

Table of Contents

Slide #	Slide Title
3	Program Overview
4	Hub Team & Other Content Planners
5	Series Curriculum
6	Attendance by Session
7	Series Snapshot
8	Repeat Attendance
9	Attendance Instances by Location
10	Attendance Instances <u>in Alaska</u>
11	Top Organizations that Participated
12	Demographics – Top Participating Professions
13	Attendance Demographics
14-15	Continuing Education Information
16	Commercial Bias
	Post-Session Survey
17-19	Before / After Knowledge Use
20-23	Knowledge Use
24-25	Positively Impacted

Slide #	Slide Title
26-28	Barriers to Learning
29-34	Rating Results
35-37	Disagree / Strongly Disagree Feedback
38-40	Suggestions for Improvement
41-42	Participant Likes
43-44	Suggestions for Future Topics
45	Series Planning – Anticipated Calendar
46	Learn More About ECHO

Program Overview

The Head Injury ECHO for Providers is a virtual learning network that supports the development of a community of practice among interdisciplinary care providers across Alaska and beyond, and is intended to enhance knowledge on head injury. Each 60-minute session features a didactic presentation as well as an opportunity for case-based engagement between all participants.

Case-based engagement opportunities may include a de-identified clinical case presentation for participants to receive feedback on complex cases, open discussion facilitated by an interdisciplinary team, or discussions on how different members of the interdisciplinary team might approach a hypothetical patient or challenge.

This series is supported by funding from the United States Department of Health and Human Services, Administration for Community Living under the Alaska Traumatic Brain Injury State Partnership Program grant (listing number 93.234).

Topics Covered

- Compensatory Strategies for Head Injury: Tailoring Support to Specific Challenges
- Childhood Brain Injury: Understanding Developmental Impacts and Care Approaches
- Bridging the Gap: Supporting Teens with TBI from High School to College and Beyond
- Mental Health and Brain Injury
- Nutrition and Brain Injury
- Healing Through Movement and Breath: A Holistic Approach to Traumatic Brain Injury (TBI)

Intended Audience

Primary care providers (PCPs), including medical professionals, family practitioners, physician assistants, nurses, and other healthcare professionals. Additionally, interdisciplinary experts such as physical therapists, occupational therapists, speech therapists, psychologists, psychiatrists, social workers, mental health counselors, teachers, community health aides, and non-clinical support staff involved in the care of individuals with traumatic brain injury (TBI).

Hub Team & Other Content Planners

Core Hub Team	Guest Presenters	Other Content Planners
Audra Yewchin, OTD, OTR/L Occupational Therapist Outstanding Therapy Solutions LLC	Sena Gilbert, M.S. CCC-SLP Youth Brain Injury Program - State Coordinator SERRC, Youth Brain Injury Program	Lucy Cordwell Research and Evaluation UAA Center for Human Development
Heather Wengler, PT, DPT, CCI Physical Therapist Bryan Health	Major Earl Banning, PSY.D Clinical Psychologist	Sondra LeClair Community Services Director University of Alaska Anchorage, Center for Human Development
Heather Morrison, M.S. CCC-SLP Speech-Language Pathologist	Kyla Pearce, MPH, PhD, CBIS, E-RYT Senior Director of Programs, Research, Operations Love-Your-Brain Foundation	Bekah Meyer Continuing Education Training Coordinator Alaska Center for Rural Health & Health Workforce
Amy Kolarova, DO Psychiatrist Providence St. Elias Specialty Hospital	Adam Grove, ND, CBIS Executive Director Alaska Brain Injury Consortium	Jessica Harvill, MPH Project ECHO Director UAA Center for Human Development
Chris Cavanaugh, PhD, ABN Clinical Neuropsychologist Fuller Diagnostics, LLC		

Series Curriculum

Session #	Session Date	Session Title	Speakers	Session YouTube Recording
1	3/26/2025	Compensatory Strategies for Head Injury: Tailoring Support to Specific Challenges	Audra Yewchin, OTD, OTR/L; Heather Morrison, M.S. CCC-SLP ; Amy Kolarova, DO; Chris Cavanaugh, PhD, ABN; Heather Wengler, PT, DPT, CCI	https://www.youtube.com/watch?v=eBzjFqg44PA
2	4/2/2025	Childhood Brain Injury: Understanding Developmental Impacts and Care Approaches	Chris Cavanaugh, PhD, ABN	https://www.youtube.com/watch?v=ZhzU27OVQaE
3	4/9/2025	Bridging the Gap: Supporting Teens with TBI from High School to College and Beyond	Sena Gilbert, M.S. CCC-SLP	https://www.youtube.com/watch?v=FEV6fvi-e-uc
4	4/23/2025	Mental Health and Brain Injury:	Major Earl Banning, PSY.D; Heather Wengler, PT, DPT, CCI	https://www.youtube.com/watch?v=0mzlzzPeTbk
5	4/30/2025	Healing Through Movement and Breath: A Holistic Approach to Traumatic Brain Injury (TBI)	Kyla Pearce, MPH, PhD, CBIS, E-RYT; Audra Yewchin, OTD, OTR/L	https://www.youtube.com/watch?v=4cvzyd4X_bl
6	5/7/2025	Nutrition and Brain Injury:	Adam Grove, ND, CBIS	https://www.youtube.com/watch?v=U8LHpQOxMp8

**4/16/2025 Session and following sessions rescheduled due to Zoom outage*

Attendance by Session

#	Session Date	Session Title	Attendee	Hub	ECHO Staff	Grand Total
1	3/26/2025	Compensatory Strategies for Head Injury: Tailoring Support to Specific Challenges	49	2	5	56
2	4/2/2025	Childhood Brain Injury: Understanding Developmental Impacts and Care Approaches	37	3	5	45
3	4/9/2025	Bridging the Gap: Supporting Teens with TBI from High School to College and Beyond	52	3	4	59
4	4/23/2025	Mental Health and Brain Injury:	62	4	3	69
5	4/30/2025	Healing Through Movement and Breath: A Holistic Approach to Traumatic Brain Injury (TBI)	41	3	3	47
6	5/7/2025	Nutrition and Brain Injury:	40	4	3	47

Grand Total:	281	19	23	323
---------------------	-----	----	----	-----

Series Snapshot

Data indicated with (*) may include Hub member participation.
Otherwise, all calculations are Non-ECHO and Non-Hub Attendees

