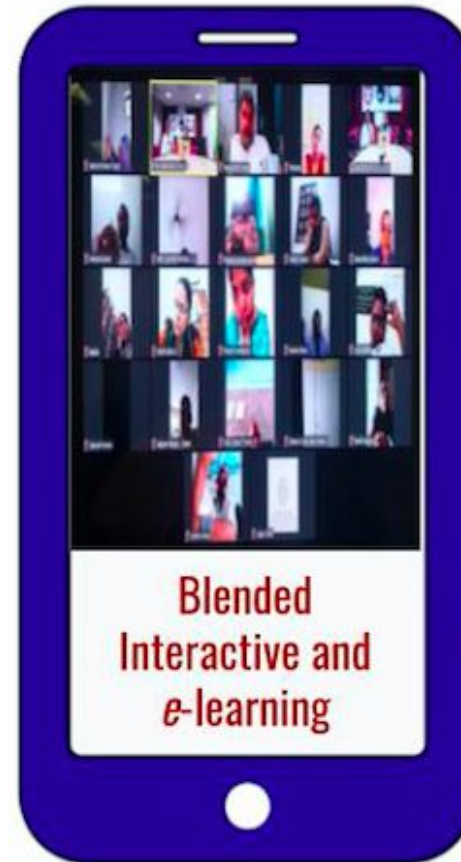


Impact of ECHO in HCW India : Addiction and Mental Health

Prabhat Chand MD, DNB,MNAMS
Professor of Psychiatry
National Institute of Mental Health and Neurosciences (NIMHANS)
Bangalore



NIMHANS
Digital Academy
Translating Best Practices

Building Capacity for
Quality Care

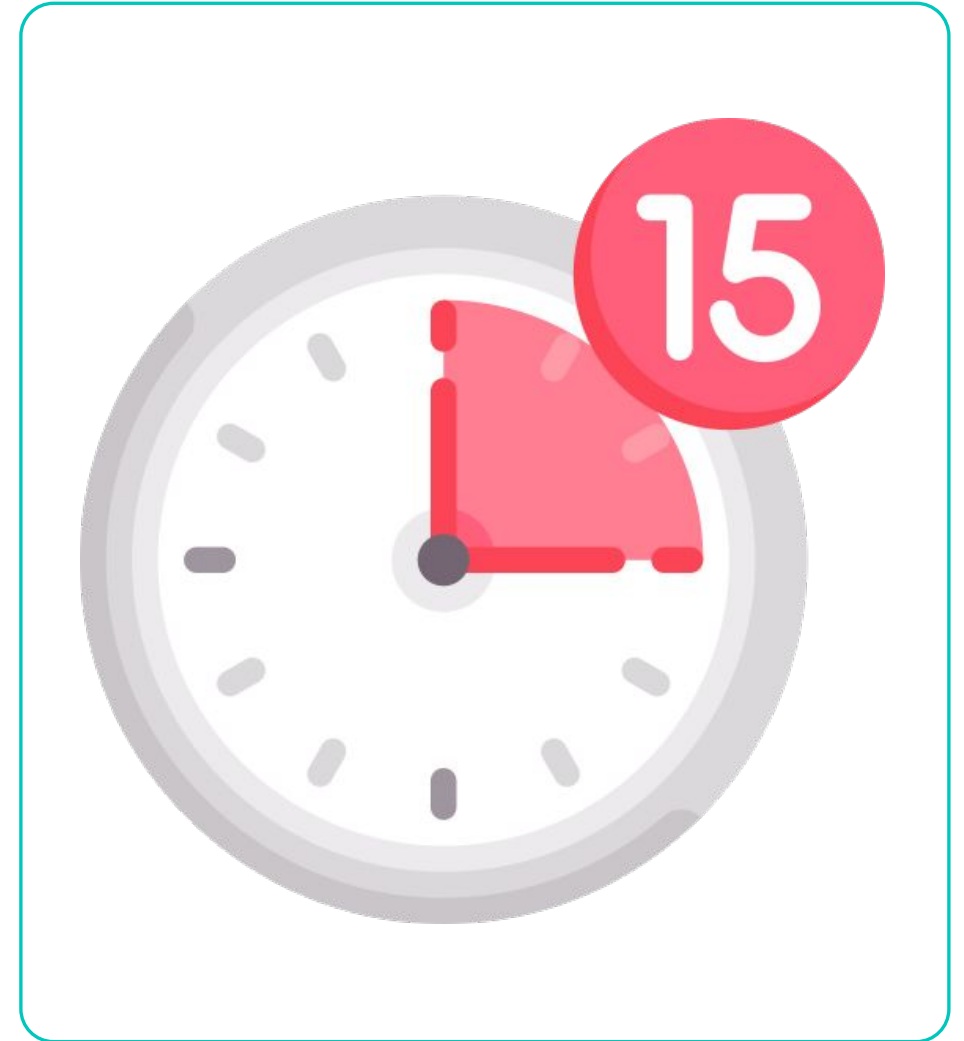
Project
ECHO[®]

NIMHANS

Right Knowledge || Right
Place || Right Time

Outline

- Why NIMHANS ECHO collaboration started?
- What helped to make it more visible and sustainable?
- Its impact
- Way forward

