

Frequently asked questions

1. What is Project ECHO?

In rural, remote and under-served areas, many people are not getting the care they need when they need it, for complex but treatable conditions. Project ECHO is an online, interactive model of case-based learning, delivered via videoconference. It empowers local providers from health care, education, and human service backgrounds to work at the top of their scope. Project ECHO encourages 'all teach, all learn' for participants to share knowledge, discuss cases, and develop new skills. It is an international model that was adopted by the University of Melbourne (UoM) in 2020. At UoM we currently offer an ECHO program targeting adolescent mental health.

2. What should I expect to get out of participating in UoM ECHO sessions?

ECHO is designed to support GPs and nurses working in the Doctors in Secondary Schools (DiSS) program. The curriculum will cover key topics, and the specialists on the team will be available to answer your questions and provide input as the group discusses case presentations at each session. By the end of the curriculum, you will feel better equipped to support adolescent behavioural and mental health conditions as per the program you've signed up for.

3. Who should participate in Project ECHO?

We welcome health professionals (including medical, nursing & allied health) and other organisations supporting adolescent behavioural and mental health conditions, as per the program topic. Participants are encouraged to bring members of their team including students to participate in the discussions.

4. What is expected of me as a participant?

Participants will commit to attending the scheduled ECHO sessions. At each session, you will share your knowledge and learn from other participants, and are encouraged to present a case over the course of the program. After completion of a program curriculum, all participants are welcome to engage in the network on an ongoing basis, for the ongoing opportunity for case-based learning and to present your own cases.

5. How much time will participating in ECHO take each week?

Most programs involve monthly sessions for 1 hour. If you're submitting a case, you should plan to spend some time filling out the case presentation form.

6. What does a case presentation include?

In order to share your own case with the group, simply complete the case template (you will receive this via email) and email to the network coordinator. Preparing a case should not take longer than 10-15 minutes. Here are a few things to keep in mind when preparing a case:

- Consider a question about your case that you would like to ask the group – the more specific the better
- There is no need for the case to be in-depth, and often less is more – additional details that are important often come out during the time of clarifying questions and discussion
- Leave out any identifying information
- Your case does not necessarily need to relate to the scheduled didactic topic for the session. Keep in mind that spaces are limited, so don't miss the opportunity to discuss your case.

7. Do I get CPD points for participating?

All participants are eligible for CPD points and we will provide attendance certificates as needed for relevant professional bodies.

8. Do I have to attend every session?

Please make every effort to attend the sessions. One of the valuable aspects of the ECHO program is the community that develops.

9. What are ECHO sessions like?

ECHO sessions are interactive and conversational. Each session will include a short didactic presentation for about 10 minutes, then we'll spend the rest of the time discussing one or two cases. We encourage everyone to participate in these discussions, and all input is welcome. Here is an example video from Presbyterian Health in the United States: <https://youtu.be/k809-WBHPEA>

10. How do I access the sessions?

ECHO uses the Zoom system for all sessions. All you need to join is an internet connection and a device with a webcam, including tablets and smart phones. If you would like to have a test-run, please contact the network coordinator at DiSS-training@unimelb.edu.au. Calendar appointments with the Zoom link will be emailed to you.

11. What can I expect from the ECHO team?

Following each session, a copy of the didactic presentation and a summary of the case recommendations will be emailed to participants who have attended.

The ECHO team is here to support you. If you have any queries or concerns at any stage, please contact the network coordinator to discuss.