



# Diabetes and Hypertension Project ECHO\* Clinic

\*ECHO: Extension of Community Healthcare Outcomes

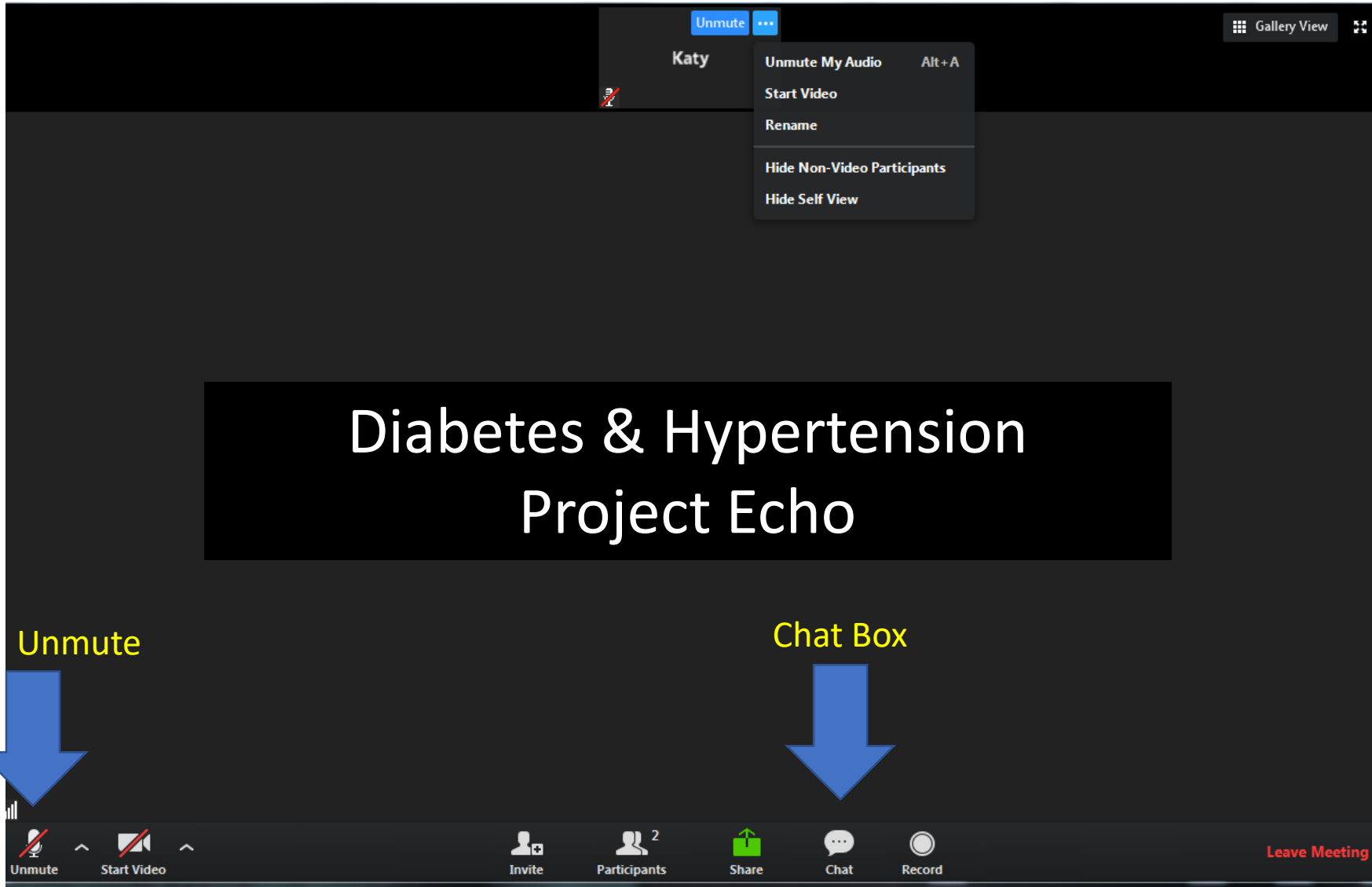
**Nov. 11, 2021**

## Before we begin:

- Rename your Zoom screen with your name and organization
- Claim CE: text 19188-18817 to 804-625-4041
  - Go to [vcuhealth.org/echodmhtn](https://vcuhealth.org/echodmhtn) for instructions on creating your account

*The Diabetes and Hypertension ECHO is made possible  
by funding through CDC Cooperative Agreement  
NU58DP006620-InnoVAte.*

# Zoom Reminders



- You are all on **mute**. Please **unmute** to talk.
- If joining by telephone audio only, press **\*6** to mute and unmute.
- Use the chat function to speak with our team or ask questions.

