team modified the scorecard to consolidate the total number of statements. The scorecard evaluates the meeting logistics, connectivity/IT, and the didactic and case presentations. Overall strengths and challenges of MOMS Project ECHO sessions are summarized below.

Strengths

- **Attendee Engagement** - demonstrated by participation in discussion, asking questions, and sharing information and resources in the chat. It is evident that the ECHO Clinics created a strong community of practice. Many providers had consistent attendance which contributed to building relationships across disciplines and communities.
- **Diverse Didactic Presentation Topics:** The ECHO sessions held throughout the duration of the MOMS grant covered a wide range of topics by diverse presenters. See Appendix A for a list of all MOMS Project ECHO Topics throughout the grant.
- **Diverse participation:** demonstrated by participation from a range of provider types, healthcare facilities, and locations across Montana.
- **Meeting Logistics:** demonstrated by sessions starting on time, clear audio and video from the hub site, participants connect easily and utilize the chat and video. Resources discussed during the presentation were compiled and sent to participants by the MOMS ECHO Coordinator.

Challenges

- **Presentation Structure:**
 - *Case Presentations:* Few case presentations adhered to the University of New Mexico case presentation model (presentation is kept brief, presenter clearly states case presentation question at beginning and end of presentation), and thus, great variability between case presentations existed.
 - *Didactic Presentations:* Across all MOMS ECHOs, there was great variability in how long didactic presentations lasted (some approximately 20 minutes, some up to an hour long). The ECHO Clinic Model recommends didactic presentations be no longer than 15 minutes.
- **Recruitment of Cases:** Half of all MOMS Project ECHO sessions hosted did not include a formal case presentation (n=35). While the case presentation is an essential part of the ECHO Clinic model, the University of New Mexico Project ECHO team has noted that it can be challenging to recruit case presentations.

Participant Evaluations

After each ECHO, participants received a survey link to complete an online evaluation. The evaluation survey collected information on ECHO content, quality, enhancement of knowledge, relevance and application to practice, and included a set of open-ended questions where participants could share feedback and suggestions. The evaluation team at the University of Montana created and shared quarterly reports summarizing participant evaluations and observations to the Billings Clinic team to support continuous quality improvement. The ECHO program collected 368 participant evaluations throughout the MOMS grant. Overall, participants rated both didactic and case presentations (when available) highly. Below is a selection of open-text responses submitted by ECHO participants over the last five years.

- "I liked learning about the case studies. I love hearing what is really going on in the unit and how it was treated." – ECHO Participant, Postpartum Depression (7/14/2020)
- "I understand from this training mothers who are using substances in their pregnancy and after delivery have much shame and guilt. Acceptance and gentleness, compassion is a welcome reprieve for them from professionals." – ECHO Participant, The Basics of MAT Training, Certification, and Implementation (9/8/2020)
- "I will continue to advocate for trauma informed and trauma engaged approach to care by all providers to reduce and/or eliminate the unnecessary, albeit unintended, harm and trauma caused to our patients by

their health care providers.” –ECHO Participant, Less Trauma Mama: Support After A Severe Maternal Event (2/9/2021)

- “Taking the time to provide [patient] education along the way and with every change. Understanding that each patient presents with their own baggage and I must be able and willing to walk with them through it.” —ECHO Participant, AIM: Postpartum Care Access Standards (3/8/2022)
- “The presentation reminded me to continue to adjust the ways in which I talk with families to ensure the partner feels included in the conversation and like part of the team. By helping the partner feel included, I feel they are more likely going to be able to support their pregnant partner through pregnancy, delivery and postpartum.” —ECHO Participant, 4th Trimester Project (4/12/2022)
- “I thought this was the best presentation I’ve gotten to see so far (I’ve been attending for over a year). Lisa [presenter] did an incredible job, and I’m so glad her knowledge is being shared!” —ECHO Participant, Understanding Childbirth-Related Maternal Trauma to Address Systemic Issues (2/14/23)
- “Great opportunity for the state to come together and learn.” —ECHO Participant, Pharmacology Review: Medications for Managing Hypertensive Conditions in Pregnancy and Postpartum (3/28/23)

Conclusion

The ECHO Clinic model has a unique structure that sets them apart from other webinars and online learning and provides a unique opportunity for shared learning and tele-mentoring. The MOMS Project ECHO meeting logistics, participant participation, and diverse presentation topics were strengths of the program, while recruitment of case presentations and presentation structure were challenges. The program had the most participation in years 2 and 3 of the grant and maintained a consistent balance of clinical to non-clinical participants. The hub site at Billings Clinic built a strong community of practice for obstetric providers across the state, created a welcoming environment, and attracted a diverse group of attendees through a wide range of presentation topics.