Head Injury ECHO FY25 Series

	FY25
Total # of Sessions	6
Total # of Series Attendance Instances	281
Average # of Participants per Session (Total Participants/Number of Sessions)	47
Total # of Registrants	309
Total # of Unique Participants	111
Total # of Registrants Only - Non Participants	198
Participation Rate (Unique Participants/Registrants)	36%
Single Session Attendance Rate	39%
Multiple-Session Attendance Rate	61%
Full Series Attendance Rate	7%
Total # of Post-Session Surveys Submitted*	160
Survey Rate (Post-session Survey Submissions/Attendance Instances)*	57%
Total # of Continuing Education Requests - Continuing Education*	148
Total # of Continuing Education Requests - Certificate of Attendance*	-
CE Request Rate (Total CE Requests/Attendance Instances)*	53%
Total # of Distinct Participant Organizations Reached	81
Total # of Countries Reached in terms of Active Participants	1
Total # of States Reached in terms of Active Participants	22
Total # of Alaskan Cities Reached	16
Total # of Anchorage Attendance Instances	80
Total # of Non-Anchorage Alaskan Attendance Instances	79
Alaskan Attendance Rate (Alaskan Attendances/Total Attendance Instances)	57%
Anchorage Participation Rate (Anchorage Attendances/Total Attendance Instances)	28%
Non-Anchorage Participation Rate (Non-Anchorage Attendances/Total Attendance Instances)	28%
Total Percentage of Participants that Identify as Female	81%
Total Percentage of Participants that Identify as Male	17%
Total Percentage of Participants that Identify as Non-Binary	0%
Total Percentage of Participants that Identify as Prefer not to Disclose	2%
Continuing Education Certificates offered:	IPCE

Repeat Attendance

Calculations do not include Hub and ECHO Staff

In FY 25

- **39** % (n= **43**) of unique attendees participated in one session only
 - **61** % (n= **68**) of unique attendees participated in more than 1 session
-
- **7** % (n= **8**) of unique attendees participated in all **6** sessions

In FY 25

# of Sessions Attended	# of Attendees	Repeat Attendance Rate
1	43	39%
2-5	60	54%
6	8	7%
Total	111	

Attendance Instances by Location

Country	# of Sessions Attended	% of Sessions Attended
United States	277	98%
Unknown	5	2%
Grand Total	75	100.0%

US State	# of Sessions Attended	% of Sessions Attended
Alaska	159	56.4%
North Carolina	25	8.9%
California	16	5.7%
Virginia	10	3.5%
Kansas	9	3.2%
Florida	8	2.8%
Indiana	7	2.5%
Arizona	6	2.1%
Nevada	6	2.1%
Maryland	6	2.1%
Unknown	5	1.8%
Utah	5	1.8%
Ohio	4	1.4%
Minnesota	3	1.1%
Illinois	3	1.1%
Vermont	2	0.7%
North Dakota	2	0.7%
Nebraska	1	0.4%

US State	# of Sessions Attended	% of Sessions Attended
Arkansas	1	0.4%
Alabama	1	0.4%
Wyoming	1	0.4%
Colorado	1	0.4%
Michigan	1	0.4%
Grand Total	282	100.0%

Attendance Instances in Alaska (281 *Grand Total*)

By City

Alaska City	# of Sessions Attended	% of Sessions Attended by Alaska Total
Anchorage	80	50.3%
Fairbanks	17	10.7%
Wasilla	16	10.1%
Juneau	8	5.0%
Eagle River	6	3.8%
Homer	6	3.8%
Kodiak	4	2.5%
Big Lake	4	2.5%
Juneau	4	2.5%
Soldotna	3	1.9%
fairbanks	3	1.9%
Sitka	3	1.9%
Nome	2	1.3%
Kotzebue	1	0.6%
Palmer	1	0.6%
Deering	1	0.6%
Alaska Total	159	100.0%

Potential Reach

Registrant Only

Delta Junction
Skagway

Top Organizations that Participated (281 *Grand Total*)

Organization	# of Sessions Attended	% of Grand Total
Carisk Partners	15	5%
Southcentral Foundation	11	4%
Helpful Hands ALH	10	4%
Other	9	3%
United HealthCare	9	3%
SERRC	8	3%
Alliance Health	8	3%
A Caring Heart Case Management Inc.	6	2%
California Department of Rehabilitation	6	2%
Foothills Correctional Institution/NC Department of Adult Corrections	6	2%
None Profit Rolling Start	6	2%
Desert Regional Center	6	2%
Head to Toe Holistic Healthcare	6	2%
AZ Governor's Council on Spinal and Head Injuries	6	2%
Alaska Brain Injury Consortium	5	2%
Council of Athabascan Tribal Governments	5	2%
Europe, GDPR	5	2%
Alaska Native Medical Center	5	2%
Independent Living Center	5	2%
Daybreak Inc.	5	2%
Bay Pines VA Healthcare System	5	2%

