



Novel Use of a “Bootcamp” Series Within the Project ECHO Model for Training Providers in Care of Gender Diverse Patients



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BACKGROUND

- Many transgender and gender diverse (TGD) adults report lack of access to clinically competent medical providers and clinicians note deficiencies in their training in providing affirming care for TGD patients.
- Project ECHO (Extension for Community Healthcare Outcomes) is an educational enrichment model that utilizes telementoring to enable specialists in complex treatment practices to support primary providers in underserved and rural areas.
- We instituted a longitudinal monthly series via Project ECHO. As new participants joined the program over the course of the year, they expressed concerns that they missed foundational information during previous sessions.
- The team subsequently created a four-session weekly “bootcamp” series to enhance knowledge of new participants.

SPECIFIC AIMS

- #1: To evaluate the effectiveness of the “bootcamp” model in increasing participant comfort with topics related to TGD healthcare.
- #2: To evaluate the impact of “bootcamp” participation on enrollment in the longitudinal ECHO series.

METHODS

- The monthly longitudinal series began in February 2020. The “bootcamp” took place over four consecutive weeks in February 2021. The sessions included topics in terminology, mental health and gender-affirming hormone therapy.
- Participants were recruited from the ongoing series as well as through targeted mailings and word of mouth.
- Results for Aim #1 were collected from self-reported pre- and post-“bootcamp” surveys that included demographic information, Likert scales, and free text responses.
- Results for Aim #2 were collected from ongoing series registration data pre- and post-bootcamp.
- Of the 90 participants in the study, 44 responded to the post survey.

PARTICIPANTS

- A mix of healthcare professions were represented with most being clinical staff or healthcare provider (Table 1).
- Participants represented 10 different states (Figure 1).
- 66 of 90 participants came from Colorado (Figure 2).

Table 1: Demographics

Participant Total (N=90)	
Profession of Participant*	
Clinical Staff or Healthcare Provider	70%
Behavioral Health Provider	12%
Health Outreach Coordination/Education	3%
Student	3%
Administrative Staff	1%
Child Welfare	1%
Doctor of Pharmacy	1%
Public and Environmental Health	1%
Other	7%
Location of Practice	
Colorado	n=66
Outside Colorado	n=24
Provider estimate of current patient panel that is on medicaid or uninsured	
0%	7%
1-20%	23%
21-40%	22%
41-60%	19%
61-80%	17%
81-100%	12%
Years in Practice (Mean)	
Respondent (n=44)	11.8 (SD = 7.9)
Participant (n=90)	10.9 (SD = 7.5)

*One participant did not include a profession

Figure 1: States

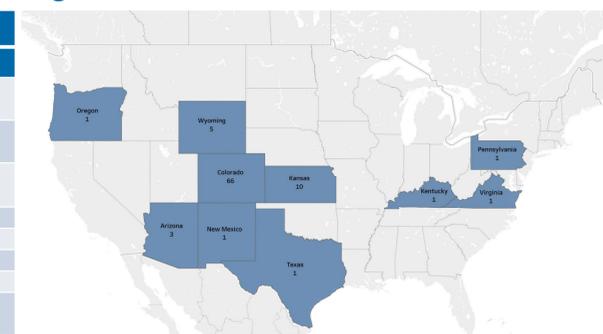
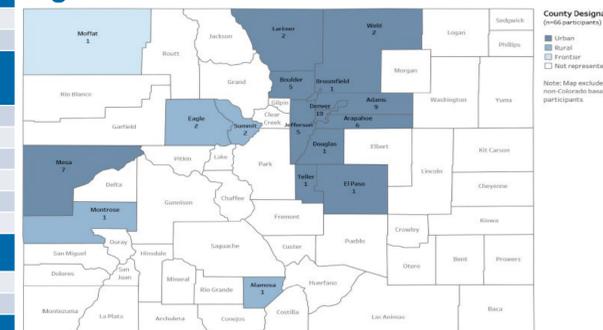


Figure 2: Colorado Counties



SATISFACTION WITH SERIES

Total = Agree + Strongly Agree

	COHORT 1 n=43
My understanding of the subject matter has improved	98%
The information was presented in ways I could clearly understand	98%
I have identified actions I will take to apply information I learned in my work	98%
I was satisfied with this series overall	98%

RESULTS OF SPECIFIC AIMS

- #1: Participants reported a 13.8% increase (2.9 to 3.3 on a 4-point scale, $p=0.007$) in overall comfort in providing care to transgender patients and an 8.6% increase (3.5 to 3.8 on a 4-point scale, $p=0.026$) in comfort providing care for cisgender patients (Figure 3).
- #2: 17 of the 90 bootcamp participants registered for at least one session of the longitudinal program. This accounted for 11 new participants in the longitudinal series, which already had 122 registrants and 78 participants (Figure 4).

Figure 3: Change in Comfort

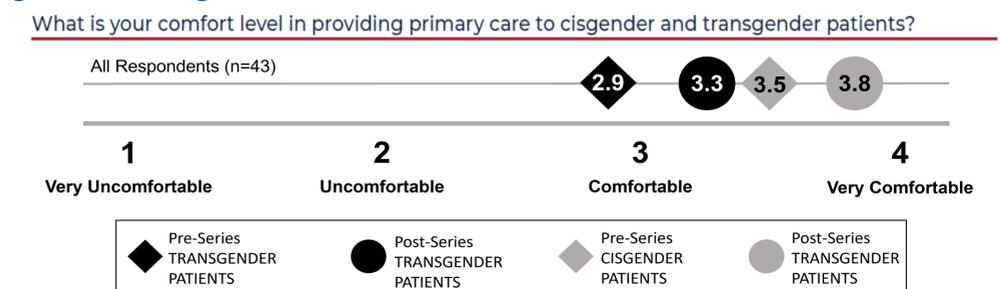
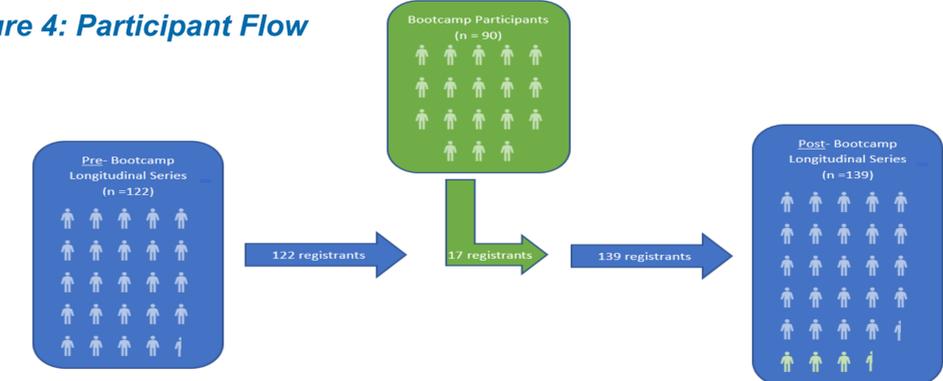


Figure 4: Participant Flow



CONCLUSIONS

- The ECHO model is an effective tool to educate providers from underserved and rural areas on care management for TGD patients.
- The novel use of a “bootcamp” also highlights a way to introduce and recruit new participants to an ongoing longitudinal ECHO curriculum.
- The results of this study suggest a “bootcamp” model could be effective for use in other longitudinal ECHO series, creating innovative learning opportunities and consultation options for providers in rural areas.