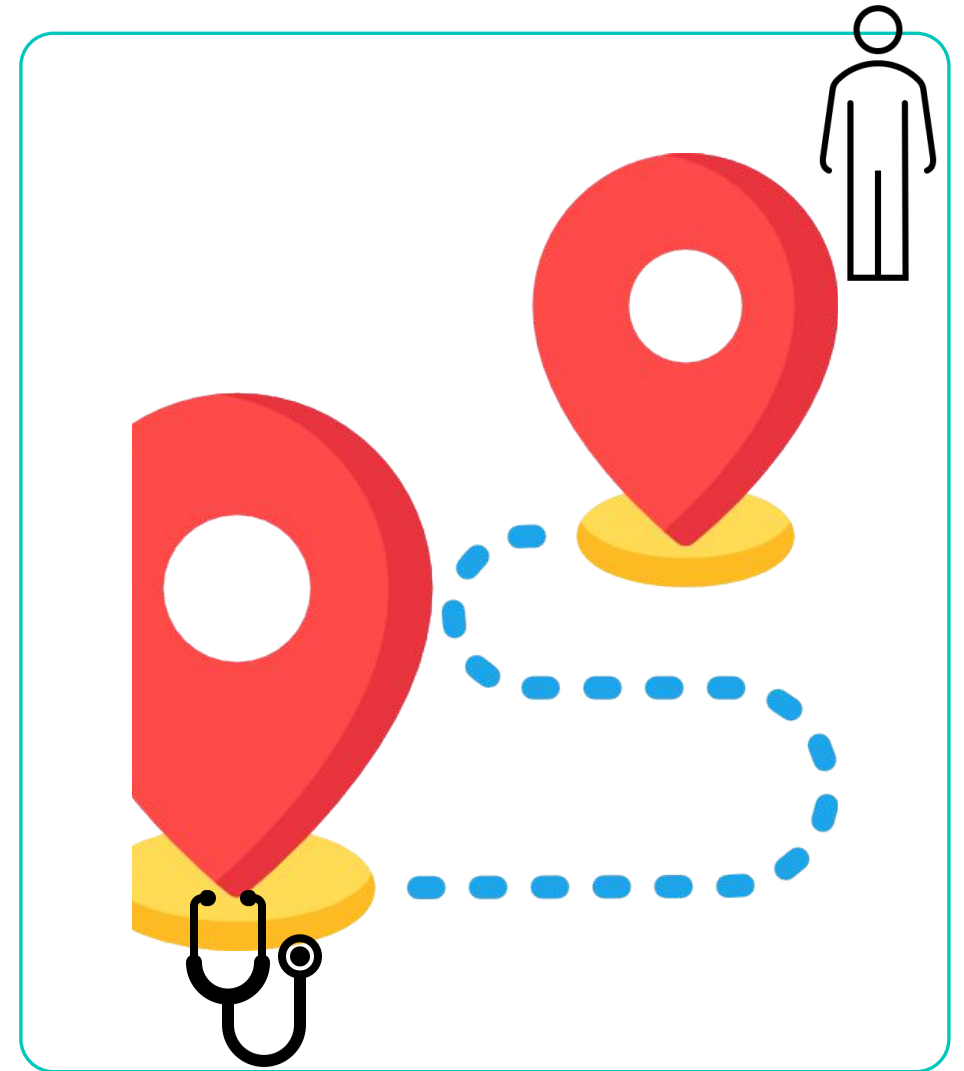




Why “ECHO”?

Sharing Mr. A

- Mr A, 22 year young engineering student male, Cannabis, Solvent use, Bipolar versus Schizophrenia versus Schizoaffective: substance induced or Independent from 2000 km from Bangalore
- Mother working, father equally busy, changing psychopathology, visit us once in 3 to 6 months, take flights from 2000 km ,
- Am not able to make a clear diagnosis, they speak a language which i do not understand very well
- Am struggling with diagnosis, he is continued to use, hallucinate, psychopathology
- For last two years have made at least 6-8 visits



What else?

- Have lost two close family members due to mental health and substance use issues
- Unavailability to “access” to “right knowledge”



75%

Treatment GAP

National Mental Health
Survey 2015-16

Being Mentored over the years....

- ❑ NIMHANS has been forefront in human resource training
- ❑ Before Physicians, specialists, residents, public health experts, counsellors etc. will be visiting NIMHANS for short term training (often funded by Govt)
- ❑ Training will be for 2 weeks to one month maximum : depending on resources
- ❑ But post-training there is no follow up, no handholding, no-mentoring

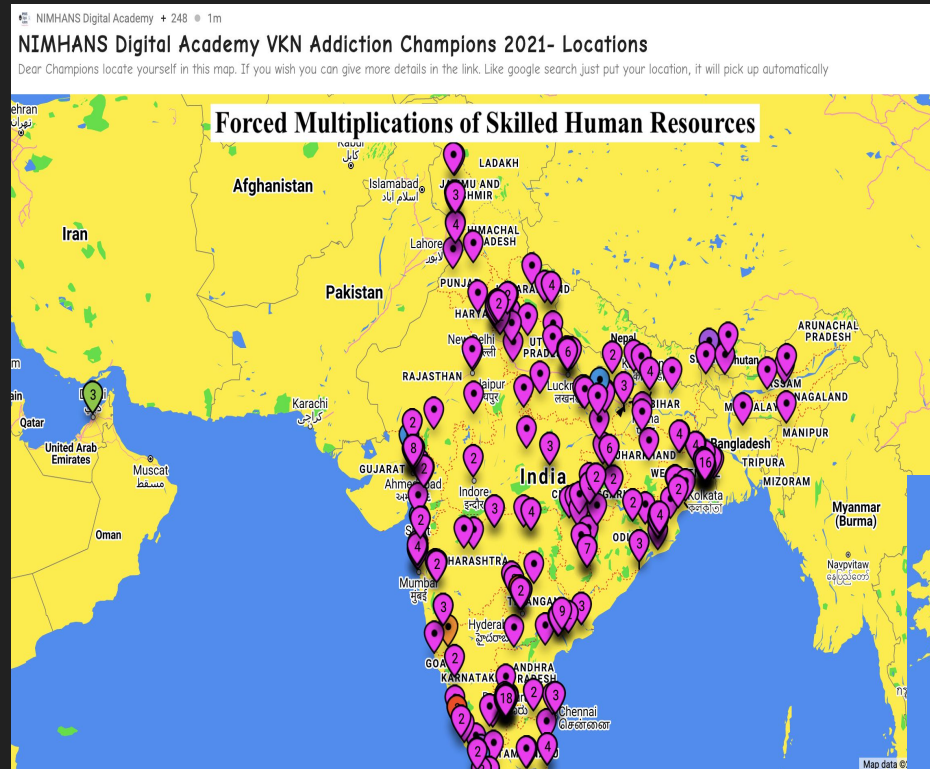
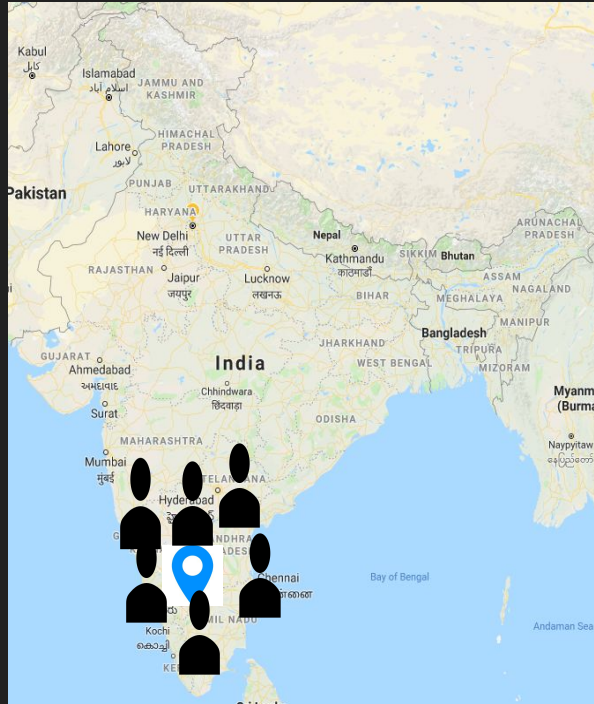