Demographics – Top Participating Professions

iECHO Account Data

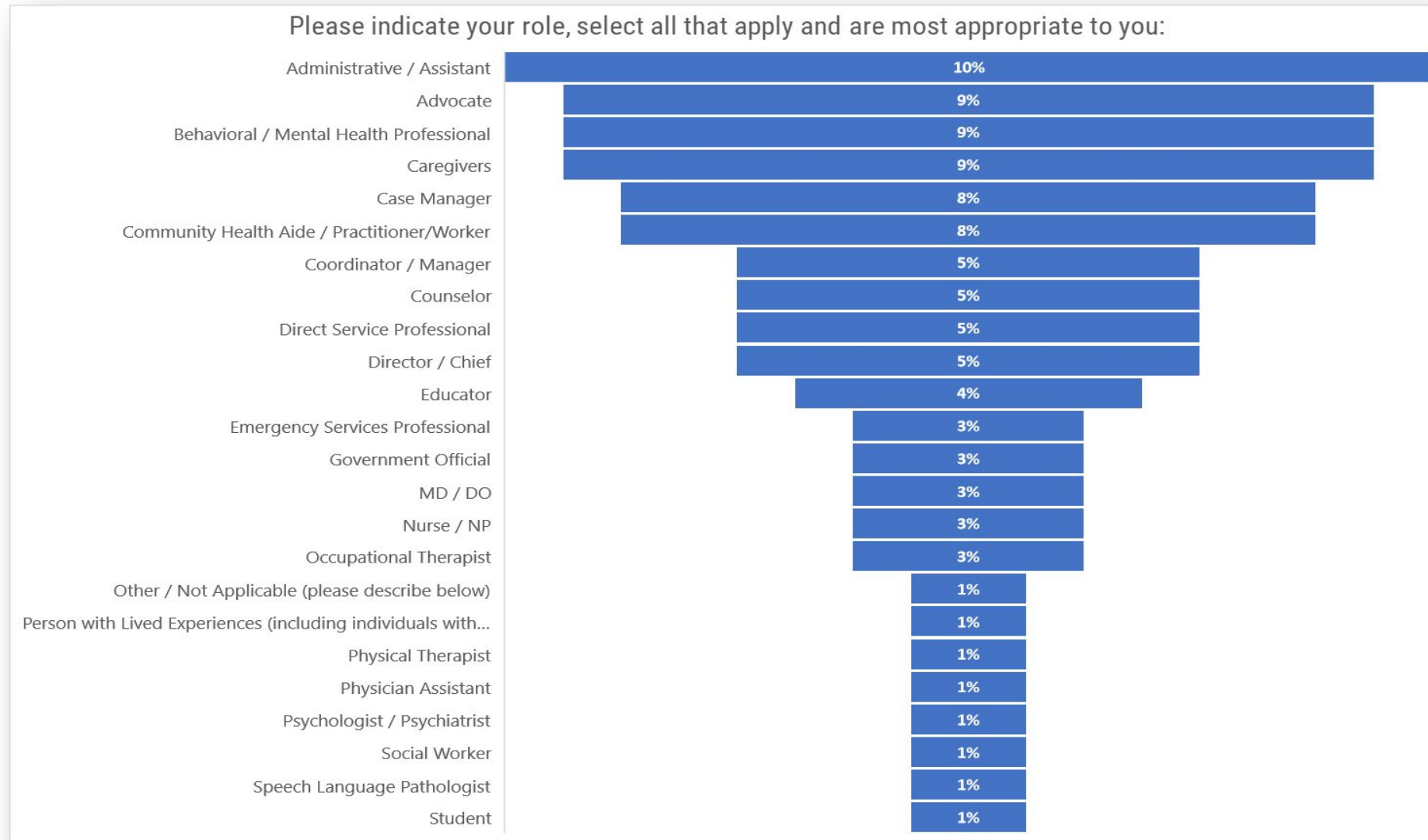
Head Injury ECHO FY25 Series

Sum of Unique Attendees (111 Grand Total)

Profession	# of Unique Id	% of Grand Total
Nurses	15	14%
Physicians	9	8%
Nurse Practitioners	7	6%
School Nurses	6	5%
Social Workers	6	5%
Care Coordinators	4	4%
Healthcare Social Workers	4	4%
Athletic Trainers	4	4%
Mental Health Counselors	4	4%
Substance Abuse and Behavioral Health Counselors	3	3%
Speech-Language Pathologists	3	3%
Neuropsychologists	2	2%
Paramedics	2	2%
Case Managers	2	2%
Clinical and Counseling Psychologists	2	2%
Administrators	2	2%
Physical Therapists	2	2%

Sum of Attendance Instances (281 Grand Total)

Profession	# of Sessions Attended	% of Grand Total
Physicians	24	9%
Nurses	23	8%
Mental Health Counselors	17	6%
Nurse Practitioners	16	6%
Care Coordinators	13	5%
School Nurses	13	5%
Social Workers	12	4%
Administrators	11	4%
Clinical and Counseling Psychologists	9	3%
Speech-Language Pathologists	9	3%
Healthcare Social Workers	8	3%
Athletic Trainers	7	2%
School Psychologists	6	2%
Licensed Practical Nurses	6	2%
Directors	6	2%
Support Professionals	6	2%
Compliance Officers and Other Compliance Personnel	5	2%



Continuing Education Information

Post-Session Survey Data

Head Injury ECHO FY25 Series



My participation in this training or CE/CME activity will:	# of Surveys
Contribute to retaining my license or certification	125
Apply to a training requirement outside of a licensure (i.e.: annual or workplace)	20
None of the above	15
Grand Total	160

Please select the type of certificate you'd like to receive:	# of Requests
Interprofessional Continuing Education Credit (IPCE)	153

Continuing Education Information

Post-Session Survey Data

Head Injury ECHO FY25 Series



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

Approved Provider Statements: In support of improving patient care, the Alaska Department of Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education and the National Association of Boards of Pharmacy (NABP), and the American Nurses Credentialing Center (ANCC), American Academy of Physician Assistants (AAPA), American Psychological Association (APA), Association of Social Work Boards (ASWB) and the American Dental Association's Continuing Education Recognition Program (ADA CERP) to provide continuing education for the healthcare team.

Joint Provider Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint Providership of the Alaska Department of Health (AKDOH) and the University of Alaska Anchorage College of Health. AKDOH is accredited by the ACCME to provide continuing education for the healthcare team.

Contact Hours: AK DOH designates this activity for a maximum of 6 contact hours, commensurate with participation (1 contact hour per session).

- American Medical Association (AMA) Physician's Recognition Award (PRA) Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- American Nurses Credentialing Center (ANCC)
- American Psychological Association (APA)
- Association of Social Work Boards (ASWB)

Financial Disclosures: No commercial or in-kind support was received for this educational activity. All speakers and planners report no relevant financial relationships related to the content of this activity.

Requirements for Successful Completion: To receive CE credit please make sure your attendance is recorded for each session, you have actively engaged in the activity, and completed the course evaluation provided by the program facilitators.

Commercial Bias

Post-Session Survey Data

Was there commercial bias in this session?

Session Date	Yes	No
3/26/2025		23
4/2/2025		24
4/9/2025	1	26
4/23/2025	3	35
4/30/2025	2	22
5/7/2025	2	22
Grand Total	8	152

Respondent description of commercial bias unedited.

April 23, 2025 - Session 4: Mental Health and Brain Injury

Because there is a vast difference in military life to civilian, there appeared to be differences in opinion on treatment modalities, timing and other resources.