Appendix A

Table A1: All MOMS Project ECHO Topics and Participants

| Date | Topic | Webinar or Clinic | # of Participants | # of Clinical Participants |
|------------|--|-------------------|-------------------|----------------------------|
| 6/9/2020 | Introduction to MOMS and Project ECHO | Clinic | 15 | 11 |
| 6/23/2020 | Postpartum Hypertension | Clinic | 25 | 19 |
| 7/14/2020 | Postpartum Depression | Clinic | 23 | 18 |
| 7/28/2020 | Treatment of Syphilis in Pregnancy | Clinic | 23 | 19 |
| 8/11/2020 | ASAM and the Perinatal/Postpartum Patient: Montana's Continuum of Care | Clinic | 33 | 24 |
| 8/25/2020 | Introduction to AIM Patient Safety Bundles | Clinic | 35 | 28 |
| 9/8/2020 | The Basics of MAT Training, Certification, and Implementation | Clinic | 21 | 15 |
| 9/22/2020 | Adapting to COVID-19 | Clinic | 28 | 20 |
| 10/13/2020 | AIM: Maternal Venous Thromboembolism | Clinic | 20 | 16 |
| 10/27/2020 | AIM: Obstetric Hemorrhage | Clinic | 17 | 10 |
| 11/10/2020 | AIM: Safe Reduction of Primary Cesarean Birth | Clinic | 18 | 14 |
| 12/8/2020 | Rural Maternal Health Practices: New Mexico | Webinar | 22 | 15 |
| 1/12/2021 | AIM: Severe Hypertension in Pregnancy | Webinar | 22 | 13 |
| 1/26/2021 | Intimate Partner Violence | Clinic | 39 | 29 |
| 2/9/2021 | Less Trauma Mama: Support After A Severe Maternal Event | Clinic | 38 | 28 |
| 2/23/2021 | AIM: Maternal Mental Health: Depression and Anxiety | Clinic | 34 | 25 |
| 3/9/2021 | AIM: Postpartum Care Access Standards | Webinar | 30 | 22 |
| 3/23/2021 | Peer Support: Supporting Montana Families | Webinar | 31 | 20 |
| 4/13/2021 | 4th Trimester Project | Webinar | 32 | 24 |
| 4/27/2021 | Maternal Health Data in Montana | Clinic | 24 | 19 |
| 5/11/2021 | Remifentanyl PCA: A Viable Alternative to Epidural in Labor? | Clinic | 10 | 9 |
| 5/25/2021 | Maternal Sepsis | Clinic | 28 | 24 |
| 6/8/2021 | Postpartum Contraception | Webinar | 31 | 29 |
| 6/22/2021 | Health Equity in Pregnancy | Webinar | 24 | 18 |
| 7/13/2021 | Physical and Occupational Therapy in the OB World | Webinar | 27 | 22 |
| 7/27/2021 | Grief and Loss Support: Infant/Child Loss and Infertility | Webinar | 18 | 16 |
| 8/10/2021 | Physiologic Birth and Pain Management | Clinic | 24 | 18 |
| 8/24/2021 | Perinatal Psychosis | Webinar | 21 | 18 |
| 9/14/2021 | Pelvic Health | Webinar | 26 | 22 |
| 9/28/2021 | Recognizing Domestic Violence and Identifying Resources to Assist | Webinar | 21 | 18 |
| 10/12/2021 | Cannabis Use in Pregnancy and Lactation | Webinar | 24 | 14 |
| 10/26/2021 | Neonatal Abstinence Syndrome Screening, Scoring, and Transfer | Webinar | 16 | 13 |
| 11/9/2021 | Eat for 2 Without Eating For 2: Nutrition for Healthy Pregnancy Outcomes | Clinic | 32 | 16 |
| 12/14/2021 | Identifying Victims of Human Trafficking in the Healthcare Setting | Clinic | 37 | 30 |
| 1/11/2022 | Approach to the Critically Ill Obstetric Patient | Clinic | 36 | 26 |
| 1/25/2022 | Office-Based Early Pregnancy Loss Management | Clinic | 26 | 13 |
| 2/8/2022 | AIM: Cardiac Care in Obstetrics | Clinic | 31 | 21 |
| 2/22/2022 | Choosing NICU Wisely | Webinar | 24 | 15 |
| 3/8/2022 | Perinatal PTSD and Trauma Informed Care | Webinar | 28 | 21 |
| 4/12/2022 | Birth, A Family Affair: Engaging Partners and Families in Prenatal Education | Clinic | 22 | 14 |