Hence we are looking out of innovative ideas: 1st ECHO on 25th March 2014

2010-2013: 100 trained one time

2014-21: > 8000 trained, mentored and connected

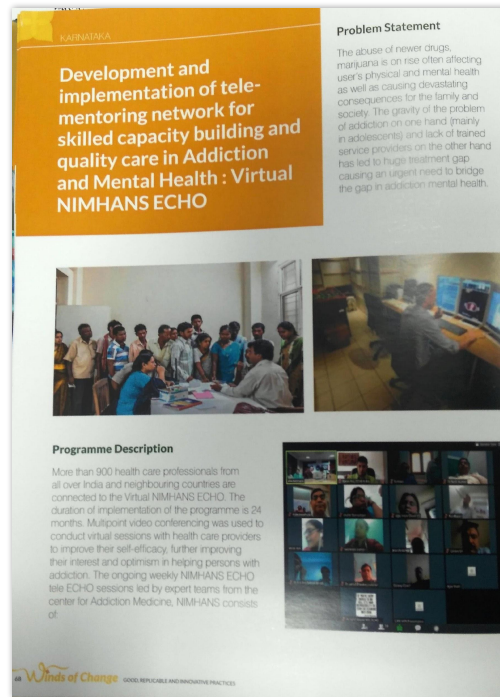


Heptologists





Visibility?



National Health Mission recognition



Supported and inspired by...

Impact and sustainability

2017: first Grant from Govt of Bihar for GPs

Innovative virtual mentoring using the Extension for Community Healthcare Outcomes model for primary care providers for the management of alcohol use disorders

Jayant Mahadevan,¹ Lekhansh Shukla,¹ Prabhat Kumar Chand,¹ Miriam Komaromy,² Pratima Murthy,¹ and Sanjeev Arora³

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Indian J Med Res

Cases screened
2695

Inpatients
536 (19.8%)

Severe alcohol
use problems
832 (30.8%)

Follow up 1336
(49.1%)

Other
substances 581
(21.5%)

Referred to
higher centers 80
(3 %)

49.1 per cent of the cases for at least one follow up

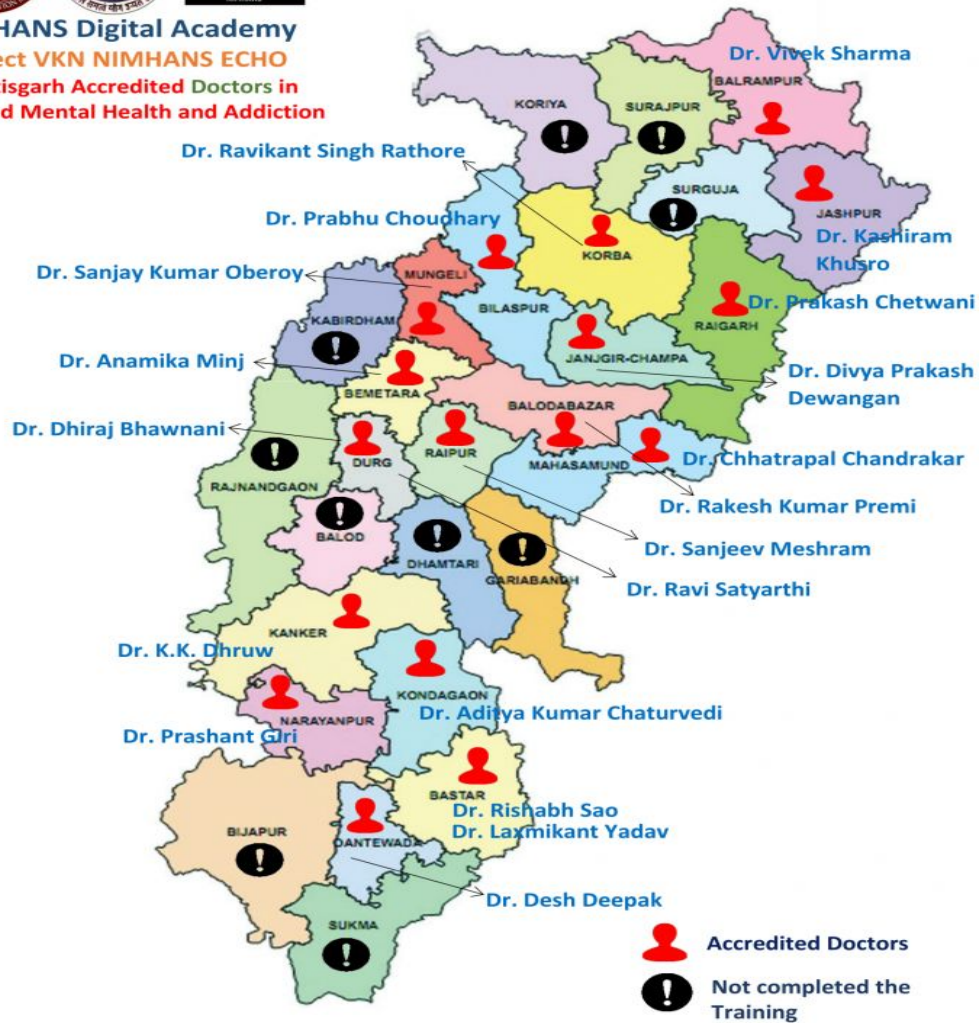
85% of patients with Alcohol use disorders were provided "best care" by District Non-Specialist Medical officers tele-mentored by NIMHANS ECHO

