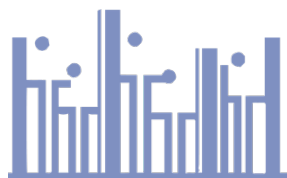


Einstein Community Health Outreach

ECHO Free Clinic
Annual Report 2014



Albert Einstein College of Medicine
OF YESHIVA UNIVERSITY



THE INSTITUTE
FOR
FAMILY HEALTH

Table of Contents

From Our Student Directors	3
ECHO Clinical Board	4
ECHO Pre-Clinical Board	5
Overview and Mission	6
Demographics	7
Geographic Distribution of ECHO Patients	8
Chief Complaint/Services Provided	9
Referrals to Specialists	10
Income and Insurance Status	11
Chronic Diseases	12
Outcomes: Diabetes	13
Flu Vaccinations	14
Student Volunteers	15
ECHO Gala	16
Acknowledgements	17
2015 SSRFC Posters	Appendix A

From Our Student Directors



Dear friends,

ECHO has provided free care to uninsured patients in the Bronx since 1999, and is a collaboration between the Albert Einstein College of Medicine (Einstein) and the Institute for Family Health (IFH). In 2014, we cared for over 1,000 people.

This past year was notable for several reasons. We hosted ECHO's first sexual health day, which enabled all patients to learn about how to prevent and treat sexually transmitted infections. Our referrals team expanded access to specialty care services through new relationships with two hospitals and an imaging site. One of these specialty areas was women's health services, which is particularly important since 54% of ECHO's patients are female. Thanks to support from Einstein and IFH, ECHO offered on-site, free, long-acting forms of reversible contraception for the first time this year. Furthermore, ECHO raised over \$19,000 at our annual gala, which will allow us to continue providing expanded women's health services for years to come.

Another crucial part of ECHO's mission is mentoring medical students. To facilitate this, ECHO created modules that third-year medical students used to teach clinical concepts to first-year volunteers. ECHO also works closely with the Einstein Office of Admissions to ensure that Einstein applicants have the opportunity to learn about ECHO's programs.

ECHO also focused on expanding its partnerships with other New York City-based student-run free clinics this year, and established a regional free clinic board in order to promote collaboration on projects that will serve our patients. The communications team also published ECHO's first newsletter, which allowed us to disseminate information about ECHO's achievements to our broader network of supporters.

We look forward to continuing to build upon ECHO's accomplishments in the future. We would like to thank Dr. Cortijo and Dr. Nosal of IFH and Dean Grayson, Dean Strelnick, Dr. Jordan, and Dr. Santos of Einstein, who have been integral in helping us further ECHO's mission of providing high-quality care to underserved populations. We would also like to thank our student volunteers whose commitment have made these accomplishments possible. Most importantly, we would like to thank our patients, who constantly remind us of why we chose to study medicine.

It is with great privilege that we present to you our 2014 Annual Report.

Sincerely,
Sarp Aksel, Executive Clinic Chair
Annemieke Wilcox, ECHO Project Director

ECHO Clinical Board



Executive Chair

Clinical Teams Co-Chair

Clinical Teams Co-Chair

Session Coordinator Co-Chair

Session Coordinator Co-Chair

Continuity Chair

Co-Continuity Chair

Sarp Aksel

Arvind Badhey

Fa'iz Bayo-Awoyemia

Matthew Barber

Wayne Cohen-Levy

Marika Osterbur

Carlos Diaz-Balzac

ECHO Pre-Clinical Board



Project Director

Annemieke Wilcox

Weekly Coordinators

Viraj Patel, Daniel Santos

Communications Officer

Jessica Faiz

Development Officer

Mike Tseng

Financial Officer

Sean Hickey

Referrals Coordinators

David Levitz, Alex Petti

Patient Advocate Coordinators

Carly Hirschberg, Dordy Sugano

Women's Health Coordinator

Elise Rosenthal

HIV Coordinator

Aaron Praiss

Labs Coordinators

Nico Delpiccolo, Gila Hoffman

Front Desk Coordinators

James Yuan, Lilly Zhao

Interpreter Coordinator

Marie Boller

Pre-Clinical Scheduling Coordinator

Hope Williams

Quality Improvement Coordinator

Liz Clain

Community Outreach Coordinators

Melissa Bhikham, Keneta McKellar

Overview and Mission

The Einstein Community Health Outreach (ECHO) Free Clinic is a collaboration between the Institute for Family Health (IFH) and the Albert Einstein College of Medicine (AECOM). The clinic provides free, high-quality, comprehensive health care to the uninsured population of the Bronx of New York City. The ECHO Free Clinic embraces the spirit of volunteerism and service embodied in our health care professionals and student volunteers.

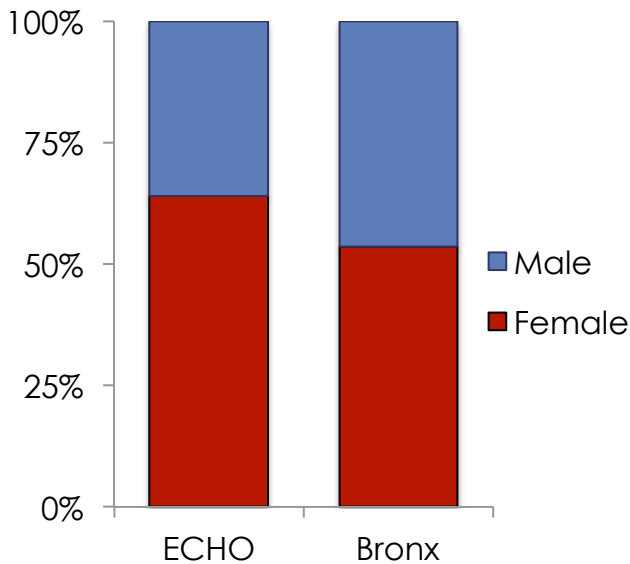
The ECHO Free Clinic was established in 1999 by several AECOM students who were concerned about the lack of health care for uninsured Americans. IFH, which operates a network of federally-qualified community health centers throughout New York State, collaborated with them to launch the Einstein Community Health Outreach (ECHO) Free Clinic, the first clinic of its kind in New York City. Staffed by physician and medical student volunteers, the ECHO Free Clinic currently provides high-quality primary health services to uninsured adults. Each year, more than 300 Einstein students volunteers partner with licensed physicians to provide more than 800 medical care, health education, and social service visits to uninsured New Yorkers. ECHO has also helped students at other medical schools launch free clinics of their own.