April 30, 2025 - Session 5: Healing Through Movement and Breath: A Holistic Approach to Traumatic Brain Injury (TBI)

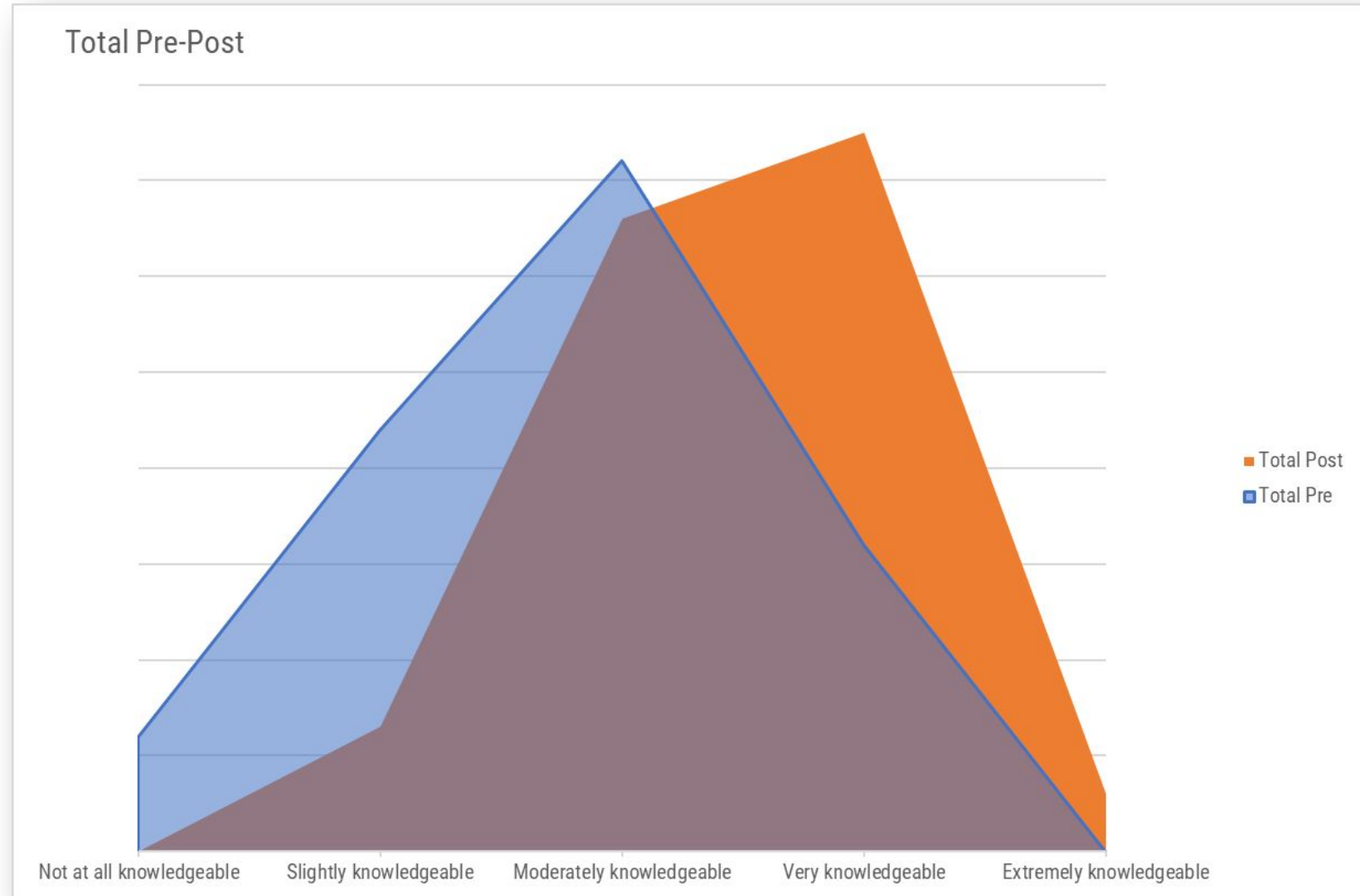
Maybe, hard to know with Love your brain links, not sure what their funding is from.

Post-Session Survey:

Rate your knowledge of the topic BEFORE/AFTER the session.

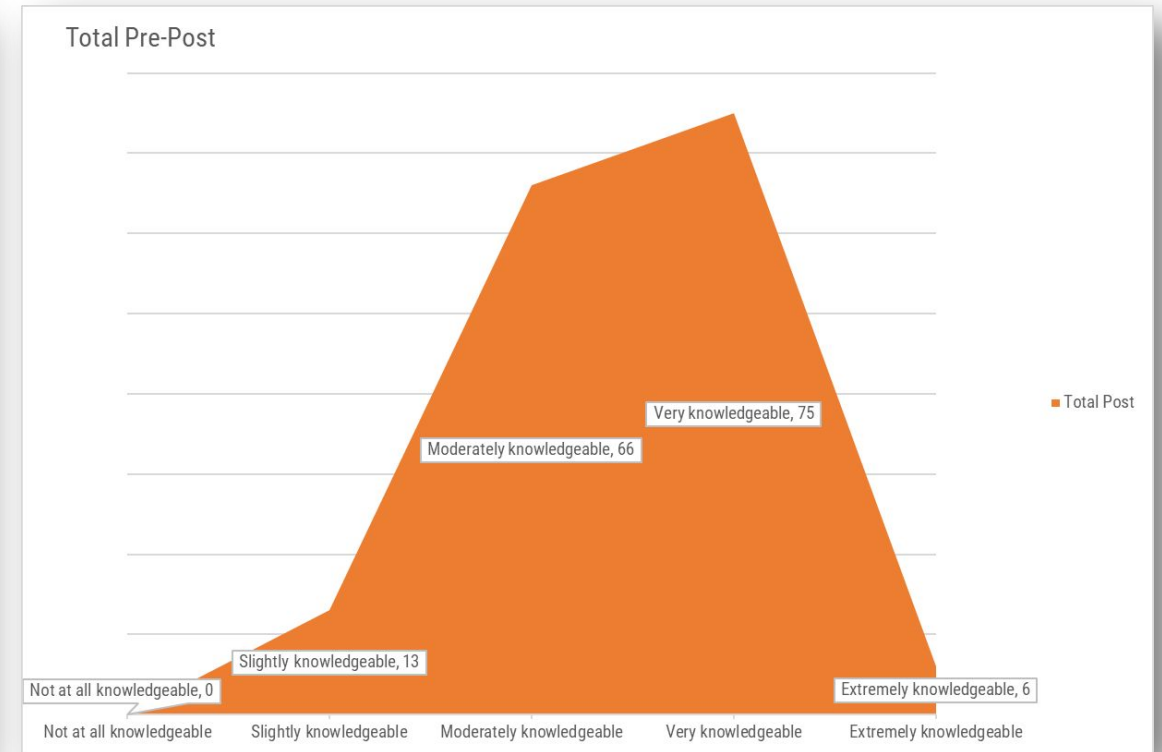
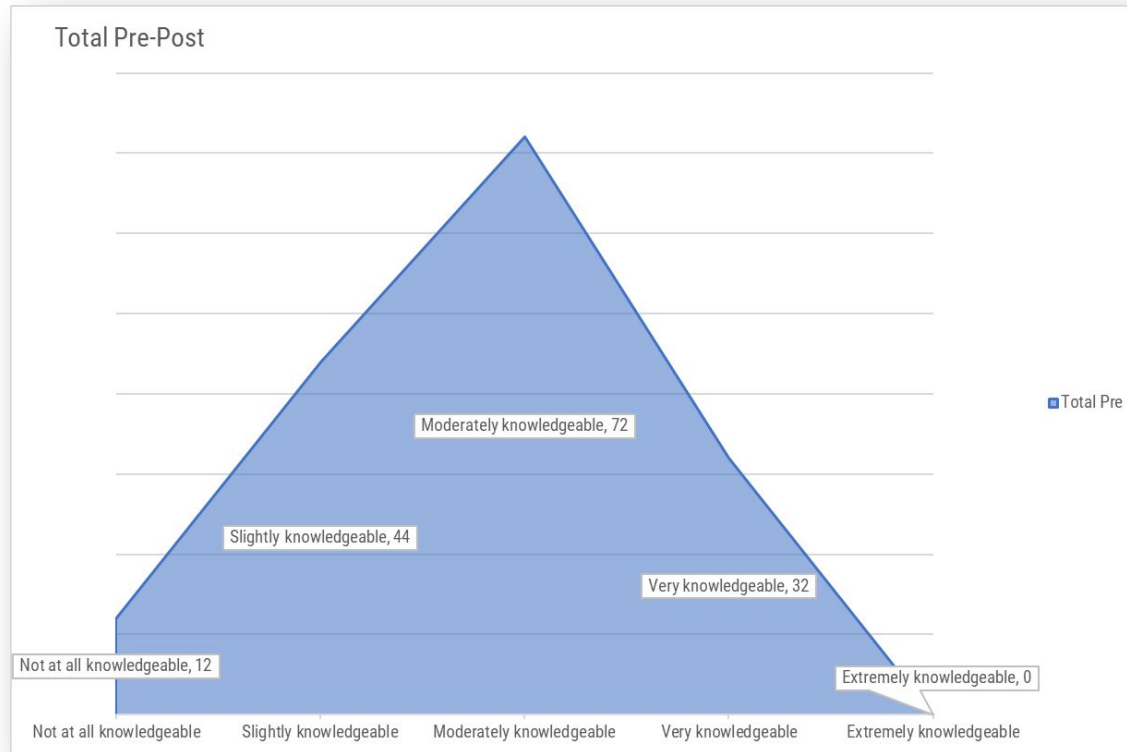
Overall Series Knowledge Shift