Chhattisgarh: 42 Doctors

52 counsellors



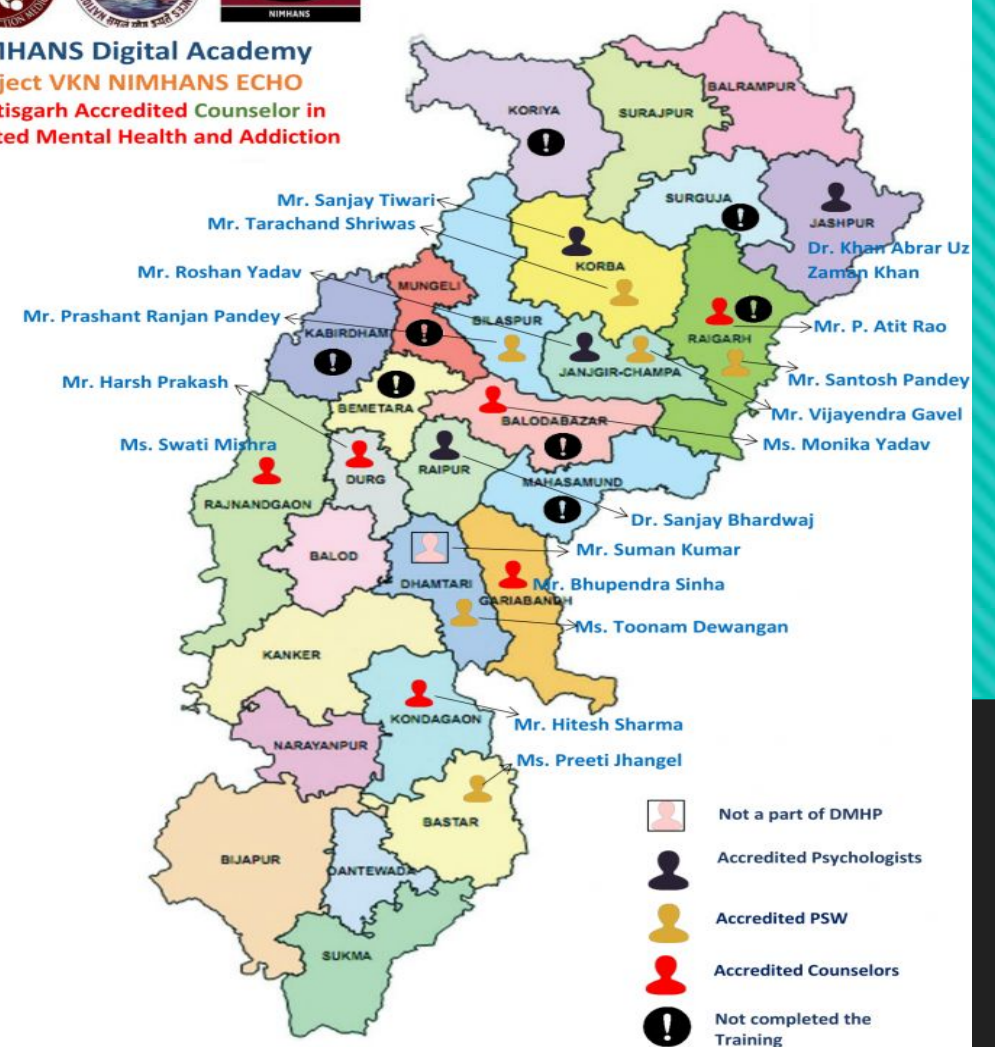
NIMHANS Digital Academy
Project VKN NIMHANS ECHO
Chhattisgarh Accredited Doctors in
Integrated Mental Health and Addiction



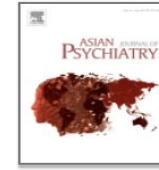
Chhattisgarh State Map with NIMHANS Trained DMHP Centers



NIMHANS Digital Academy
Project VKN NIMHANS ECHO
Chhattisgarh Accredited Counselor in
Integrated Mental Health and Addiction



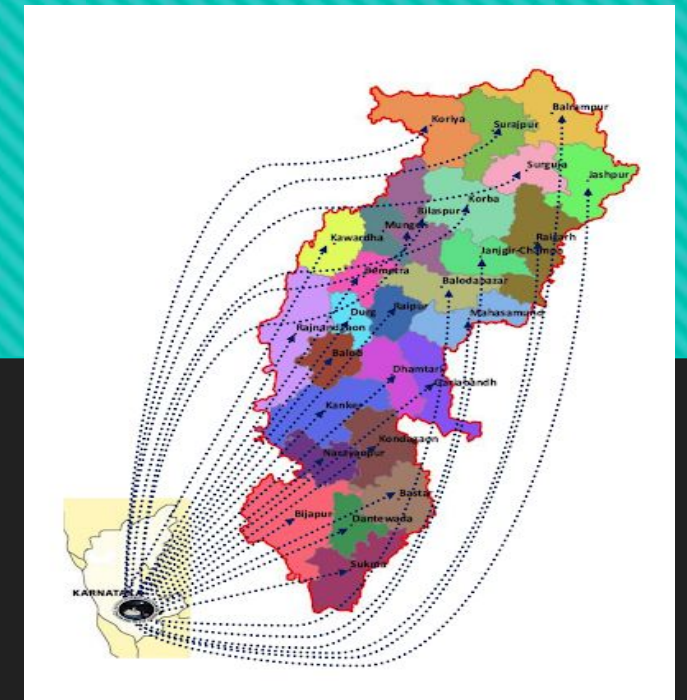
Chhattisgarh State Map with NIMHANS Trained DMHP Center.



Effectiveness of NIMHANS ECHO blended tele-mentoring model on Integrated Mental Health and Addiction for counsellors in rural and underserved districts of Chhattisgarh, India

Kanika Mehrotra ^a, Prabhat Chand ^a ✉, Mrunal Bandawar ^a, Mallikarjun Rao Sagi ^a, Sandeepa Kaur ^a, Aurobind G ^a, Aravind Raj ^a, Sumi Jain ^b, Miriam Komaromy ^c, Pratima Murthy ^a, Sanjeev Arora ^c

[Show more](#)



Chhattisgarh Integrated Addiction and Mental Health ECHOs

Chhattisgarh Counsellors ECHO

- Over the period of 6 months i.e. 12 tele-ECHO clinics, 41 patients case summaries were discussed by the Counsellors with NIMHANS Hub Specialists (Hindi)
- Half of the counsellors could join >80% clinics and overall there were no drop-outs
- During the 6-month period, these 12 counsellors had provided clinical services to a total of 4743 patients.

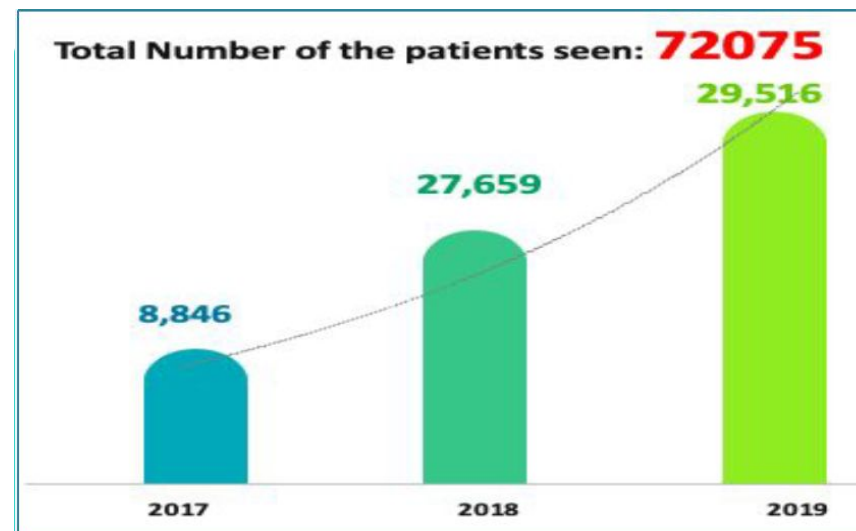
Table 1. Participant Satisfaction Ratings.