The success of the ECHO Free Clinic can be attributed to generous grants from our donors, free and discounted services provided by local hospitals and medical establishments, the ongoing support of the IFH and AECOM, and most importantly, our student and physician volunteers.

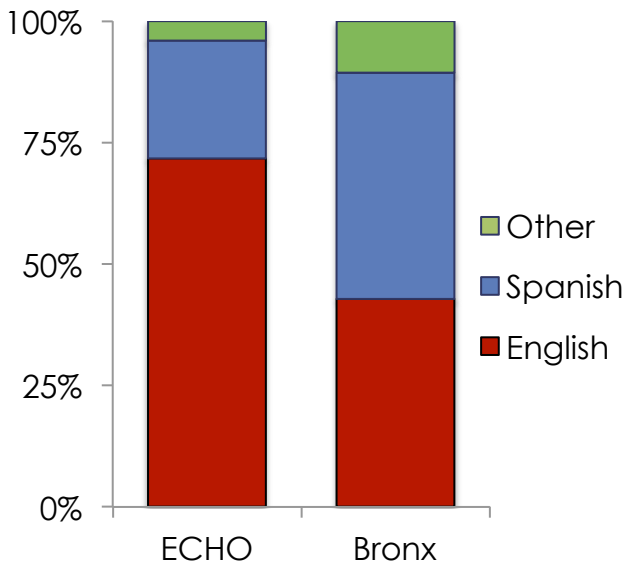
Demographics

842 patients attended 1,098 visits at ECHO in 2014.