Refer to slide 18 for data results.



Post-Session Survey:

Rate your knowledge of the topic BEFORE/AFTER the session.



	Session 1		Session 2		Session 3		Session 4		Session 5		Session 6		Total	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Not at all knowledgeable	1	0	1	0	0	0	1	0	3	0	6	0	12	0
Slightly knowledgeable	5	0	11	2	7	1	11	2	6	4	4	4	44	13
Moderately knowledgeable	10	11	9	14	13	9	20	17	11	8	9	7	72	66
Very knowledgeable	7	10	3	8	7	17	6	18	4	11	5	11	32	75
Extremely knowledgeable	0	2	0	0	0	0	0	1	0	1	0	2	0	6
Grand Total	23	23	24	24	27	27	38	38	24	24	24	24	160	160

Post-Session Survey:

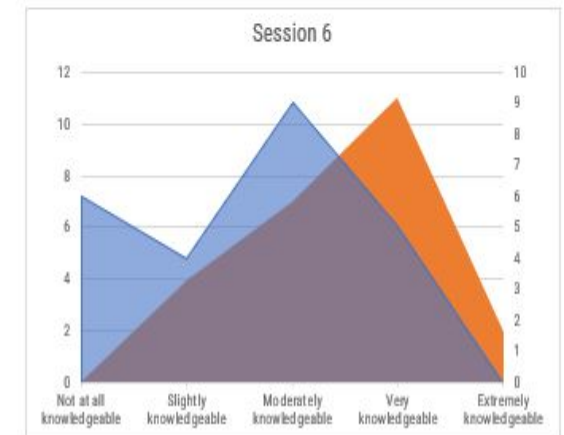
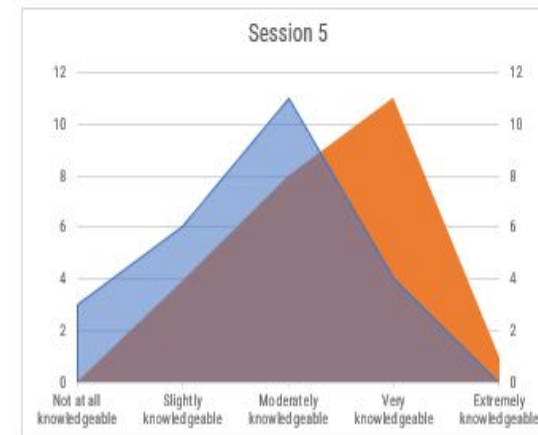
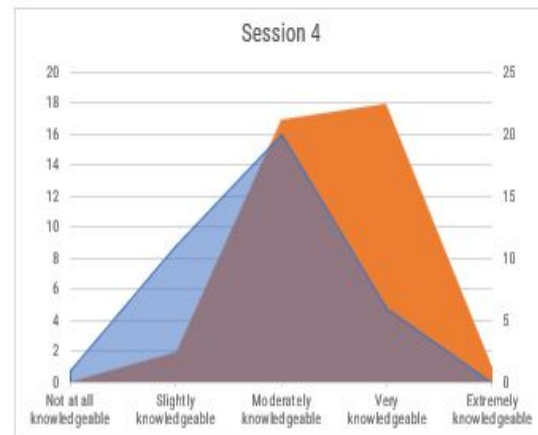
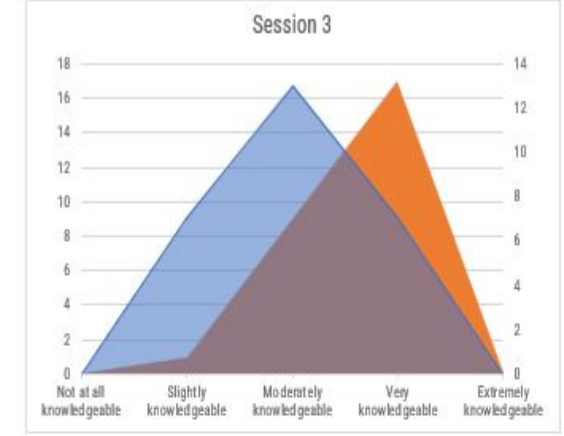
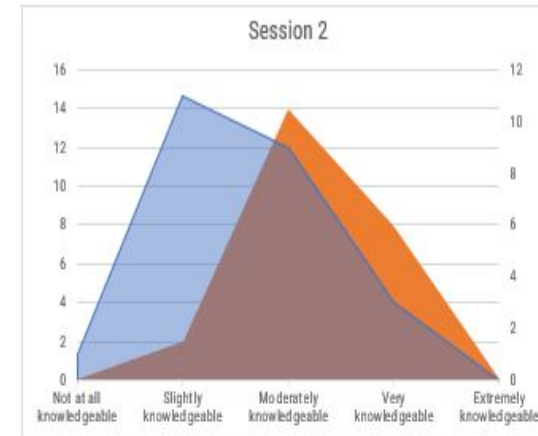
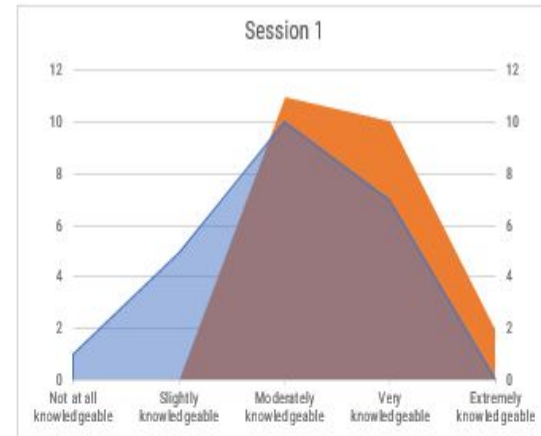
Rate your knowledge of the topic BEFORE/AFTER the session.