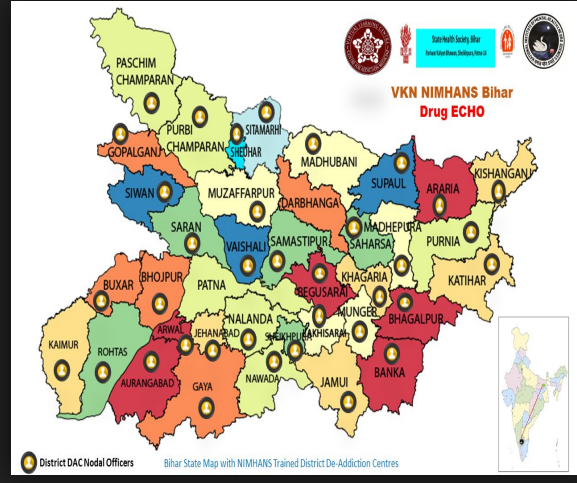
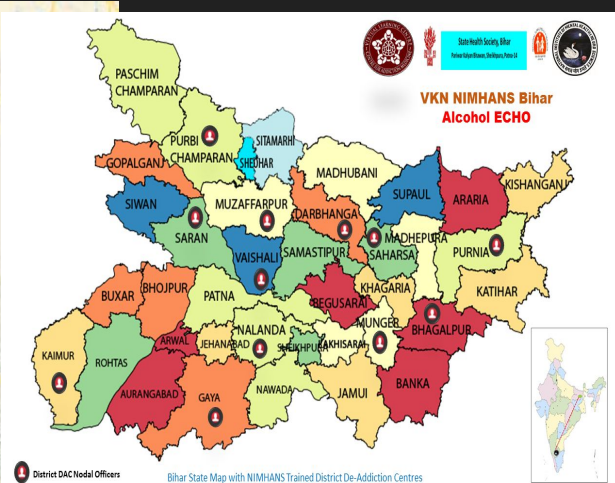
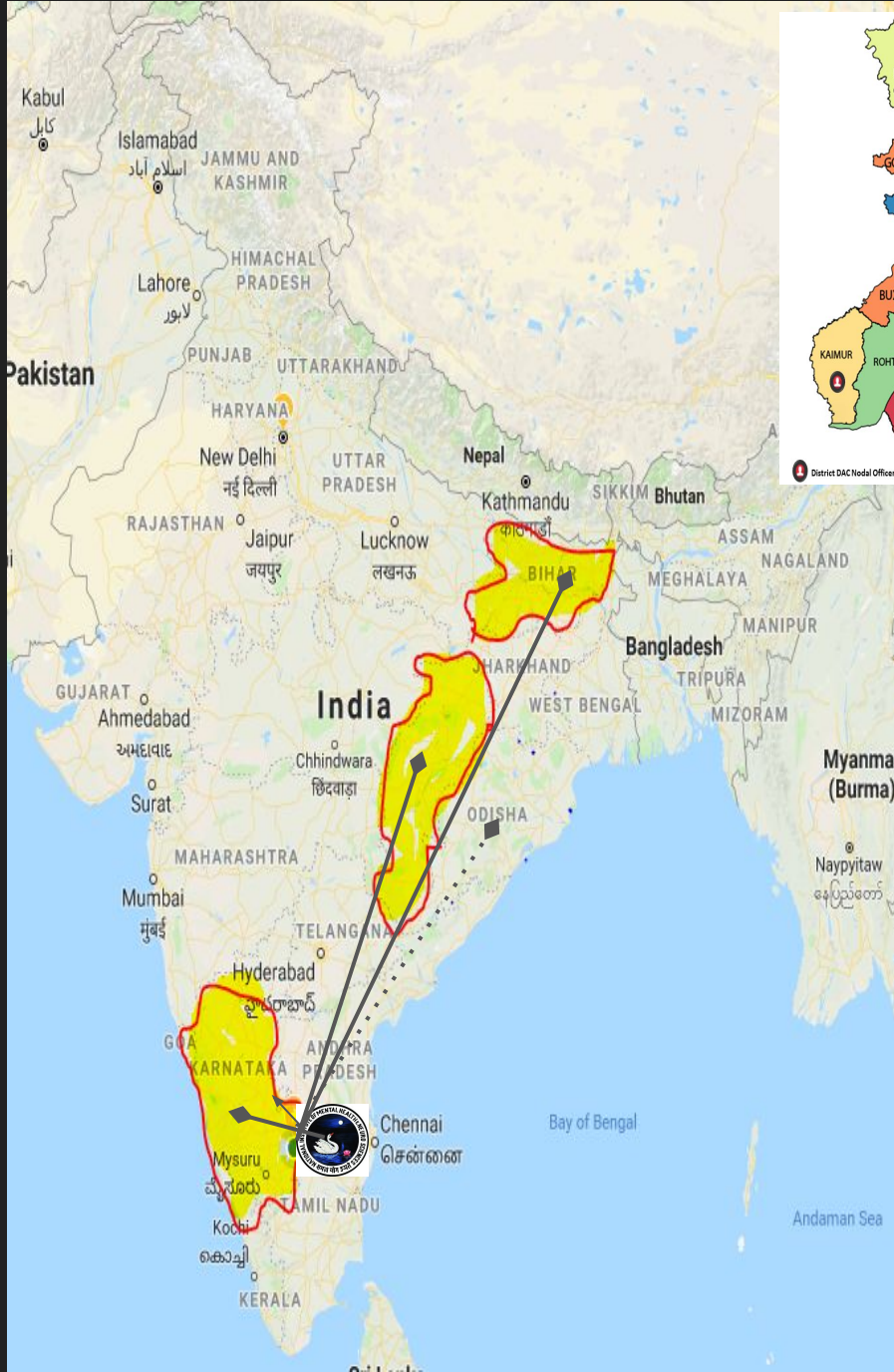
Survey Item	Mean Rating (out of 5)
'How much has the tele-ECHO program made me more confident in my clinical skills'	4.7 ± 0.48
'How relevant and helpful do I think the course was for me, professionally?'	4.7 ± 0.48
'How satisfied am I with the tele-ECHO clinic content?'	4.5 ± 0.52
'How satisfied am I with this form of training (online + onsite + WhatsApp support for 6 months) vs. more traditional forms of training?'	4.4 ± 0.70