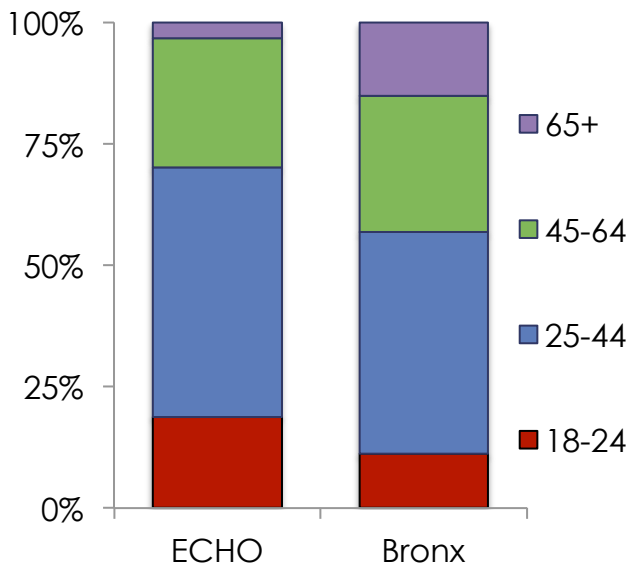
Gender



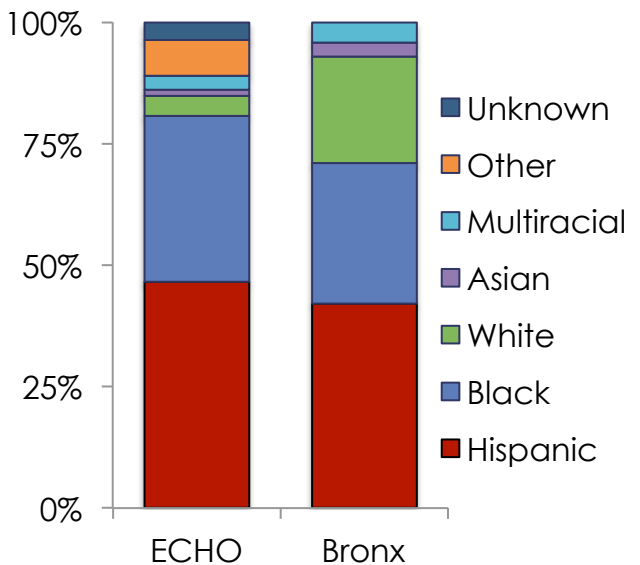
Language



Age Range

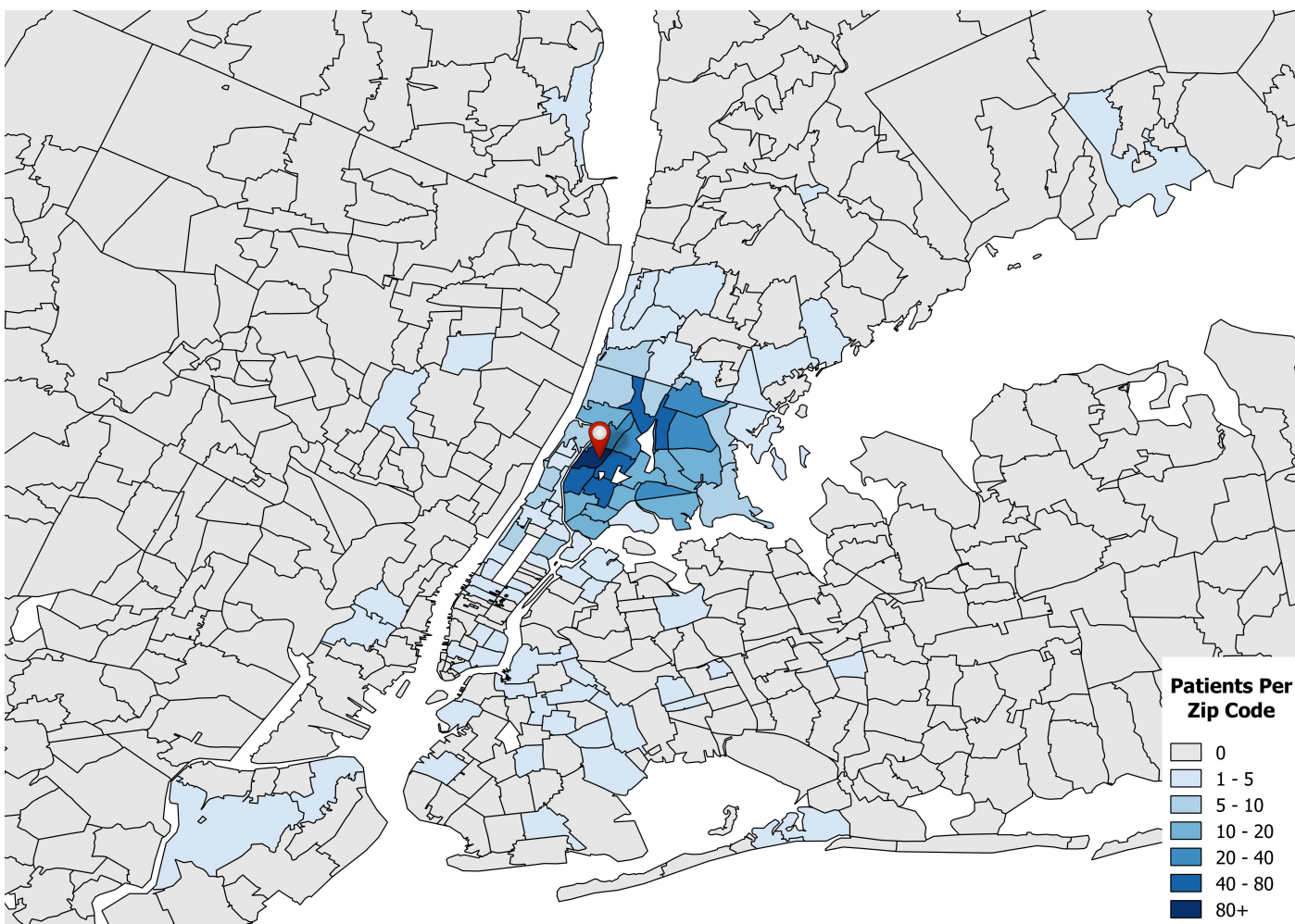


Race



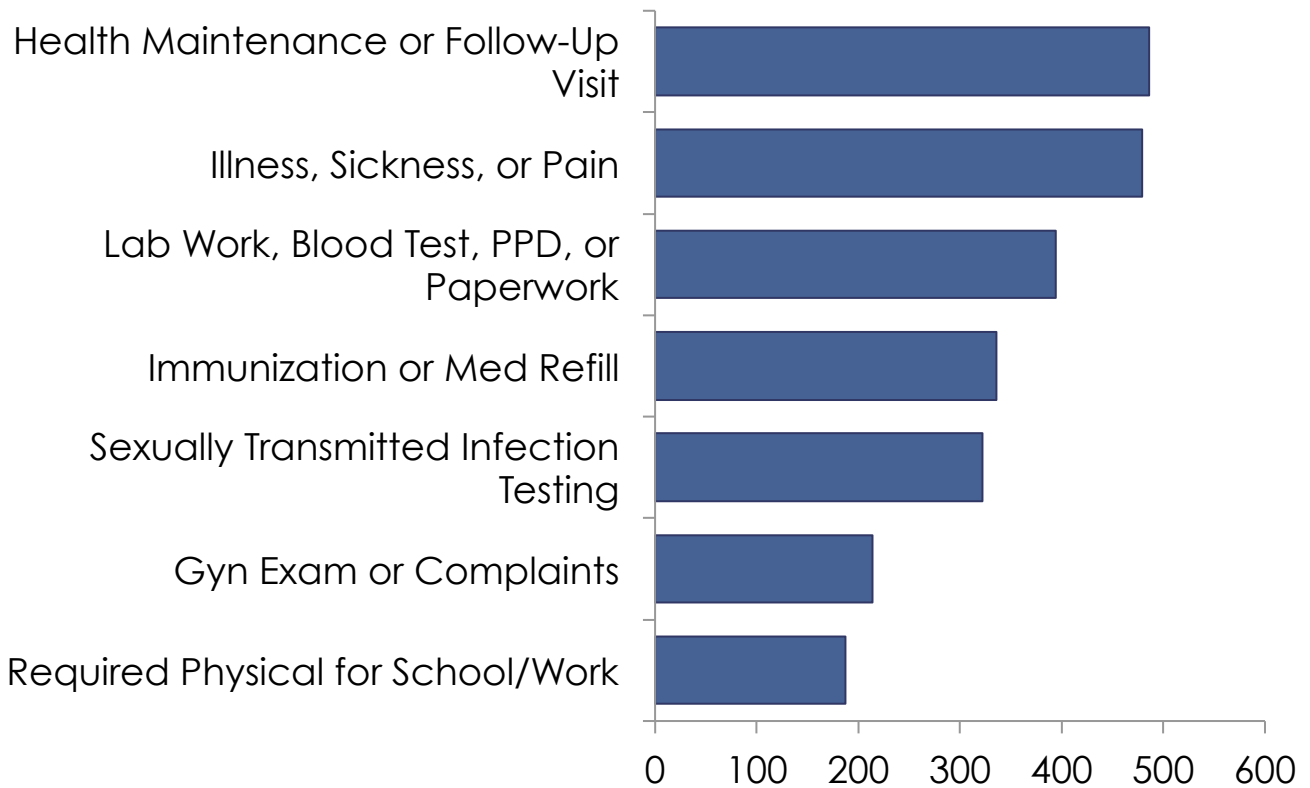
Geographic Distribution of ECHO Patients

