

## Would you like to improve your expertise in diagnosing and managing your pediatric patients with headaches?

The Pediatric Neurology and Pediatric Psychology divisions at Michigan Medicine C.S. Mott Children's Hospital have launched an exciting new series, **Pediatric Headache ECHO**. The goal of this series is to allow you to better manage your patients within the scope of your practice, referring to specialists on a more selective basis and to decrease the wait time for those patients who really do need to see specialists.



We launched this new ECHO (Extension for Community Healthcare Outcomes) program using videoconferencing to help educate and share information with primary care providers. This “telementoring” approach gives physicians and other health care providers an opportunity to consult with other doctors and specialists on particular cases and to learn from each other. These conferences will also benefit patients and families, as they will ultimately receive input from neurologists, psychologists, pharmacists, and other specialists without the added cost and stress of making a visit to a specialized clinic. Our telementoring plan is inspired by similar programs that have seen success treating other illnesses via videoconferencing courses, presentations, and consultations and demonstrated outcome as good or better than when the patients waited long times and drove long distance to see a specialist. See <https://echo.unm.edu/> and <https://www.aap.org/en-us/professional-resources/practice-transformation/echo/Pages/default.aspx> (or Google AAP and ECHO) for more information. Ours is the first such program anywhere directed at pediatric headache training.

The ECHO format will consist of eight one-hour sessions, each consisting of a brief didactic talk followed by discussion of several cases submitted by you, the participants. Patients will not be present, and these discussions between health care providers will remain confidential and present no medical liabilities. As you hear (and participate in) discussion of each other's patients, you gain expertise in managing your current and future patients. We anticipate 15-20 “spokes” connecting to our “hub” for each session. More than one physician and health care provider can participate at each “spoke,” but we would like to involve as many separate clinics as possible. Our plan is to run the sessions from 5:30-6:30 pm, mainly on Thursdays, starting on January 16, 2020, and taking place approximately every other week (see the tentative schedule below), but we will discuss the schedule as part of the first videoconferencing session. We do ask that you commit to participate in at least six of the eight sessions.

**Note:** Pediatric Headache ECHO participation will fulfill the new requirement of three hours of training in pain and symptom management required for the every-three-year Michigan medical license renewal.

### CME ACCREDITATION

The University of Michigan Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The University of Michigan Medical School designates this live activity for a maximum of 8 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

None of the presenters or planners have a conflict of interest.

In order to support the growth of the ECHO movement, Project ECHO<sup>®</sup> collects participation data for each teleECHO<sup>™</sup> program. This data allows Project ECHO to measure, analyze, and report on the movement's reach. It is used in reports, on maps and visualizations, for research, for communications and surveys, for data quality assurance activities, and for decision making related to new initiatives.

**For more information or to apply, contact Linda Fletcher, [lfletch@med.umich.edu](mailto:lfletch@med.umich.edu).**

## TENTATIVE ECHO CURRICULUM

Session	Day and date <i>(Mostly on Thursdays 5:30-6:30 p.m.)</i>	Didactic topics	Speaker
1	1/16/2020	Introduction to ECHO model; sample case and discussion Suggested curriculum with participant feedback	Steve Leber, Pediatric Neurology Emily Foxen-Craft, Pediatric Psychology Linda Fletcher, Coordinator
2	1/30	Diagnosing headaches: red flags for dangerous disorders (taking a headache history, when to do imaging studies, when to refer)	Steve Leber, Pediatric Neurology
3	2/13	Medications for migraines (acute treatments and preventatives)	Steve Leber, Pediatric Neurology Elizabeth Bisaccia, Pharmacy
4	2/27	Alternative therapies for migraines (including PT)	Nancy McNamara, Pediatric Neurology
5	3/11	<u>Concussion – Please note this is a Wednesday session</u>	Ingrid Ichesco, Pediatric Sports Medicine
6	3/26	Sleep and headaches Behavioral management of sleep	Timothy Hoban, Pediatric Sleep Medicine Emily Foxen-Craft, Pediatric Psychology
7	4/16	Behavioral treatments for migraines Mental health issues, school avoidance, and headache	Emily Foxen-Craft and Eric Scott, Pediatric Psychology
8	4/23	Procedural headache treatment (Botox, nerve blocks, etc.)	Wade Cooper, Adult Neurology

The Pediatric Headache ECHO program will be using BlueJeans as our videoconferencing software. You will need no special equipment, though a computer with a camera and microphone will enhance your participation. Linda Fletcher, [lfletch@med.umich.edu](mailto:lfletch@med.umich.edu), our project coordinator, will work with you in advance to make sure your setup is smooth and seamless.

For more information or to apply, contact Linda Fletcher, [lfletch@med.umich.edu](mailto:lfletch@med.umich.edu)

## PROGRAM LEADERSHIP

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Physicians who have participated in this program have reported that they have **increased their knowledge and confidence\*** in...

- ✓ **Diagnosing** headache conditions and knowing when to **order further testing**
- ✓ Prescribing appropriate **preventative and abortive** treatments, including supplements
- ✓ Addressing the role of **mental health**
- ✓ Serving as an **educator** about headache management to colleagues, patients, and families in their region

*\*Statistically and clinically significant within our growing sample, in all domains assessed*