Refer to slide 18 for data results.

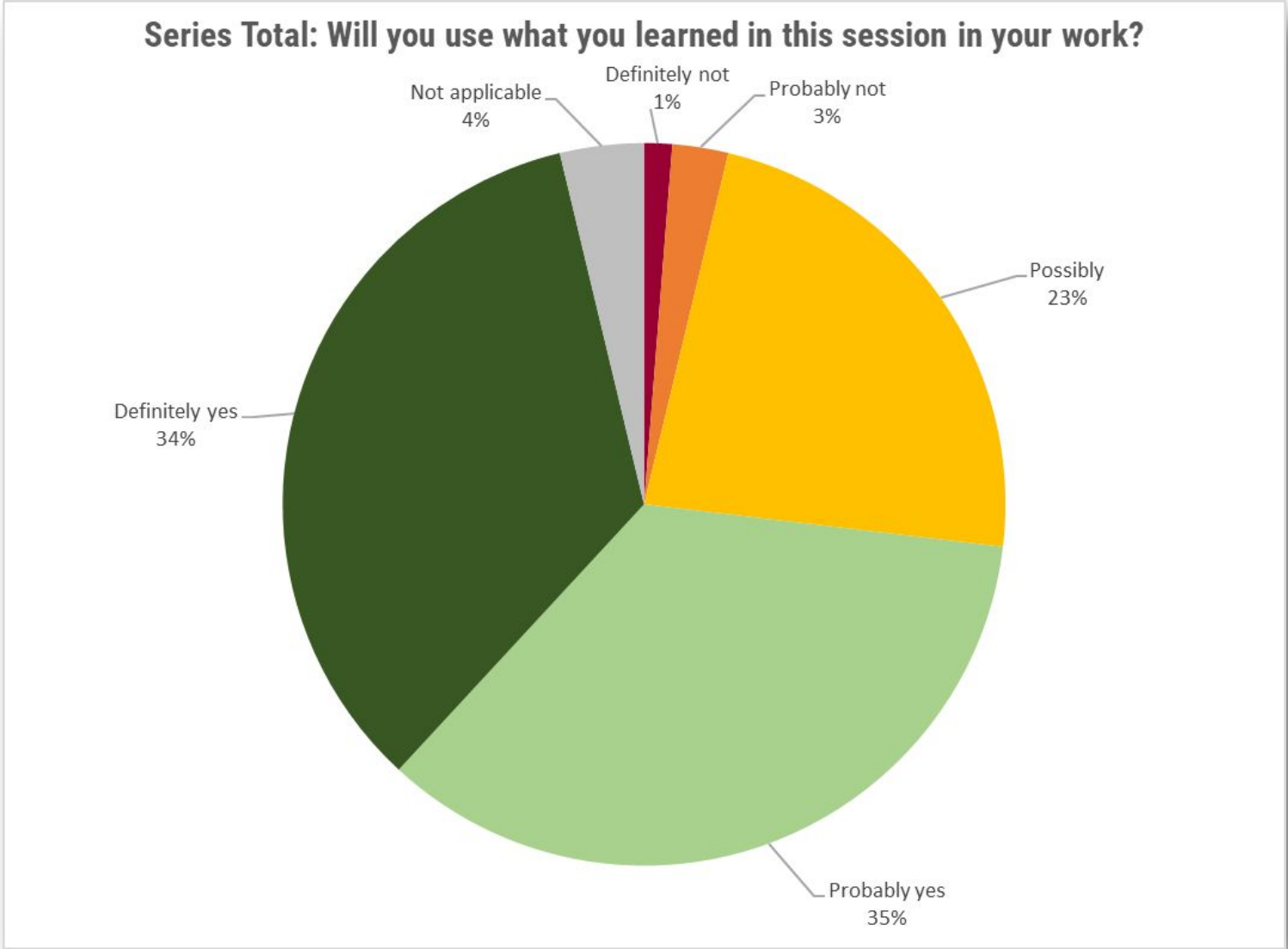
 **Total Pre-Session**

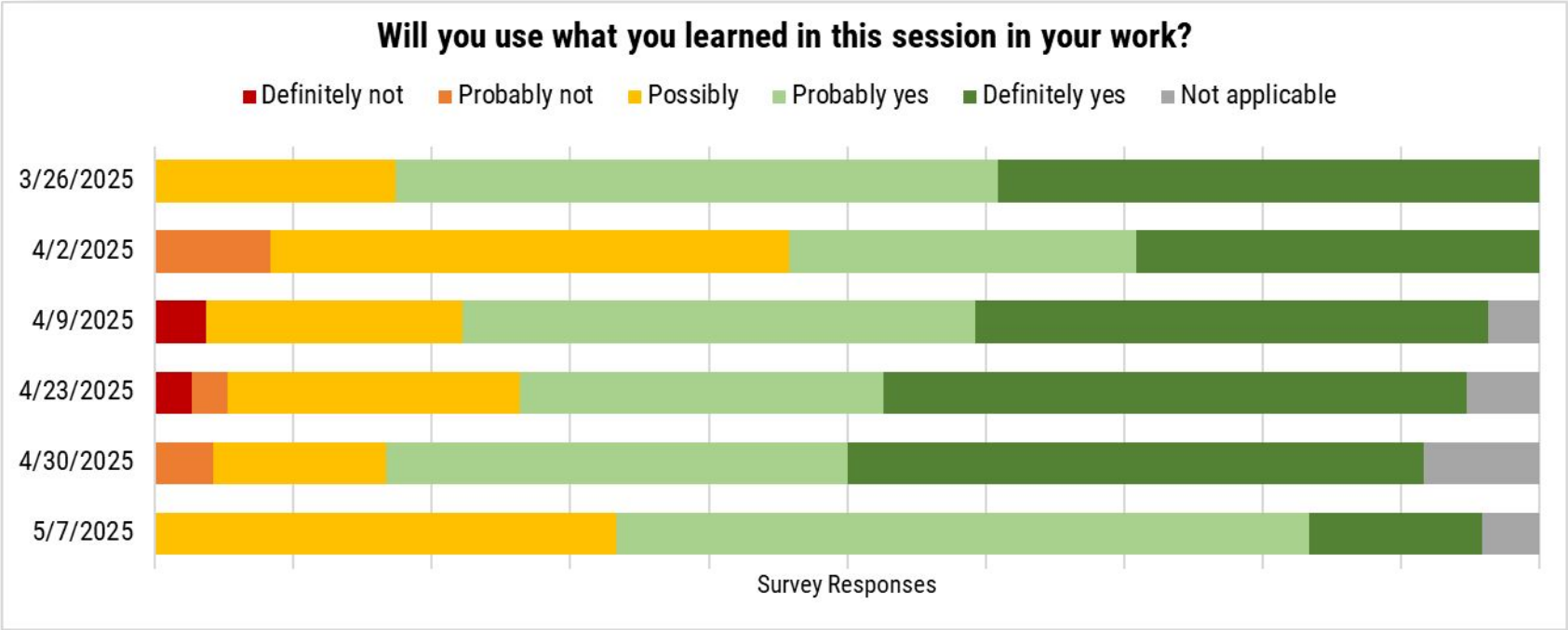
 **Total Post-Session**

#	Session Title
1	Compensatory Strategies for Head Injury: Tailoring Support to Specific Challenges
2	Childhood Brain Injury: Understanding Developmental Impacts and Care Approaches
3	Bridging the Gap: Supporting Teens with TBI from High School to College and Beyond
4	Mental Health and Brain Injury: Healing Through Movement and Breath: A Holistic Approach to Traumatic Brain Injury (TBI)
5	Nutrition and Brain Injury:



Refer to slide 21 for data results.





Session Date	Session Title	Definitely Not	Probably not	Possibly	Probably yes	Definitely yes	Not applicable
3/26/2025	Compensatory Strategies for Head Injury: Tailoring Support to Specific Challenges			4	10	9	
4/2/2025	Childhood Brain Injury: Understanding Developmental Impacts and Care Approaches		2	9	6	7	
4/9/2025	Bridging the Gap: Supporting Teens with TBI from High School to College and Beyond	1		5	10	10	1
4/23/2025	Mental Health and Brain Injury:	1	1	8	10	16	2
4/30/2025	Healing Through Movement and Breath: A Holistic Approach to Traumatic Brain Injury (TBI)		1	3	8	10	2
5/7/2025	Nutrition and Brain Injury:			8	12	3	1
Grand Total		2	4	37	56	55	6

Participants were asked to **describe how they planned to use the information from the training to strengthen their practice and/or care of others/self**. Survey submissions were analyzed by ChatGPT and summarized into the following common themes. Survey respondents indicated this training will or already has:

1. Applying Practical Tools and Strategies