82% of patients seen at ECHO live in the Bronx, with the majority coming from Bronx Park, Central Bronx, Fordham, High Bridge and Morrisania.



Chief Complaint/ Services Provided

ECHO offers primary care services, including preventative health, lab tests, immunizations, and women's health services.

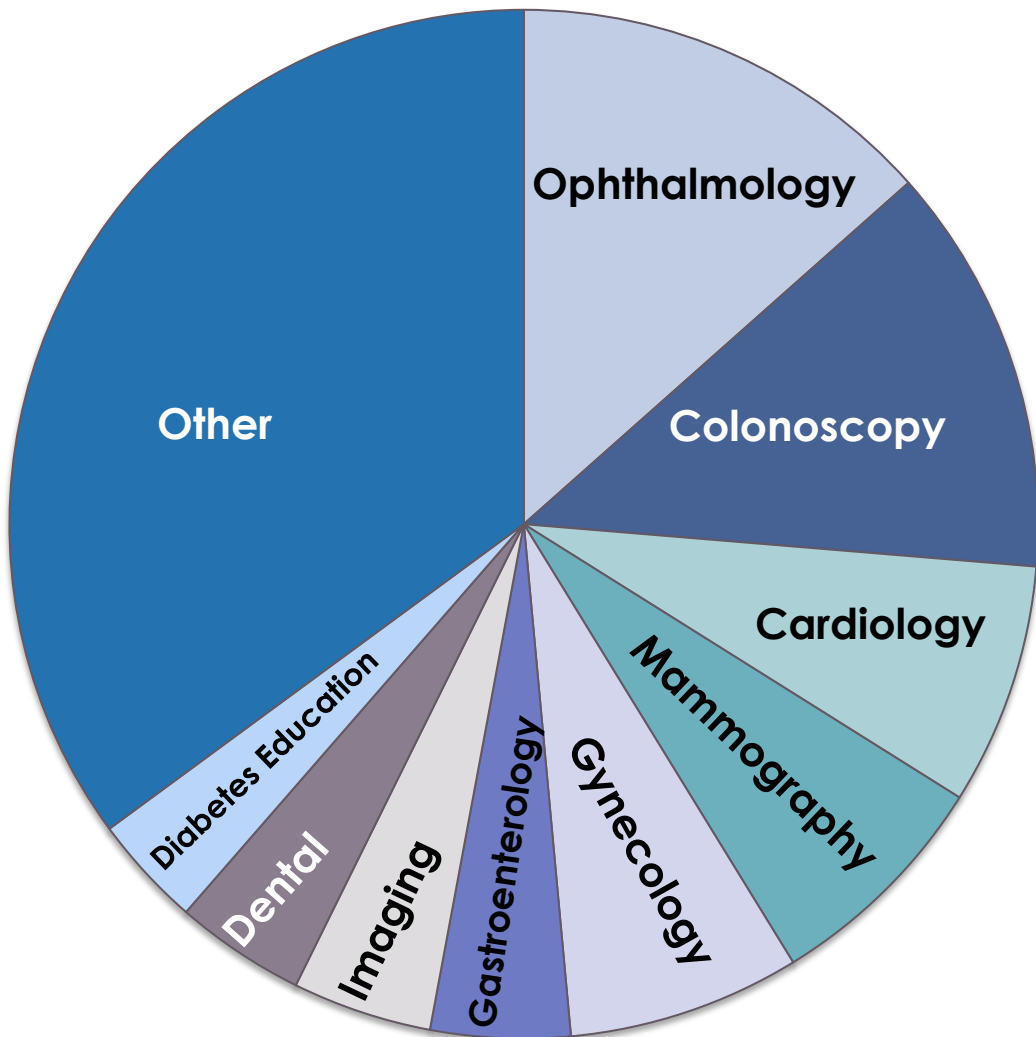


Furthermore:

- All patients see a **case manager**, who performs an assessment of insurance eligibility and assists with **insurance enrollment**.
- All patients also see a **social worker** for a **mental health** assessment, counseling, and referrals to appropriate social services as needed.
- **Flu vaccines** were provided at 152 visits.
- **Other vaccines** were provided at 236 visits.

