SHOW-ME ECHO
(Extension for Community Healthcare Outcomes)

HYPERTENSION

OPTIMIZING OUTCOMES FOR PATIENTS WITH HIGH BLOOD PRESSURE IN THE KANSAS CITY, MISSOURI, AREA

ECHO uses videoconferencing to connect an interdisciplinary team of experts with primary care providers. They collaborate in interactive case-based learning sessions to help providers develop advanced skills and best practices. The Hypertension ECHO will support providers in implementing interdisciplinary care by:

• Sharing evidence-based knowledge and best system-based practices.
• Building relationships to empower and educate care systems and teams.
• Providing a nurturing forum for exchanging knowledge and sharing experiences.

HOW DOES IT WORK?
Participants will join an interactive online video conference twice per month. They will share and discuss clinical cases related to such topics as: medication treatment algorithms, lifestyle changes, motivational interviewing, exercise, nutrition, secondary hypertensive, medical adherence, stress management, medication side effects, psychosocial issues, special populations, home and self-management, and complex clinical patients.

WHAT DOES THIS ECHO OFFER?
• No cost CME for health care professionals
• Collaboration, support and ongoing learning with specialist physicians and other experts
• Patients get better care in their community
• No cost to participating sites or individuals

READY TO JOIN?
Visit showmeeecho.org
TOPICS FOR CASE-BASED LEARNING AND DISCUSSION:
• Medication Treatment Algorithms
• Lifestyle Changes
• Motivational Interviewing
• Nutrition
• Exercise
• Secondary Hypertension
• Medical Adherence
• Stress Management
• Medication Side Effects
• Medication Compliance
• Psychosocial Issues
• Hypertensive Crisis
• Maximizing Multidisciplinary Teams
• Complex Clinical Patients
• Special Populations
• Self-Management
• Home Management

WHAT IS SHOW-ME ECHO?
Show-Me ECHO at the University of Missouri is designated as an international SuperHub, meaning the founding ECHO program at the University of New Mexico has certified MU to train other organizations that want to adopt the ECHO model.

In addition to hypertension, Show-Me ECHO has addressed such pressing health issues as asthma, autism, opioid use, developmental disabilities, HIV, Hepatitis C, genetics, kidney disease, diabetes, oral health, neonatal abstinence syndrome, high-risk obstetrics and rural veterans behavioral health.

TO LEARN MORE:
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