# ECHO is all teach, all learn



Interactive



Co-management  
of cases



Peer-to-peer  
learning



Collaborative  
problem solving

## Helpful Reminders

- Please feel free to eat your lunch or step away briefly if needed
- We are recording and can share sessions upon request
  - Each session's slides are available on [www.vcuhealth.org/echodmhtn](http://www.vcuhealth.org/echodmhtn)
- Please **do not share any protected health information** in your discussion or the chat box
- Project ECHO operates on the “All Teach, All Learn” model
  - Feel free to ask questions in the chat or unmute to ask questions at designated times
  - We're all here to learn from each other and value each person's input and expertise!



# VCU Health Diabetes & Hypertension ECHO Clinics

## VCU Hub Team

Principal Investigator	Dave Dixon, PharmD
Administrative Medical Director ECHO Hub	Vimal Mishra, MD, MMCi
Clinical Experts	Niraj Kothari, MD Trang Le, MD
Project Coordinator/IT Support	Madeleine Wagner

- One-hour ECHO clinics on 2nd and 4th Thursdays
- Every ECHO clinic includes a didactic presentation followed by case discussions
- Website: [www.vcuhealth.org/echodmhtn](http://www.vcuhealth.org/echodmhtn)
  - Directions for claiming CE can be found here
  - You have up to six days after our session to claim CE by texting **19188-18817** to **804-625-4041**

# Disclosures

Trang Le, M.D., has no financial conflicts of interest to disclose.

Niraj Kothari, M.D., has no financial conflicts of interest to disclose.

Rachel Flurie, Pharm.D., has no financial conflicts of interest to disclose.

Lana Sargent, Ph.D., has no financial conflicts of interest to disclose.

There is no commercial or in-kind support for this activity.

# Hypertension in Older Adults

# Questions for discussion:

How do you approach setting BP goals for older adults differently from your younger patients?

# Questions for discussion:

How do you titrate antihypertensive therapy in older adults?

Do you tend to maximize single agents or add additional agents to keep doses lower as a way to minimize risk of side effects?



# Questions for discussion:

How should we approach older adults with isolated systolic hypertension?

What is the mechanism of this phenomenon?

# Questions for discussion:

How do you assess orthostatic hypotension in older adults?

Other questions?



# Case Studies

- Anyone can submit cases: [www.vcuhealth.org/echodmhtn](http://www.vcuhealth.org/echodmhtn)
- Receive feedback from participants and content experts
- Earn **\$150** for submitting and presenting

# Provide Feedback

[www.vcuhealth.org/echodmhtn](http://www.vcuhealth.org/echodmhtn)

- Feedback
  - Overall feedback related to session content and flow?
  - Ideas for guest speakers?

# Access Your Evaluation



vcuhealth.org/services/telehealth/for-providers/education/diabetes-and-hypertension-project-echo

## For Providers

Education	-
<b>Diabetes and Hypertension Project ECHO</b>	-
Our Team	
Curriculum	
Claiming CE Credit	
Contact Us	
VCU Nursing Home ECHO	+
VCU Health Palliative Care ECHO	+
Virginia Opioid Addiction ECHO	+
Virginia Sickle Cell Disease ECHO	+

# Diabetes and Hypertension Project ECHO

Welcome to the Diabetes and Hypertension Extension for Community Health Outcomes or ECHO, a virtual network of multidisciplinary diabetes and hypertension experts. An ECHO model connects professionals with each other in real-time collaborative virtual sessions on Zoom. Participants present de-identified cases to one another, share resources, connect to each other, and grow in their expertise. This ECHO will address practice level issues and solutions related to managing complex patients with difficult to control diabetes and hypertension. [Register now for an ECHO Session!](#)

## Network, Participate and Present

- Engage in a collaborative community with your peers.
- Listen, learn and discuss informational and case presentations in real-time.
- Take the opportunity to [submit your de-identified case study](#) for feedback from a team of specialists for diabetes and hypertension.
- **Provide valuable feedback.**
- Claim CE credit by [texting in attendance](#).

## Benefits



# VCU Diabetes & Hypertension Project ECHO Clinics

*2<sup>nd</sup> Thursdays* — 12 p.m. to 1 p.m.

## Mark Your Calendars — Upcoming Sessions

**Jan. 13:** Clinical Assessment of Kidney Function

**Feb. 10:** Aspirin Use in Diabetic/Hypertensive Parents

**March 10:** Diabetes in Older Adults

Please register if you haven't previously at [www.vcuhealth.org/echodmhtn](http://www.vcuhealth.org/echodmhtn)

Thank you for coming! See you next year!



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