- Participants plan to use specific techniques discussed in sessions—like breathwork, nutrition advice, compensatory strategies, and case-based insights—directly in their work with clients, patients, and students.

2. Educating and Supporting Others

- Many intend to share the knowledge with patients, caregivers, staff, and community members through education, coaching, or staff development.

3. Improved Referral and Resource Utilization

- Respondents noted greater awareness of referral pathways, service networks, and specialist support, which they'll use to connect individuals with appropriate care.

4. Better Assessment and Identification of TBI

- Attendees expressed plans to incorporate more thorough screening and history-taking to identify TBI, particularly in underrecognized populations (e.g., adults with childhood TBIs or remote injuries).

5. Advocacy and Care Planning

- Several professionals highlighted intentions to advocate more effectively for patients, plan care more holistically, and guide families through long-term recovery processes.

6. Personal and Self-Development

- Some participants mentioned using the information for personal well-being, self-care, or to support family members with brain injuries.

7. Interdisciplinary Collaboration

- There was a strong appreciation for the team-based learning model, with many citing plans to collaborate more closely with colleagues in different disciplines.

8. Public Health and Prevention Education

- A few responses emphasized promoting safety and prevention measures—like helmet use or fall prevention—in both clinical and community settings.

9. Program and Curriculum Improvement

- Several respondents noted they would use the insights to improve their organization's protocols, outreach programs, or client education materials.

