Einstein Community Health Outreach

ECHO Free Clinic Annual Report 2016
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Dear ECHO supporters,

Given the uncertain climate today surrounding healthcare, the past year has been especially challenging for the ECHO community – students, providers, and most notably patients. In the face of this, we are proud to share ECHO’s most recent accomplishments, and are eager to identify and address areas of improvement to serve our patients better moving forward.

Many efforts at ECHO over the past few years have focused on internal growth, and tremendous strides have been made towards increasing services, improving patient flow, and promoting medical education. We expanded our volunteer training program and our health education curriculum to include more patient-centered, culturally-sensitive material, and implemented improved triaging for diabetic patients.

This year, much of our progress has also extended outside the clinic doors and into the rich Bronx community, where we expanded outreach efforts to a variety of organizations, including health screening fairs at community sites such as the Gurdwara Sikh Cultural Society, a domestic abuse shelter for women, and Catholic churches. We also reaffirmed our commitment to the Einstein-Montefiore relationship this year, as we hosted our annual gala at Montefiore, where we were able to raise over $12,000 that will be dedicated towards patient care at ECHO.

In the past year, we have been constantly inspired by the passion and commitment of all our volunteers, staff, and providers, who have advocated tirelessly for our patients. We are reminded that in current times, when the future of healthcare seems so uncertain, one thing remains certain - healthcare is a human right. We will continue to help ensure that all those without access to healthcare are able to receive care.

ECHO has been a cornerstone of our training at Einstein. We are proud to be connected to the Institute for Family Health, which funds our operations and hosts the clinic every Saturday, as well as Montefiore through the medical school, where we are mentored by physicians who embody the values that we have mentioned so far. Thank you to Dr. Grayson, Dr. Joo, Dr. Strelnick, Dr. Santos and the family medicine department, and last, but not least, our medical directors Dr. Cortijo and Dr. Nosal for their continued support.

Sincerely,
Jessica Faiz, Executive Clinic Chair
Gina Chang, Project Director
ECHO Clinical Board
2016-2017

Executive Clinic Chair
Chair of Clinical Coordination
Clinical Teams Co-Chair
Clinical Teams Co-Chair
Clinical Volunteers Co-Chair
Clinical Volunteers Co-Chair
Continuity Chair

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Daniel Santos
Gila Hoffman
Carly Hirschberg
Aaron Praiss
Marika Osterbur Badhey
Project Director
Gina Chang

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Communications Officer
Mary-Kate Amato

Development Officer
Brandon De Ruiter

Finance Officer
Alex Kreisman

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Erica Carson and Timothy Truong

Patient Advocate Coordinators
Keara English and Noah Chodos

Women’s Health Coordinator
Kelly McNally

HIV Counselor Coordinator
Joan Park

Labs Coordinators
Kieran Seay and Robert Bortz

Front Desk Coordinators
Aaron Lam and Henry Yang

Interpreter Coordinators
Alon Mazori and Virginia Folgado

Pre-Clinical Scheduling Coordinator
Marco Ricki Korff

Quality Improvement Coordinator
Maxim Maron

Community Outreach Coordinators
Colin Pierce and Ethan Hochheiser
Overview and Mission

The Einstein Community Health Outreach (ECHO) Free Clinic is a collaboration between the Institute for Family Health and the Albert Einstein College of Medicine. The mission of ECHO is to provide free, high-quality, comprehensive healthcare to the uninsured population in the Bronx and surrounding communities. The ECHO Free Clinic embraces the spirit of volunteerism and service embodied in our medical student volunteers and the health care professions that partner with us in clinic.

The ECHO Free Clinic was established in 1999 by several Einstein students who were concerned about the lack of health care for uninsured individuals. The Institute for Family Health, which operates a network of federally-qualified community health centers (FQHCs) throughout New York State, collaborated with them to launch the Einstein Community Health Outreach (ECHO) Free Clinic. The clinic was the first of its kind in New York City. Each year, more than 300 Einstein student volunteers partner with licensed physicians to provide more than 1000 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 the generous support of the Robin Hood Foundation, The Institute for Family Health, Montefiore Medical Center, the ongoing support of The Albert Einstein College of Medicine, and most importantly the dedication of our student and physician volunteers.
Demographics

Sex

- Male: 48%
- Female: 52%

N = 698

Language

- English: 55%
- Spanish: 40%
- Other: 5%

N = 729

Age

- 18-25: 15%
- 26-45: 55%
- 46-65: 25%
- 66-90: 5%

N = 708

Race

- Hispanic: 9%
- Black: 11%
- White: 25%
- Other: 55%

N = 719
Citizenship, Insurance Status, and Income

The majority of patients seen at ECHO are United States citizens or Permanent Residents who are uninsured, ineligible for Medicaid and below the poverty line.

