

Supplemental Digital Content 1 – EndoECHO Program Information and Curriculum

Program Information

The Project ECHO Complex Endocrinology hub was developed by the Rutgers Robert Wood Johnson Medical School beginning in 2017 and has continued through the present. The program curriculum was broad and intensive, with 4 weekly sessions over 12 months, for a total of 64 sessions. Participants were offered the opportunity to present de-identified patient cases from their practice for discussion. One contact hour of continuing education credit was given for each session attended. There was no target or required number of sessions that participants were asked to attend, and they were free to participate based on interest and relevance to their practice. The program was refined and continued following the conclusion of the 64 session program. As of September of 2020, enrollment had increased to 136 enrollees, with increasing participation from behavioral health professionals and others from working outside an acute care physical health space (e.g., staff from schools, state agencies, emergency services personnel, and other community organizations).

Curriculum Note: This is the curriculum received by the providers discussed in this paper. For a current curriculum, see https://rwjms.rutgers.edu/community_health/other/project-echo/complex-endocrinology (accessed December 1, 2021).

Month 1: Diabetes BLOCK 1

Week 1: Distinguishing between T1DM and T2DM in the newly diagnosed patient

Week 2: Epidemiology and pathogenesis of T1 and T2 DM

Week 3: When to send the patient to an endocrinologist

Week 4: Psychiatric aspects of diabetes

Month 2: Thyroid BLOCK 1

Week 1: Diagnosis of hyper and hypothyroid disease

Week 2: Treatment of hyperthyroidism

Week 3: Treatment of hypothyroidism

Week 4: Thyroiditis

Month 3: Injectables/Insulin BLOCK

Week 1: Initiating insulin for T1DM

Week 2: Initiating insulin for T2DM

Week 3: Newly available insulin analogues

Week 4: New injectable agents for the treatment of diabetes

Month 4: Diabetes BLOCK 2

Week 1: The diabetic foot

Week 2: Appropriate goals for glucose in subgroups with diabetes

Week 3: Appropriate goals for lipids and blood pressure in subgroups with diabetes

Week 4: Diabetic eye disease

Month 5: Social Services BLOCK

Week 1: Community resources for patients

Week 2: Financial resources for patients in NJ
Week 3: How to get the best deal on diabetes drugs
Week 4: Insurance and legal issues in diabetes

Month 6: Thyroid BLOCK 2

Week 1: Approach to thyroid nodule
Week 2: Approach to thyroid cancer
Week 3: PHQ-9/depression
Week 4: Grave's disease

Month 7: Diabetes BLOCK 3

Week 1: Diabetic neuropathy
Week 2: Diabetic kidney disease
Week 3: Cardiovascular risk factors in diabetes
Week 4: Prevention programs in prediabetes —when to start educating

Month 8: Metabolic Bone Disease BLOCK

Week 1: Osteoporosis
Week 2: Hypercalcemia
Week 3: Hyperkalemia
Week 4: Pagat's disease

Month 9: Diabetes BLOCK 4

Week 1: Diabetes and coronary artery disease
Week 2: Microvascular complications — neuropathy treatment
Week 3: Microvascular complications — retinopathy
Week 4: Autonomic dysfunction in diabetes

Month 10: Pituitary BLOCK

Week 1: Male hypogonadism
Week 2: Diagnosis and treatment of adrenal insufficiency
Week 3: Hyperprolactinemia
Week 4: Transgender patients

Month 11: Diabetes BLOCK 5

Week 1: Glucose monitoring and diabetes technology
Week 2: Standard oral agents in the treatment of T2DM
Week 3: Diabetes in adolescents
Week 4: Pancreatitis and hypertriglyceridemia in diabetes

Month 12: Obesity BLOCK

Week 1: Treatment of obesity with drugs
Week 2: Effects of bariatric surgery on diabetes
Week 3: Diet and exercise for the obese with T2DM
Week 4: Diet and exercise in the T1DM on insulin (CHO counting)