Referrals to Specialists

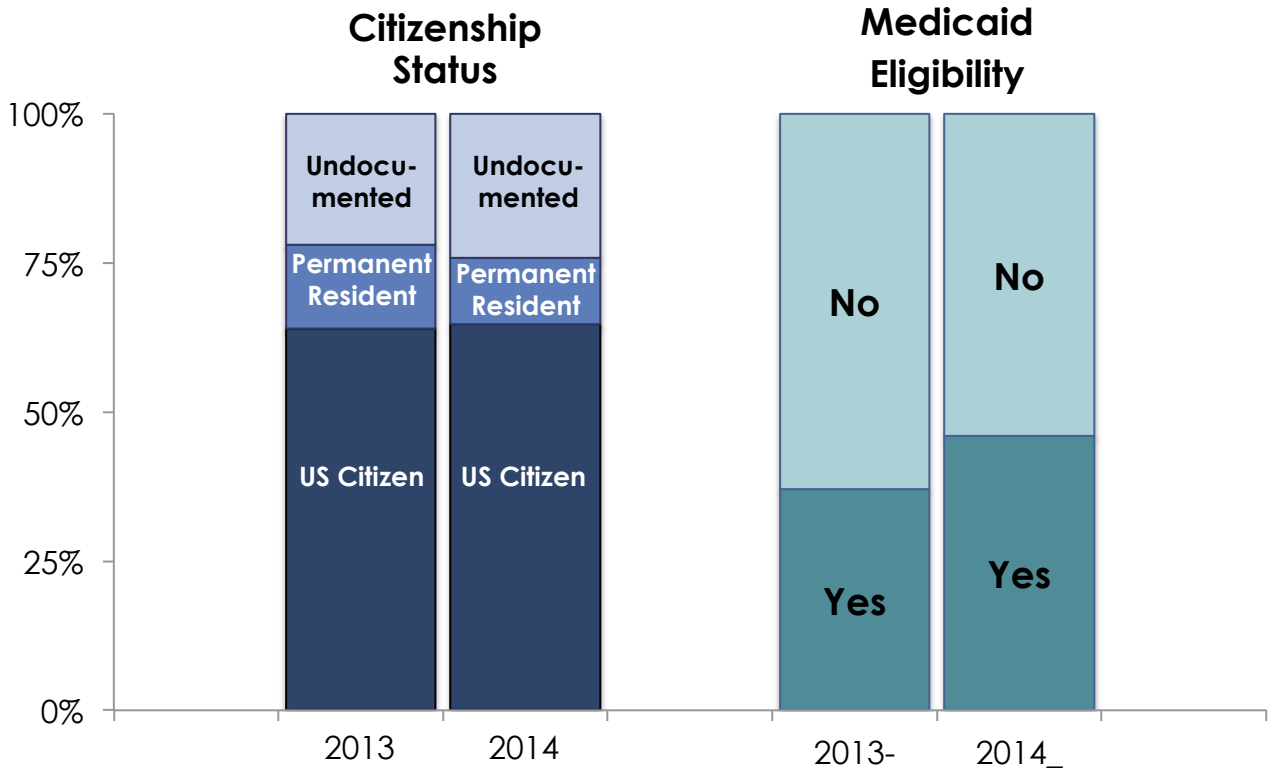
ECHO provided **342 referrals** to specialists.



In 2014, ECHO added two additional referral sites, broadening the options so patients can choose the most convenient location for specialist care.

Citizenship and Insurance Status

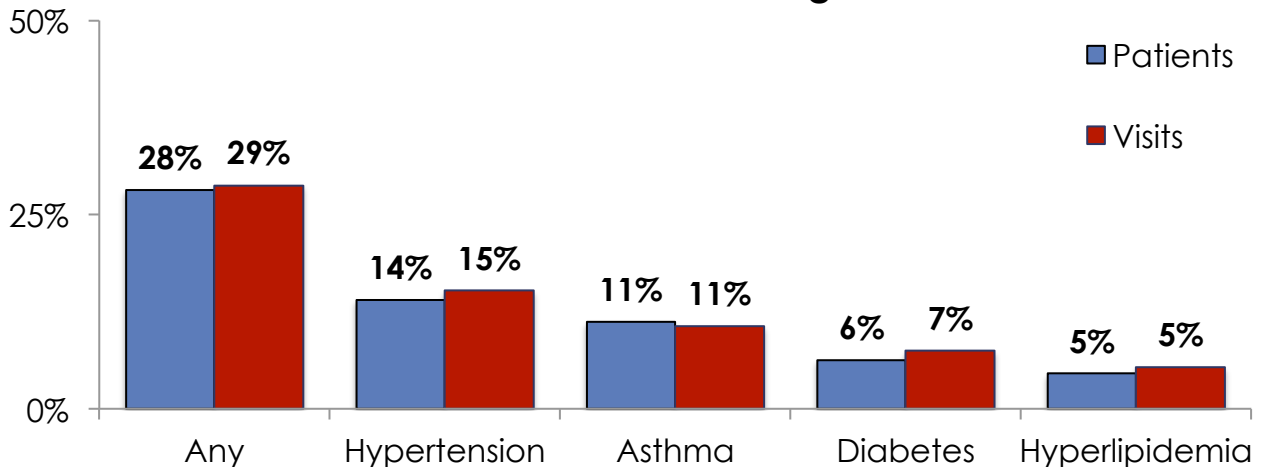
~75% of patients seen at ECHO are US citizens or permanent residents. Fewer than 50% are eligible for Medicaid.