**Citizenship Status**

- U.S. Citizen: 40%
- Undocumented: 48%
- Permanent Resident: 12%

N = 615

**Medicaid Eligibility**

- Yes: 36%
- No: 64%

N = 619

**Annual Income Distribution of Patients at ECHO**

- <$2.5k: 11%
- $2.5k-$10k: 29%
- $10k-$25k: 10%
- $25k-$50k: 49%
- $50k-$100k: 1%

N = 487

**Annual Income Distribution of US**

- <$2.5k: 34%
- <$25k: 22%
- $25k-$50k: 22%
- $50k-$75k: 6%
- $75k-$100k: 11%
- over $100k: 5%

US Census Bureau, 2010
Geographic Distribution of ECHO Patients

85% of patients seen at ECHO live in the Bronx, with the majority coming from Morris Heights, Norwood, Morrisania, and the West Bronx.
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.
- A social worker is also available for a mental health assessment, counseling, and referrals to appropriate social services as needed.
Services Provided

Patient Visits

- 1st Visit: 57%
- 2nd Visit: 29%
- 3rd Visit: 9%
- 4th Visit: 5%

N = 1119

Vaccinations

- Flu: 200
- TDAP: 180
- HBV: 40
- HPV: 20
- Varicella: 20
- Other: 20
Referrals to Specialists

ECHO provided 357 referrals to specialists.

Number of attended vs. missed appointments by specialty
Referrals to Specialists

Number of attended vs. missed appointments by location

- Carnegie Hill Endoscopy
- DDI Imaging
- Harlem Hospital
- North Central Bronx Hospital
- Jacobi Hospital
- Metropolitan Hospital
- Lincoln Hospital

Legend: Show, No Show
ECHO offers four visits to patients with one of the specified chronic diseases (hypertension, asthma, diabetes, hyperlipidemia, and obesity), 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**

N = 1119
Smoking Status and Mental Health

Smoking Status

Positive Mental Health Screening (PHQ-2)

N = 665

N = 780
Outcomes

Body Mass Index (BMI)

- Underweight (BMI < 18.5) 8%
- Normal Weight (18.5 ≤ BMI < 25) 30%
- Overweight (25 ≤ BMI < 30) 35%
- Class I Obesity (30 ≤ BMI < 35) 5%
- Class II Obesity (35 ≤ BMI < 40) 2%
- Class III Obesity (BMI ≥ 40) 1%

N = 609

Blood Pressure

- Normal 45%
- Prehypertension 12%
- Stage 1 Hypertension 2%
- Stage 2 Hypertension 36%
- Stage 3 Hypertension 5%

N = 1066
### Acknowledgments

#### ECHO

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<tr>
<th>Role</th>
<th>Name</th>
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<tbody>
<tr>
<td>Medical Directors</td>
<td>Amarilys Cortijo, MD</td>
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<tr>
<td></td>
<td>Sarah C. Nosal, MD</td>
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<tr>
<td>Faculty Advisor</td>
<td>Hal Strelnick, MD</td>
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<td>ECHO Preceptors</td>
<td>Amarilys Cortijo, M.D.</td>
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<tr>
<td></td>
<td>Yvonne Eisner, F.N.P.</td>
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<td></td>
<td>Eric Gayle, M.D.</td>
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<td>Masha Gervits, M.D.</td>
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<td>Paul Gross, M.D.</td>
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<td>Pablo Joo, M.D.</td>
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<td>Laura Kaplan-Wiseman, M.D.</td>
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<td>Joe Lurio, M.D.</td>
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<td>Rupa Natarajan, M.D.</td>
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<td>Indrani Persaud, M.D.</td>
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<td>Alba Pumarol, M.D.</td>
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<td>Jasmin Roman, M.D.</td>
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<td>Maria Santos, M.D.</td>
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<td>Eugene Schiff, M.D.</td>
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<td>Seema Shah, M.D.</td>
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<td>Margaret Walsh, F.N.P.</td>
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<td>Outgoing Executive Chair</td>
<td>Jessica Faiz</td>
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<td>Dahlia Norry</td>
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<td>Marika Osterbur Badhey</td>
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<td>Gina Chang</td>
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<td>Anna Bitners</td>
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<td>Henna Boolchandani and Sharan Shah</td>
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<td>Maxim Maron</td>
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<td>Howard Herman</td>
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<td>Pre-Clinical Q1 Volunteers</td>
<td>Aixin Chen</td>
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<td>Michael Danta</td>
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<td>Miguel Rodríguez</td>
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<td>Nic Wilder</td>
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#### INSTITUTE FOR FAMILY HEALTH

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

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<tr>
<th>Role</th>
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<tbody>
<tr>
<td>Sr. Director, Cancer Prevention &amp; Control Program</td>
<td>Mari Carlesimo</td>
</tr>
<tr>
<td>Program Specialist, NYC</td>
<td>Tara Entwistle</td>
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