| | | | | |
|------------|---|---------|-----|-----|
| 4/26/2022 | Working with Populations of Sexual and Gender Minorities | Webinar | 17 | 11 |
| 5/6/2022 | Special Interest Webinar - Marijuana and Maternal Child Health | N/A | 103 | ... |
| 5/10/2022 | Pregnancy of Unknown Location | Webinar | 19 | 15 |
| 5/24/2022 | World Preeclampsia Month: Postpartum Hypertension Awareness | Webinar | 24 | 19 |
| 6/14/2022 | Montana's Implementation of AIM's Obstetric Hemorrhage Bundle | Webinar | 14 | 8 |
| 6/28/2022 | Emergency Presentations: Breech and Shoulder Dystocia | Webinar | 28 | 20 |
| 7/12/2022 | Learning to Listen: Trauma Informed Music Therapy | Webinar | 2 | 1 |
| 7/26/2022 | Spinal Muscular Atrophy (SMA) Diagnosis, Natural History, Treatment & Supportive Care | Webinar | 12 | 11 |
| 8/9/2022 | Doula and Midwifery Care as a Tool to Combat Maternal Trauma | Webinar | 26 | 16 |
| 8/23/2022 | AIM Bundle: Obstetric Care for Women with Substance Use Disorders | Webinar | 22 | 16 |
| 9/13/2022 | Level of Care Assessment Tool (LOCATe) | Clinic | 12 | 7 |
| 9/27/2022 | Twin Pregnancies and Complications of Monochorionic Twins | Webinar | 20 | 13 |
| 11/8/2022 | Inflammatory Bowel Disease (IBD) in Pregnancy | Clinic | 14 | 10 |
| 12/13/2022 | Virtual Perinatal Education for All – The MOMS YoMingo Platform | Webinar | 16 | 12 |
| 1/10/2023 | Instrumental Vaginal Delivery | Clinic | 11 | 9 |
| 1/24/2023 | Syphilis in Pregnancy | Clinic | 26 | 14 |
| 2/14/2023 | Maternal Trauma: Systemic Problems | Clinic | 16 | 11 |
| 2/28/2023 | AIM Hypertension Bundle Implementation | Webinar | 14 | 11 |
| 3/14/2023 | Push Prep and Birth Pearls from a Pelvic PT | Clinic | 15 | 11 |
| 3/28/2023 | Pharmacology Review: Medications for Managing Hypertensive Conditions in Pregnancy and Postpartum | Webinar | 11 | 9 |
| 4/11/2023 | Obsessive Compulsive Disorder (OCD) in the Perinatal Period | Clinic | 20 | 17 |
| 5/9/2023 | LGBTQIA+ Trauma Informed Care | Webinar | 14 | 12 |
| 5/23/2023 | The LIFTS Online Resource Guide | Webinar | 11 | 7 |
| 6/13/2023 | Facility Accessibility for Pregnant Patients with Disabilities: Results from a Statewide Assessment | Clinic | 7 | 5 |
| 8/8/2023 | External Cephalic Version (ECV) | Clinic | 12 | 10 |
| 8/22/2023 | Do Nothing, Do Something, Aspirate: Management of Early Pregnancy Loss in the Outpatient Setting | Clinic | 15 | 13 |
| 9/12/2023 | Opioid Withdrawal Management for Patients in Labor, Delivery, Recovery and Postpartum (LDRP) Units | Clinic | 16 | 10 |
| 9/26/2023 | Special Interest Webinar - Cultural Safety: Improving Perinatal Care for Indigenous Families | N/A | 37 | ... |
| 10/10/2023 | Providing Intervention and Support to Patients Experiencing Domestic Violence | Webinar | 18 | 10 |
| 11/14/2023 | Oh “G,” What Role Does the Blood Bank and Transfusion Service Play in Perinatal Care? | Webinar | 7 | 7 |
| 12/19/2023 | Special Interest Webinar - Cultural Safety: Improving Perinatal Care for Indigenous Families Part 2 | N/A | 28 | ... |
| 1/9/2024 | What Am I Supposed to Do with that RPR: Practical, Evidence-Based Syphilis in Pregnancy Management | Clinic | 24 | 14 |
| 2/13/2024 | Pelvic Health Sexual Counseling | Webinar | 17 | 12 |
| 3/12/2024 | Hypertensive Disorders of Pregnancy | Webinar | 19 | 18 |
| 4/9/2024 | Special Interest Webinar - Cultural Safety: Allyship vs Appropriation | N/A | 13 | ... |

*Pink rows represent “Special Interest Calls” that were hosted by MOMS and advertised outside of the MOMS Project ECHO listserv.



MOMS

Montana Obstetrics
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