Chronic Diseases

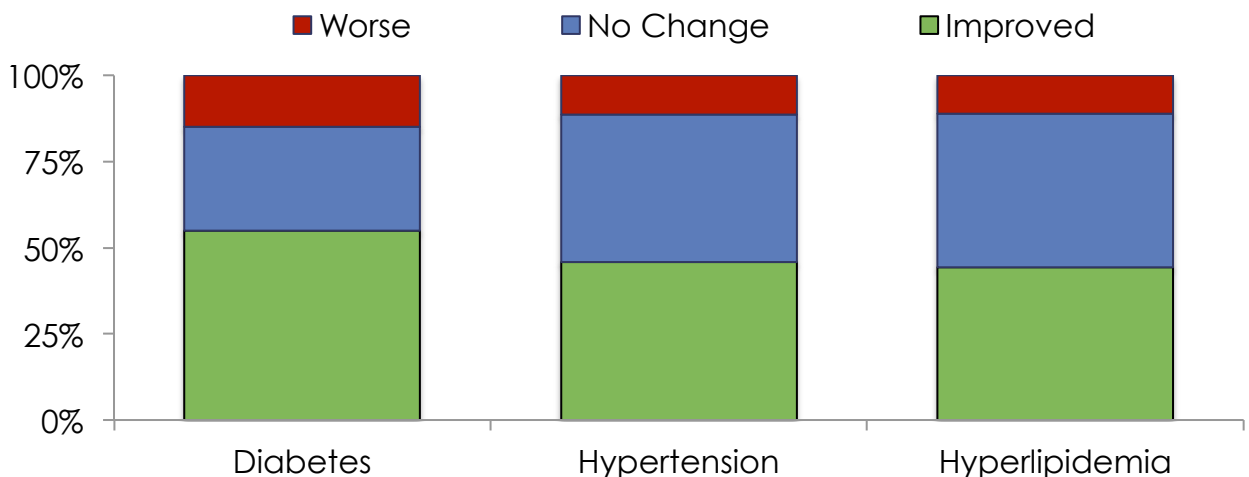
ECHO offers four visits to patients with one of the specified chronic diseases (hypertension, asthma, diabetes, and hyperlipidemia), and two visits to all other patients, before transitioning patients to the Institute for Family Health as a permanent source of primary care.

Chronic Disease Prevalence Among ECHO Patients



Many patients at ECHO saw improvements in objective measures of disease status after multiple visits at ECHO. In 2015, obesity will be included in the list of chronic diseases which qualify patients for four visits.

