

TeleECHO™ Clinics on Sports Medicine



Primary care providers are invited to learn more about sports medicine-related issues for adolescents and teens. Our multidisciplinary team includes Sports Medicine physicians, Orthopedic surgeons, athletic trainers, and sports physical therapy specialists, as well as experts from Behavioral Health, Optometry, Radiology, and Speech and Language Pathology.

June – July 2019 | Mondays, Weekly, Noon – 1 p.m.

Learning sessions will improve the providers' knowledge of evaluation and treatment of sports-related concussion, identification and management of common fractures and other injuries and the latest American Academy of Pediatrics (AAP) version of the pre-participation physical exam (PPE) for sports.

What is Project ECHO?

- Project ECHO (Extension for Community Healthcare Outcomes) is a tele-mentoring model which improves capacity and access to specialty care by linking expert specialist teams with primary care providers through teleECHO™ clinics.
- Using teleECHO™ clinics, Children's Hospital & Medical Center will convene experts (the HUB) to review cases in real-time, online learning sessions with regional primary care clinics (the SPOKES) to help community providers manage difficult patient cases and share their expertise via guidance, feedback and education.

Who Can Participate?

- All levels of providers throughout Nebraska are welcome and highly encouraged to participate in teleECHO™ clinics, including: physicians, physician assistants, nurse practitioners, registered nurses, mental health practitioners, physical therapists, athletic trainers and other related staff.

The Need to Address Youth Sports Injuries

- Primary care providers have frequent opportunities to evaluate and treat sports-related injuries in adolescents and teens and conduct their pre-participation physical exam.
- Every year, more than 3.5 million U.S. children under age 14 get hurt while playing sports, and approximately two million injuries occur among high school athletes.
- Concussion evaluation and treatment has evolved significantly over the past several years. The Concussion in Sport Group (CISG) released new guidelines in 2017.
- Young athletes often experience different injuries or conditions specific to periods of rapid growth.
- Proper diagnosis and treatment of growth-plate injuries is crucial to preventing long-term side effects.



For more information, visit ChildrensOmaha.org/ProjectECHO

TeleECHO™ Clinics on Sports Medicine



Timeline & Topics:

- Children's Project ECHO: Sports Medicine will launch on June 3, 2019 and conclude on July 29, 2019.
- The seven teleECHO™ clinics focus on specific injuries that are common in adolescents and teens, including sports-related concussions, fractures and overuse injuries and the PPE. Live teleECHO™ clinics will occur weekly on Mondays from noon to 1 p.m. (No session will convene on July 1 or July 22.)
- For the full curriculum schedule, visit: ChildrensOmaha.org/ProjectECHO

Registration & Case Submission:

- Registration is FREE for individuals and teams. Registration opens May 15, 2019 and will be available at: ChildrensOmaha.org/ProjectECHO.
- Participating providers are encouraged to submit de-identified cases for discussion and recommendations from HUB experts and other community SPOKES.
- De-identified cases can be submitted online at least two weeks prior to the teleECHO™ clinic session.

Time Commitment

- Each 1-hour virtual session includes a 20-minute presentation by regional and/or national experts who address common youth sports injuries, followed by case review and discussions.
- Participation in all teleECHO™ clinics is encouraged, but not required.

Benefits for Providers

- Access to up-to-date guidelines for treating youth sports injuries and the return-to-play and learn process
- Become part of a community of practice and learning
- Network with other health care providers
- Propose additional teleECHO™ child health topics to be addressed
- Submit de-identified cases for review and discussion

CME Designation

Children's Hospital & Medical Center is accredited by the Nebraska Medical Association to provide continuing medical education for physicians.

Children's Hospital & Medical Center designates each live activity for a maximum of one (1.00) AMA *PRA Category/Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Children's Project ECHO is coordinated by Children's Center for the Child & Community, with a mission to empower communities to value and support the health, safety and well-being of every child. For more information about Children's Center, visit: ChildrensOmaha.org/Center-for-Child.

For more information, visit ChildrensOmaha.org/ProjectECHO