



BY
 Pallium Canada

Explore, Agree, and Plan Co-creating an ECHO with the BC CPC

What is the BC CPC Provincial ECHO

The vision of the BC CPC Palliative Care ECHO – BC Hub’s is for all care providers in BC to have equitable access to learning opportunities, resources and expertise to improve the quality of life of people affected by Serious Illness. The project is guided entirely by principles of inclusivity, person-centred learning, empowering and inspiring partners and creating a collective impact through collaboration and network building.

With each ECHO network, participants are encouraged to share what they’ve learned with their own team; then those team members share the knowledge, and so on and so on. With the shared knowledge radiating outward, the positive effect of ECHO is exponential and interdisciplinary.

That’s the core approach to ECHO, a virtual community for continuous collaboration, problem-solving and professional growth. An ECHO network recognizes that every member brings expertise to the table. One may share specialized knowledge of a new treatment, while another may share their expertise on deploying it to their community.

Benefits of ECHO learning

No single service provider can know it all ... that’s why there is ECHO! ECHO creates a knowledge-sharing network of healthcare providers, subject matter, and community experts to share experience and learning. This simple approach is designed to ensure that the right knowledge is in the right place at the right time, and it has been globally recognized as a successful intervention to improve patient care outcomes.

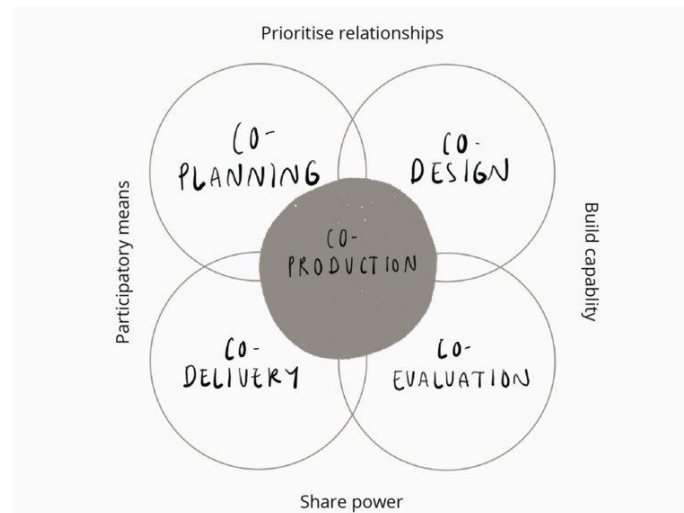
ECHO has been shown to:

- Create a sense of community with geographically distant professionals
- Increase knowledge, competence and skills

- Enhance working relationships and workplace culture
- Enhance person-centred end-of-life care practices
- Increase capacity for collaborative research

What is Co-creation?

First and foremost, it's *your* ECHO – we support you in developing and creating the best ECHO for your learners. At the BC CPC we support you by co-planning, co-delivering, and co-evaluating your ECHO by providing project management support and links to tools and resources.



From: <https://www.beyondstickynotes.com/what-is-codesign>

How does it work?

From your original concept or idea, we will guide you through the process of creating an ECHO by:

- Developing a hub team (individuals with content or context expertise from your organization and BC CPC staff)
- Completing a needs assessment and mapping your assets
- Building a shared understanding of the focus, goals, objectives, and evaluation of the ECHO
- Co-designing the sessions, series, or program

- Implementing the ECHOs
- Reviewing and evaluating the ECHO

ECHO Focus and Form

Your ECHO can take many forms and focus on areas that matter most to you.

The ECHO model cultivates a continuous loop of learning, mentoring and peer support. As an e-learning format it can reach beyond geographic limitations into every corner of the province, with big or small organizations, connecting people with knowledge, experience, and expertise.

You can build an ECHO around three focus areas:

- Subject (eg patient population or condition)
- Discipline (eg pharmacists, family physicians, community support workers)
- Geographic (eg multi disciplinary in a specific region in the province)

The form is also up to you:

ECHOs can take many forms and are not limited to what we have described here, these are the most common, but you may have other ideas!

- 1) ECHO Session: At the most granular level of the ECHO programs are the sessions. ECHO sessions can take many different forms. While typical ECHO sessions will include a didactic section followed by an interactive patient case-based discussion, ECHO sessions could also come in the form of online mentorship programs, quality improvement workshops, journal watch webinars etc. The sky is the limit!
- 2) ECHO Series: Pallium uses the term series to describe multiple ECHO sessions that are linked together (either by a common theme or common audience or both). Some ECHO projects around the world will use other terminology to describe a series of sessions such as “Cohorts” or “Modules.”
- 3) ECHO Program: A collection of activities that are meant to work towards a main learning objective or goal. For instance, you might have a Psychosocial ECHO Program that is designed to build competencies and skills across different aspects of psychosocial palliative care, with separate webinar series or activities (such as a community of practice) addressing different skills.

Want to learn more?

Send an email to echo@bc-cpc.ca and will be happy to set up a time to chat with you about your idea for an ECHO.