Change in Disease Status at Final ECHO Visit Attended¹

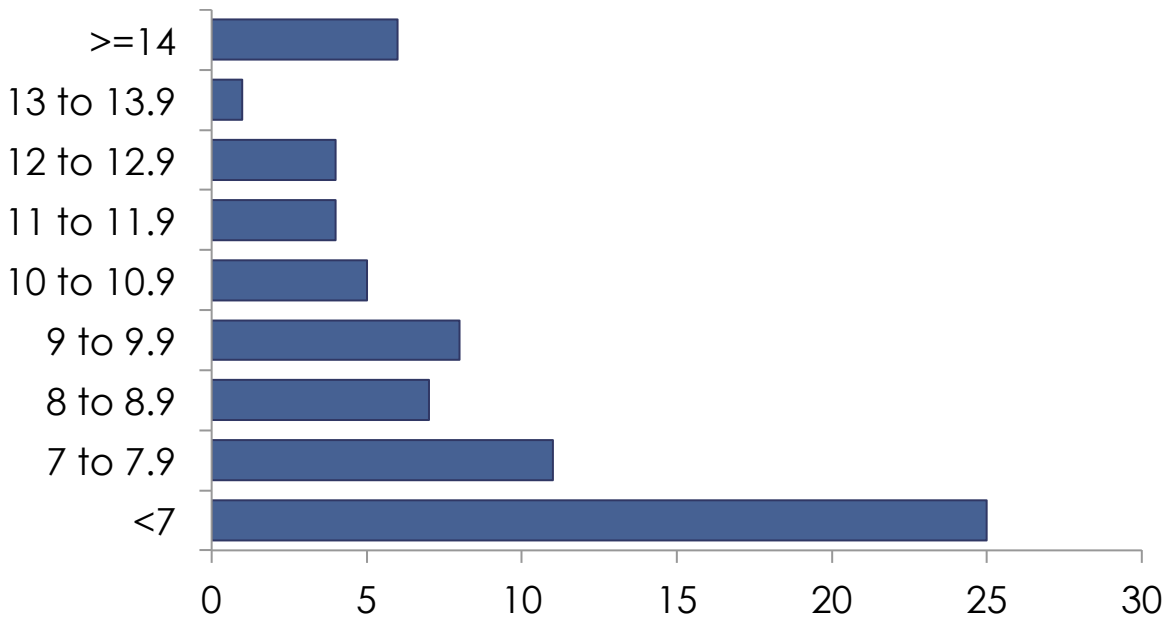


1. Asthma patients were excluded from this analysis.

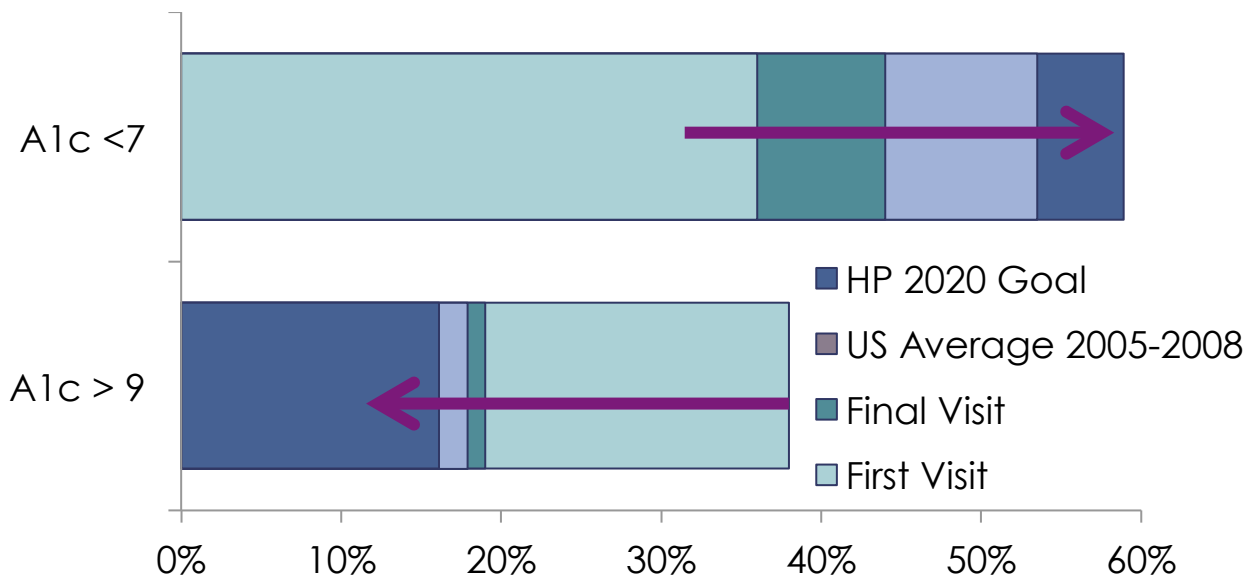
Outcomes: Diabetes

Only 35% of patients had A1c under control at the time of their first visit to ECHO.

A1c Values at First ECHO Visit



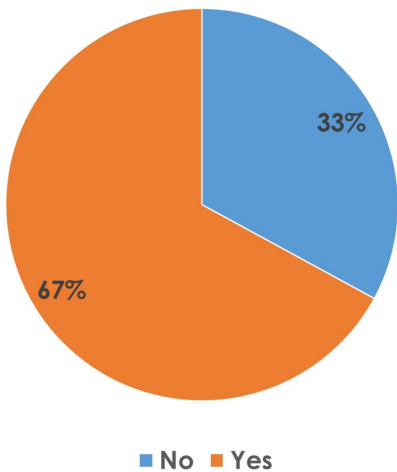
HealthyPeople 2020 sets a goal of at least 59% of patients with A1c under 7 and fewer than 16% of patients with A1c over 9. Although ECHO's population does not meet that goal, we saw an improvement between the first visit at ECHO and the final visit.



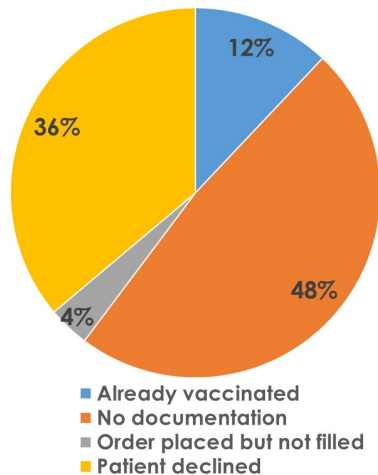
Flu Vaccinations

The flu shot became available in September 2014. Of the 252 patients seen at ECHO from September – December 2014, 169 (67%) accepted the vaccination.

Percentage of patients vaccinated for flu



Reasons patients did not accept vaccination



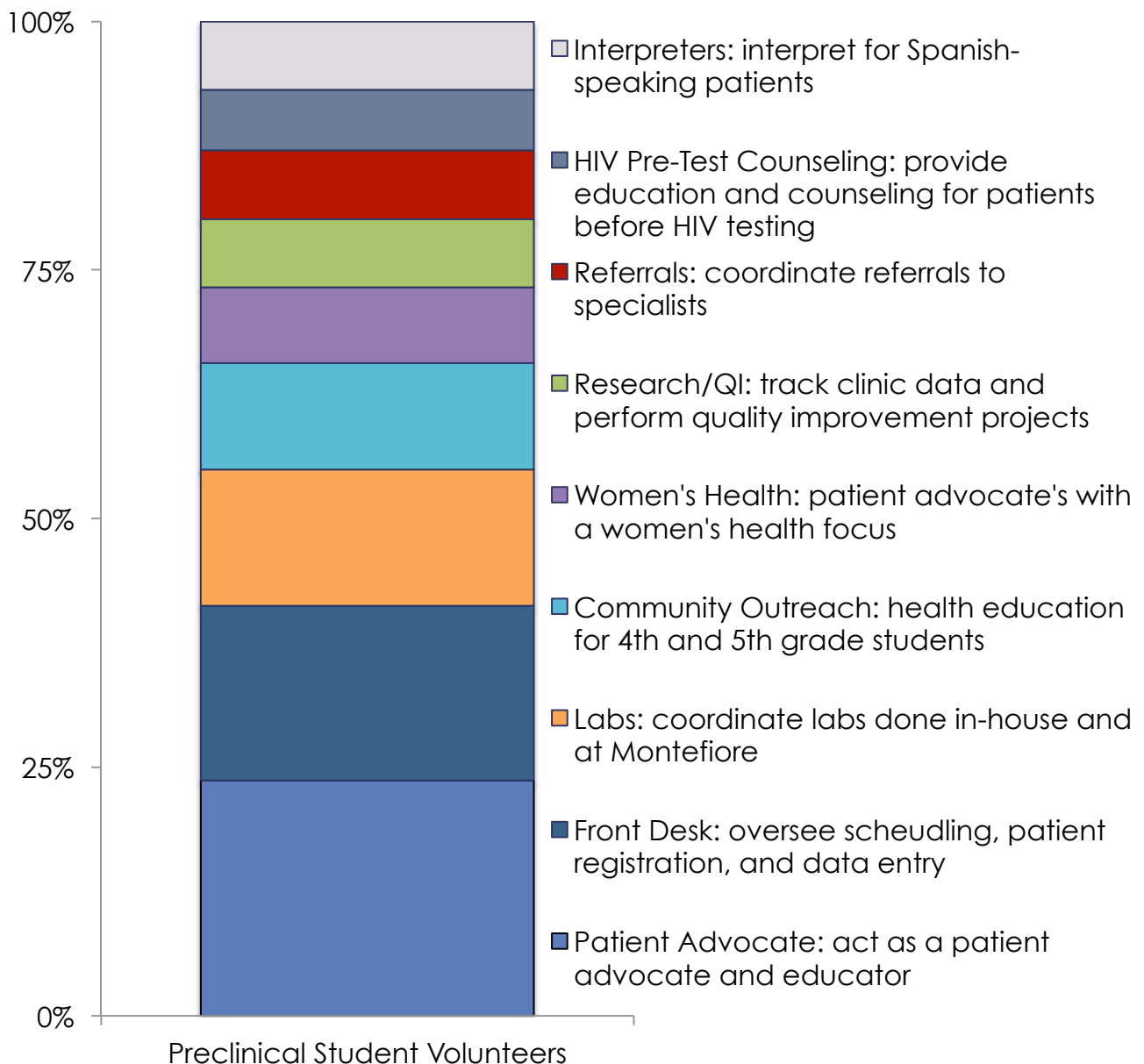
Reasons patient did not accept vaccination :

