

# UNMC ECHO: WHOLE & Psychological First Aid (PFA) for Critical Access Hospitals

## What is the ECHO WHOLE & PFA Project?

The ECHO WHOLE & PFA Project is supported by the **Nebraska Collaborative Investment in Nurses: Resiliency, Retention, & Well-being**, a project funded by the Health Resources and Services Administration. The program connects nurses and healthcare workers with subject matter experts and peers to expand their knowledge and has two components:

- 1. Wellness. How One Lives Effectively (WHOLE):** This program is based on tools such as Mindfulness-Based Stress Reduction (MBSR), Stress Management & Resilience Training (SMART), & Acceptance & Commitment Therapy (ACT). The Eight Dimensions of Wellness, a guide to wellness developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), forms the framework for this program. This program will offer **4 sessions** that contain information regarding relaxation, meditation, social connectedness, values vs. goals, time management, priority setting, thought distortions, humor, and many other elements of wellness. We have included videos, exercises, and robust group interaction to provide a dynamic, fun, and informative learning opportunity.
- 2. Psychological First Aid (PFA):** The purpose of this program is to engage participants in an active discussion involving Psychological First Aid while augmenting and reinforcing the participants' learning from their completion of the Johns Hopkins' PFA online course. The ECHO sessions involve experiential learning strategies to engage and reinforce learning from the Johns Hopkins' PFA online course while generating discussion about workplace implementation. The project will offer **6 sessions** and will also focus on case based/situation-based learning and mentorship to help provide healthcare workers with the expertise required to provide needed PFA services.

## What is the Goal of the ECHO Project?

The goal is to offer a multi-faceted program, advancing system-wide approaches to improve wellness in nurses and healthcare workers while establishing rapport and planning sustainability projects. The curriculum is grounded in diversity, equity, and inclusion. The Nebraska Center for Nursing's primary purpose is to address issues of supply and demand for nurses, including recruitment, retention, and utilization of nurses.

## Who is Eligible to Participate?

Nurses and healthcare workers in the state of Nebraska are eligible to participate.

## What is the Timeline? \*

All ECHO sessions will be held at 1:00 pm CT/12:00 pm MT

### WHOLE (weekly)

March 28, 2023  
April 11, 2023  
April 25, 2023  
May 9, 2023

### PFA (every other week)

May 16, 2023  
May 30, 2023  
June 13, 2023  
June 27, 2023  
July 11, 2023  
July 25, 2023

## How will the ECHO Project Work? \*

Each participating facility will nominate 3-5 healthcare workers to attend ten (10) sessions conducted over a 16-week period. The ECHO sessions will be one hour and composed of 15-20 min of didactic, 10 min case-based situations, and 30 min of facilitated discussion with an "All Teach-All Learn" approach. ECHO sessions will include an adapted Psychological First Aid (PFA) course and the WHOLE wellness training, which will provide real-time mental health strategies and resources. Participants will be asked to bring forward cases/scenarios that they are experiencing to discuss with their peers and subject matter experts.



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## What is Required of the Participating Facility?

1. Selection of 3-5 participants who will be available to attend ECHO sessions and assist the facility with implementing recommendations
2. Commitment to the program(s) will require 60 minutes or less per week
  - a. Participants will receive free ANCC (American Nurses Credentialing Center) contact hours to offset the time for participating
3. Facilities will be required to complete a contract to offset the cost of staff time
  - a. Facilities will be provided with up to \$1,085 upon completion of the PFA ECHO training and up to \$275 upon completion of the WHOLE training. Facilities will be reimbursed up to \$1360/participant, with a maximum of 5 participants in each program. Reimbursement will be provided upon instructor confirmation of participation in each training program and presentation of an invoice.
4. Completion of the Johns Hopkins' Psychological First Aid online course (approximately 5 hours) spread out over the PFA session schedule – certification from the Johns Hopkins' PFA course is not required
5. Case/situation submissions for discussion during the ECHO sessions
  - a. Cases do not have to be patient-based; they can be situational
  - b. Discussion topics are focused on your facility's needs and facilitated by subject matter experts to optimize PFA strategies in your settings
6. Resources to join virtual meetings
  - a. Computer, webcam, microphone, speakers, and an internet connection

## ACCREDITED CONTINUING EDUCATION



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In support of improving patient care, University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Nebraska Medical Center designates this activity for up to **9.0** ANCC contact hours. Nurses should only claim credit for the actual time spent participating in the activity.

## How does ECHO Model™ Facilitate Learning?

The ECHO Model™ uses adult learning techniques and interactive video technology to facilitate case-based learning and mentorship that helps healthcare workers gain the expertise required to provide needed services. Visit <https://echo.unmc.edu/> to learn more about the ECHO Model™.

To learn more about the *Nebraska Collaborative Investment in Nurses: Resiliency, Retention, & Well-being Project*, visit <https://www.unmc.edu/nursing/educational-programs/current-grants-hrsa/hrsa-ne-collaborative.html>

## Who can I Contact for Additional Information?

Contract or Financial Questions: Kami Wattenbach, kami.wattenbach@unmc.edu, 402-559-6575

Continuing Education Questions: Valeta Creason-Wahl, vcreason@unmc.edu, 402-559-7487

ECHO or General Questions: Krista Brown, krista.brown@unmc.edu, 402-552-7243

## What did Pilot Participants Say About the Program?

100% of pilot participants recommend this program to others.

*\*Details for this project are continuously evolving, and information will be updated accordingly*

## Partnerships

Nebraska Board of Nursing - Nebraska Center for Nursing - UNMC College of Nursing – UNMC College of Public Health

*This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,756,367.00 with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](http://HRSA.gov).*