Impact of mental health and addiction NIMHANS ECHO on primary care physicians: study from a rural state of India

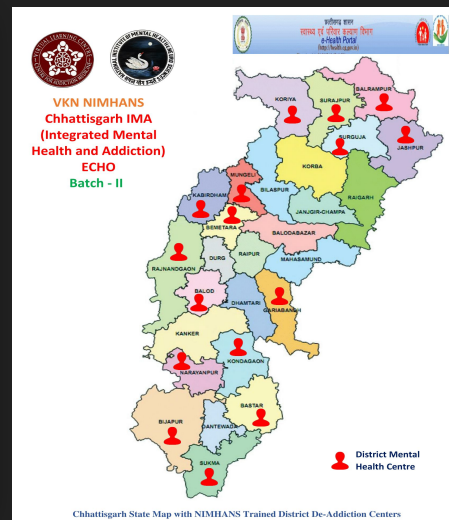
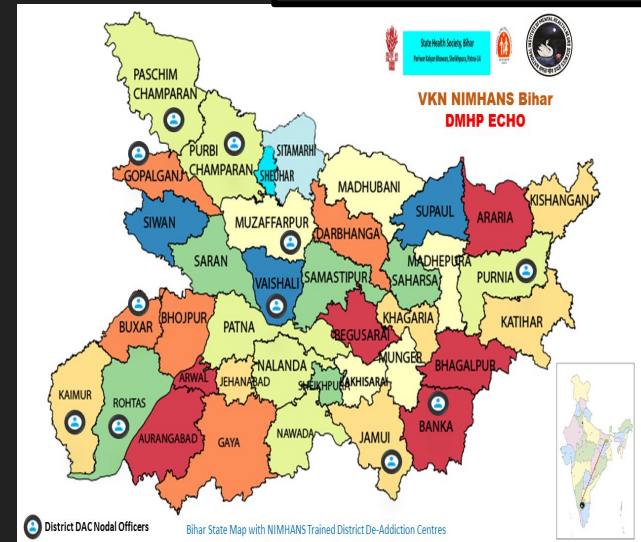
Published online by Cambridge University Press: 18 June 2021

- 10 months ECHO mentoring Chhattisgarh
- 30 physicians working in Govt hospitals CHC and only 5 dropped out
- Statistically significant change in knowledge and skills
- 10 fold increase in number of patients evaluated
- Best research paper in National Academy of Medical Sciences and got 1st prize from Honorable Vice president of India





Geographical Distance and Cost should NOT be a barrier for Quality Care

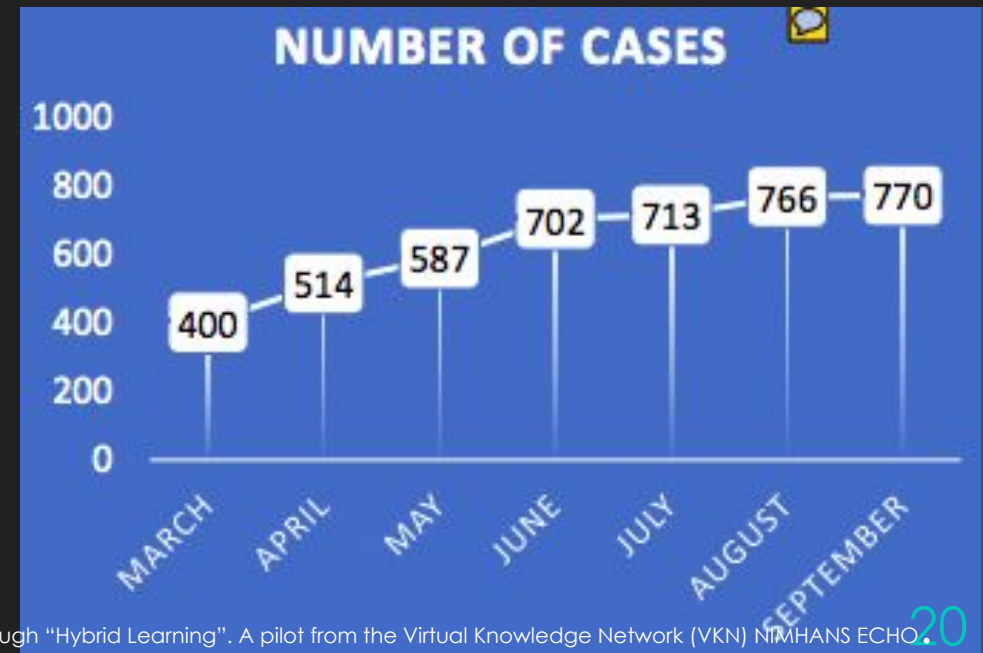
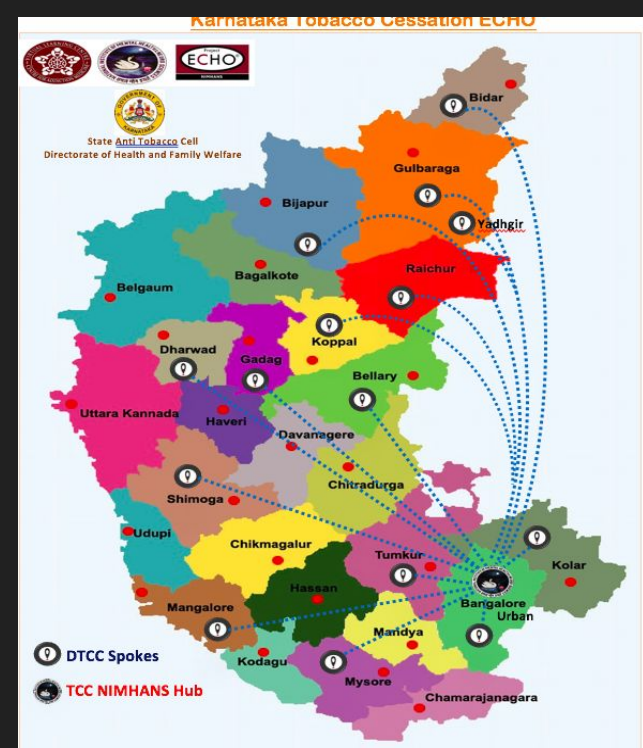


sli.do event code #

Tobacco Cessation for Remote District Counselors: Karnataka

27 counsellor from 16 districts

- 4000 + Tobacco Users received “best practices” care at their own place



Inauguration of NIMHANS Digital Academy

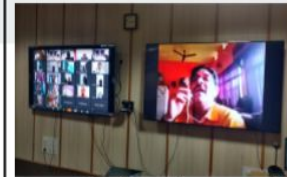
By:

Sh. Jagat Prakash Nadda
Minister for Health and Family Welfare

In the august presence of

Sh. Ashwini Kumar Chaudhary
Minister of State
Ministry of Health and Family Welfare

Shri. Anupriya Patel
Minister of State
Ministry of Health and Family Welfare



Doctors Course - LIVE Interactive session



Nurses Course



NDA Plus: Foundation of Addiction



Psychologist Course

Social Workers Course

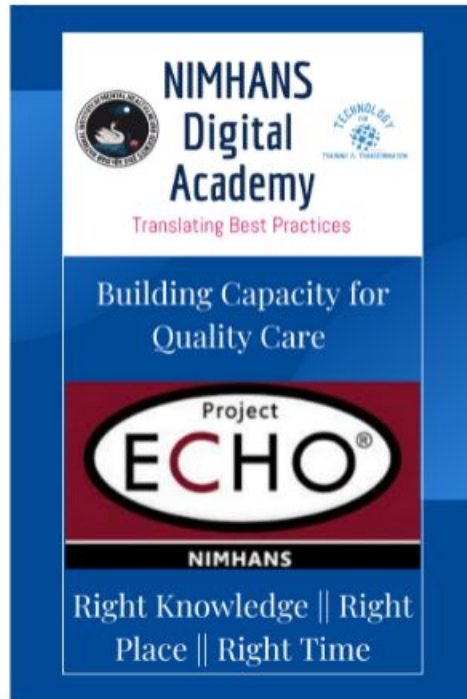
27th June 2018

Our mission is to make the trusted knowledge accessible to anyone, anywhere, and anytime. Using case-based learning, collaborative care and tele-mentoring, we seek to build a “community of practice” of 1000 champions every year in the area of mental health and substance use disorder

Benefits to Remote Health care providers

- “Certificate courses with Accreditation” approved by NIMHANS Digital Academy ECHO
- Various states started recognizing, giving incentive to those who underwent accreditation courses
- 30hr to 60hr of ECHO + a week of onsite model
- Even specialty areas a professional development program i.e. Dementia, Pregnancy and mental health, Suicide gatekeeper, Covid and mental health, tobacco use disorder, Addictive disorder etc opened up for various health providers as well as lay counsellors
- Professional interaction with colleagues with similar interest
- Access to specialty consultation with addiction specialist

Creating a Network of highly-skilled health care champions
#addiction management #mental health



9006

Health care providers

46%

Doctors

42%

Counselors/Educators

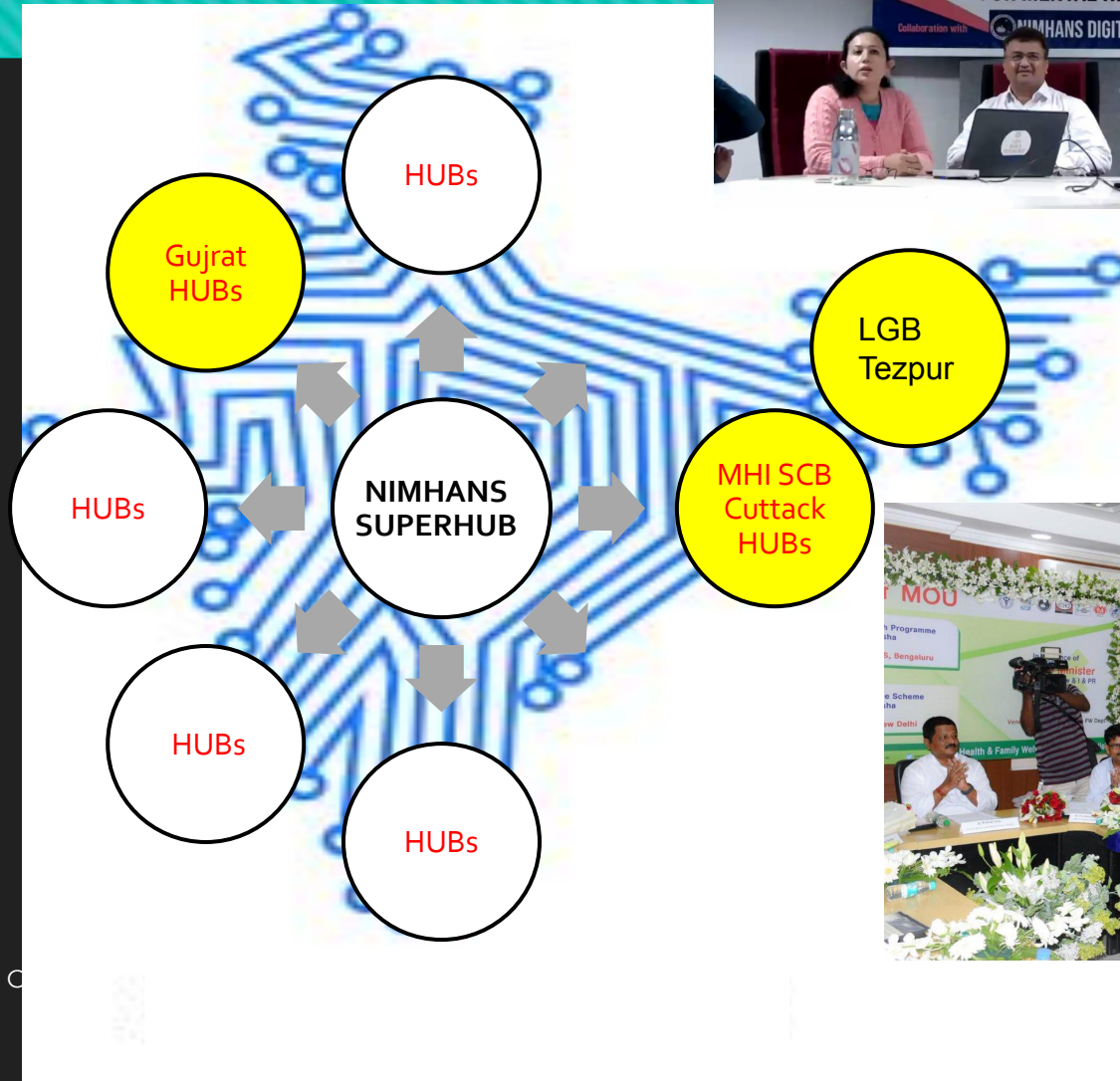
12%

Nurses

All teach All learn- Mentoring model

Super HUB

Future: Exponential Capacity Building: Establishing Regional Hubs



Future plan and need for collaboration

- “There is no health without Mental health”
- Covid 19 has made more prominent
- National tele-manas/tele-mental health initiative announced by Govt of India, there is need for hubs in each state
- Language specific Basic mental wellness to illness and then specialized areas like Chronic diseases, NCDs, TB, etc need to be integrated

Values: why it continued to work !!!