- Reason not documented (48%)
 - Patient declined (36%)
- Patient already vaccinated (12%)
- Vaccine order was placed but not filled (4%)

Student Volunteers

The majority of first-year students volunteer at ECHO in a variety of roles.

Third years come in as part of Family Medicine clerkship.



ECHO Gala



The second annual “Evening with ECHO” Gala attracted a record 180 students, physicians, alumni, and friends. The event successfully raised \$19,000 for women’s health services at the clinic. Throughout the course of the evening, alumni shared how their involvement in ECHO solidified their commitment to patient care as students and physicians discussed their experiences providing care to those who need it the most. We also had the opportunity to hear students speak about ECHO’s key role in allowing them to serve others throughout the entirety of their medical school training beginning early on in their first year.

At the Gala we were joined by keynote speaker Dr. Linda Prine, Director of Women’s Health at the Institute of Family Health and avid reproductive rights advocate. Dr. Prine called on ECHO and its supporters to become leaders in the movement to protect the reproductive rights of patients in the Bronx and across the country. Thanks to the generosity of ECHO’s supporters, ECHO will be able to provide essential services – such as family planning, sexual health counseling, and sexually transmitted infections screening – to its patients for years to come.

Acknowledgments

ECHO

Medical Director	Amarilys Cortijo, MD
Faculty Advisors	Sarah Nosal, MD Hal Strelnick, MD
ECHO Preceptors	Amarylis Cortijo, M.D. Yvonne Eisner, F.N.P. Andrew Gabler, M.D. Eric Gayle, M.D. Paul Gross, M.D. William Jordan, M.D. Pablo Joo, M.D. Laura Kaplan-Wiseman, M.D. Kwame Kitson, M.D. Margaux Lazarin, M.D. Joe Lurio, M.D. Rupa Natarajan, M.D. Sarah Nosal, M.D. Indrani Persaud, M.D. Alba Pumarol, M.D. Jasmin Roman, M.D. Maria Santos, M.D. Hal Strelnick, M.D. Margaret Walsh, F.N.P.
Outgoing Executive Chair	Sarp Aksel, MD
Incoming Executive Chair	Lauren Tannenbaum
Continuity Chair	Marika Osterbur
Outgoing Project Director	Annemieke Wilcox
Incoming Project Director	Elizabeth Guevara
Outgoing Weekly Coordinators	Daniel Santos Viraj Patel
Incoming Weekly Coordinators	Lizelle Comfort Dahlia Norry
Outgoing QI Coordinator	Elizabeth Clain
Incoming QI Coordinator	Madeline DiLorenzo
Pre-Clinical QI Volunteers	Samuel Eisenberg Julian Haimovich James Maher Devi Mehrotra Aneesh Pirlamarla Daniel Riggins Hasan Safiuddin

INSTITUTE FOR FAMILY HEALTH

President and CEO	Neil Calman, MD
Sr. VP, Planning and Development	Maxine Golub, MPH
Sr. VP, Psychosocial Services and Community Affairs	Virna Little, PsyD, LCSW-R, SAP
Assistant VP of Psychosocial Services	Jordana Rutigliano, LMSW
Director, Community Health & Outreach	Guedy Arniella, LCSW
Practice Administrator, Walton Family Health Center	Moyna P. Temple
Research and Grants Manager	Saskia Shuman
Grants and Project Management Program	Shreya Pokharel
Research and Grants Associate	Nandini Shroff
Walton Staff	Case Managers Nurses PSRs Social Workers

ECHO PARTNERS

Albert Einstein College of Medicine
Carnegie Hill Endoscopy
Colon Cancer Challenge Foundation
Distinguished Diagnostic Imaging P.C.
Lincoln Cancer Services
Lincoln Hospital
Gurudwara Sikh Temple
Montefiore Cytology Laboratory
Montefiore Department of Family and Social Medicine
NYC Department of Health
The Institute for Family Health
The Robin Hood Foundation
Violence Intervention Program

NEW YORK STATE DEPARTMENT OF HEALTH CANCER SERVICES PROGRAM

Sr. Director, Cancer Prevention & Control Program	Mari Carlesimo
Program Specialist, NYC Community Cares Project	Tara Entwistle