



# Fall 2019 TeleECHO Clinic

## Weight Management: A Patient-Centered Approach

Facilitator: Goutham Rao, MD, Chair of Family Medicine & Community Health,  
Case Western Reserve University School of Medicine

Thursdays - 8 to 9am - September 19 to December 12, 2019

## Register Now!

[cardi-oh.org/echo/register](http://cardi-oh.org/echo/register)

FREE 12-week series. Space is limited. Registration deadline: Friday, August 30, 2019

### How It Works

Cardi-OH ECHO utilizes simple videoconferencing technology to conduct virtual clinics with community health care providers in Ohio.

This hub-and-spoke model connects physicians, nurses and other clinicians with a multidisciplinary panel of experts who provide the specialized knowledge they need to care for patients with complex conditions.

Each clinic is comprised of a brief didactic presentation by the specialist expert, followed by case studies of de-identified patients presented by community clinicians.

### Why Join Cardi-OH ECHO®

- Professional development & retention
- Continued learning through the sharing of best practices
- Increased efficiency & joy of practice
- Improved cardiovascular health outcomes
- Patient retention & satisfaction

### No-Cost CME credits available.

The MetroHealth System is accredited by the Ohio State Medical Association to provide continuing medical education for physicians, and designates this educational activity for a maximum of 12 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Other Healthcare Professionals: check with your professional association as these credits might be applicable for licensure renewal.

For information on Project ECHO, visit [echo.unm.edu](http://echo.unm.edu).

### Curriculum Highlights

- Motivational interviewing
- Goal setting & behavior change
- Built environment & influencers
- Pharmacotherapy for obesity

For the full curriculum schedule, go to: [cardi-oh.org/weight-management-echo](http://cardi-oh.org/weight-management-echo)

### Testimonials

“The cases were ‘real life cases’ we see in practice. It is a great opportunity to discuss these cases with colleagues, for ways to be more effective.”

-Steven Swedlund, MD  
Wright State Physicians Geriatrics, Fairborn, OH

“Presentation was well-organized and clearly communicated! The information was very relevant to our daily practice and clinical challenges.”

-Laura Anglim, CNP  
Community Health Services, Fremont, OH

“The content and topics were extremely relevant, and the teaching very practical and easy to implement changes in my practice. The speakers were very experienced and knowledgeable.”

-Christine Furgason, MD  
Crossroad Health Center, Cincinnati, OH

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🌐 [www.cardi-oh.org](http://www.cardi-oh.org)



## Coming Spring 2020 - TeleECHO Clinic - Reducing the Burden of Hypertension

Founded in 2017, the mission of Cardi-OH is to improve cardiovascular health outcomes and eliminate cardiovascular health disparities in Ohio's Medicaid population.