Personalized

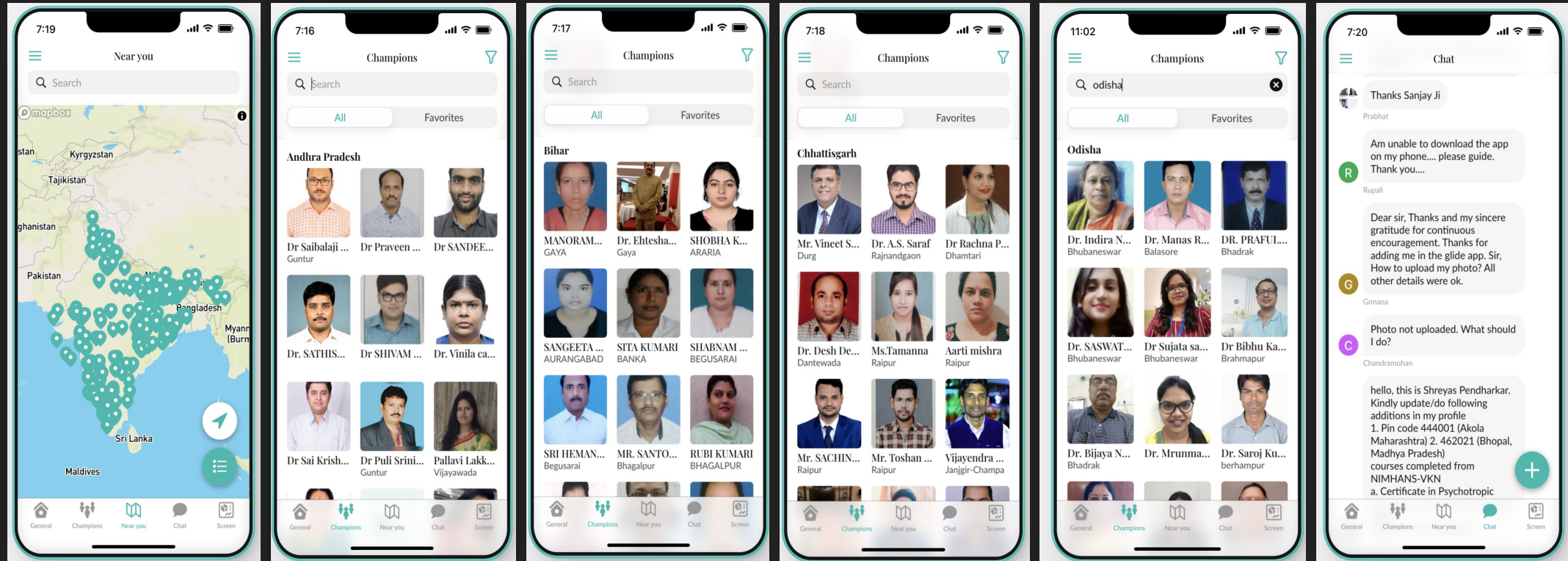
Trusted content

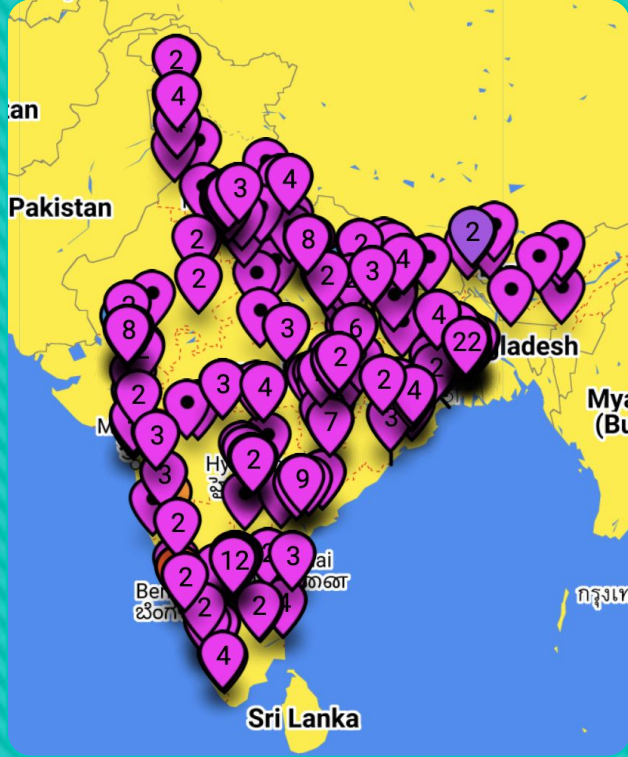
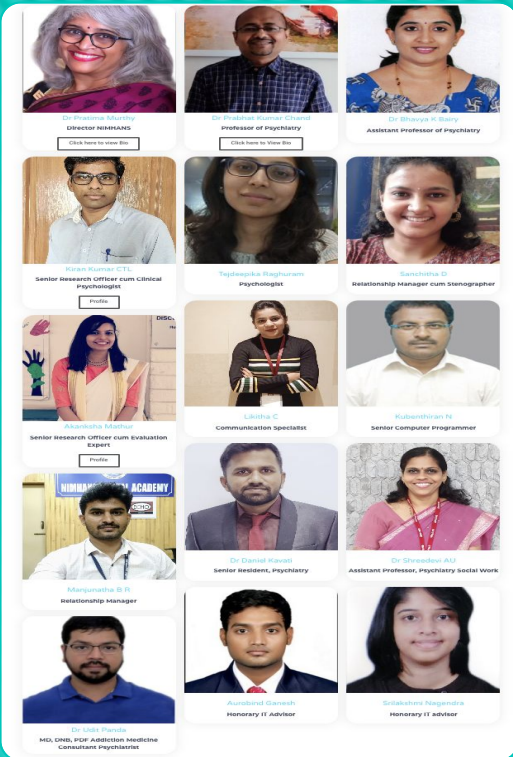
Connectivism

Collaborative

Democraticness

Champions from NIMHANS Digital Academy ECHO: mobile app





Thank you