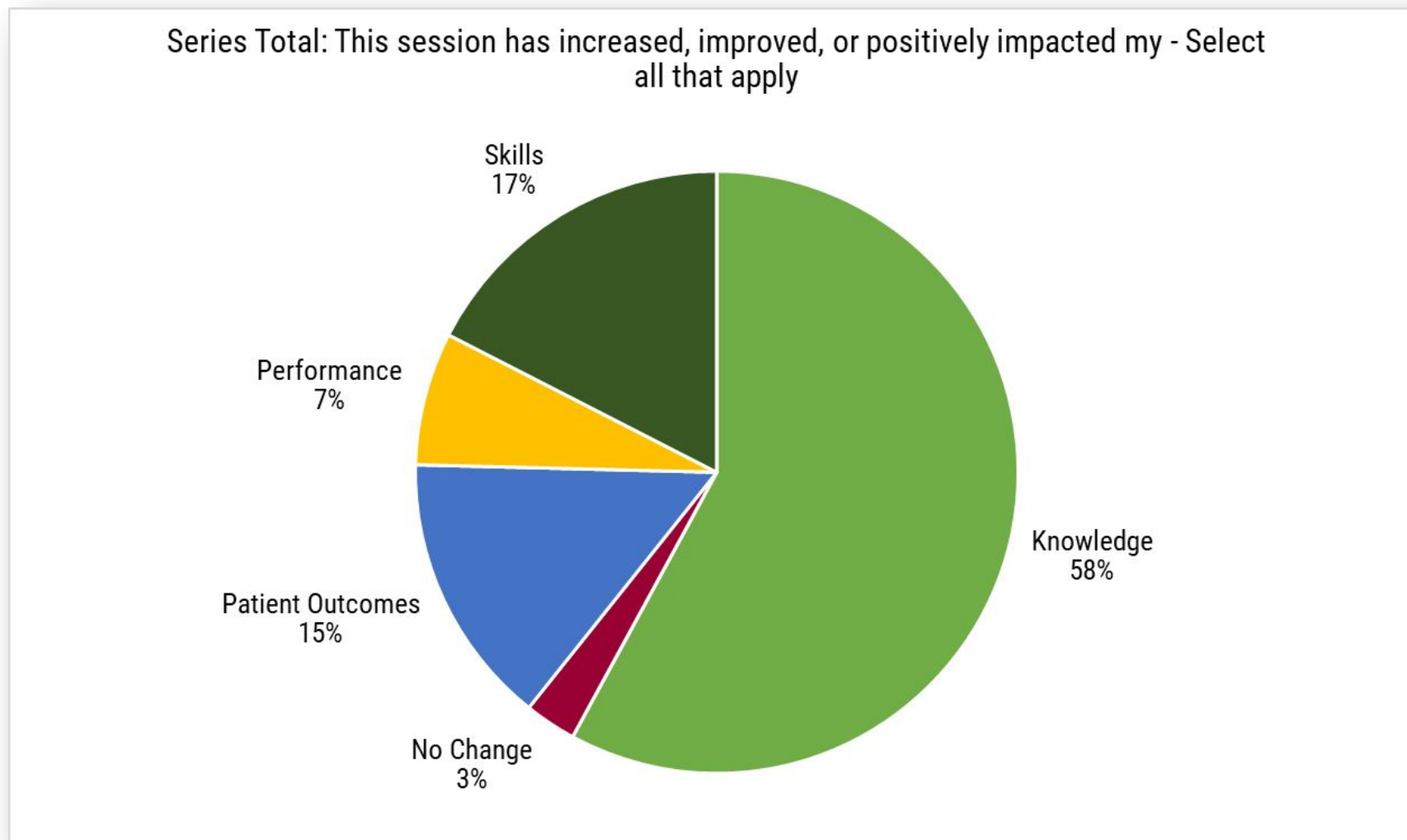
10. Still Processing / Learning

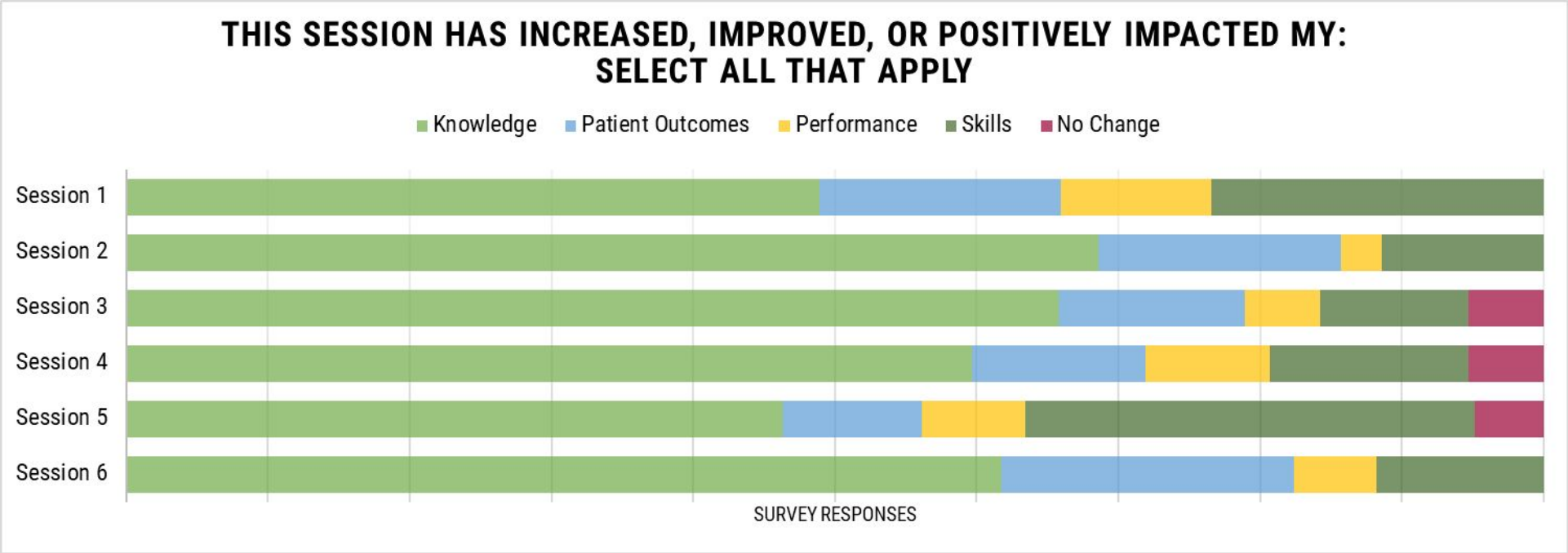
- A small number of attendees were still integrating the information and not yet sure how they would apply it, particularly those new to brain injury care.

Participants were asked to **describe how they planned to use the information from the training to strengthen their practice and/or care of others/self**. Survey submissions were analyzed by ChatGPT and summarized into the following standout quotes:

- **“Appreciating the complexity of the human brain – encouraging people to request a thorough evaluation.”**
- **“As a prehospital instructor, I will be carrying this information forward into my lesson planning and the resources I will share with students.”**
- **“Better follow-up with students diagnosed with TBI/concussion as they graduate, and provide them with resources to follow up with when they get to college—whether they think they will need it or not.”**
- **“Take greater care in recognizing lingering effects of concussion and other forms of TBI and how they may interplay with the REST of the person!”**
- **“I hope to be more believable when I say recovery takes time and effort.”**
- **“I appreciate the ability to learn and practice a new skill with my clients and be able to discuss its efficacy.”**
- **“I am a registered nurse in a high school and also working on my yoga teaching certification. This information helped me consider ways I can help students with TBI through breathwork strategies.”**
- **“Actually use much of the rich and available information that Dr. Grove shared today—for the benefit of many patients I have contact with → especially injured military.”**
- **“This training has helped me to understand the struggles a teen could have going through school with a TBI.”**
- **“Respect people who feel overwhelmed by all the services/treatments they are referred to. Listen to what services the patient and providers prioritize, supportive planning.”**

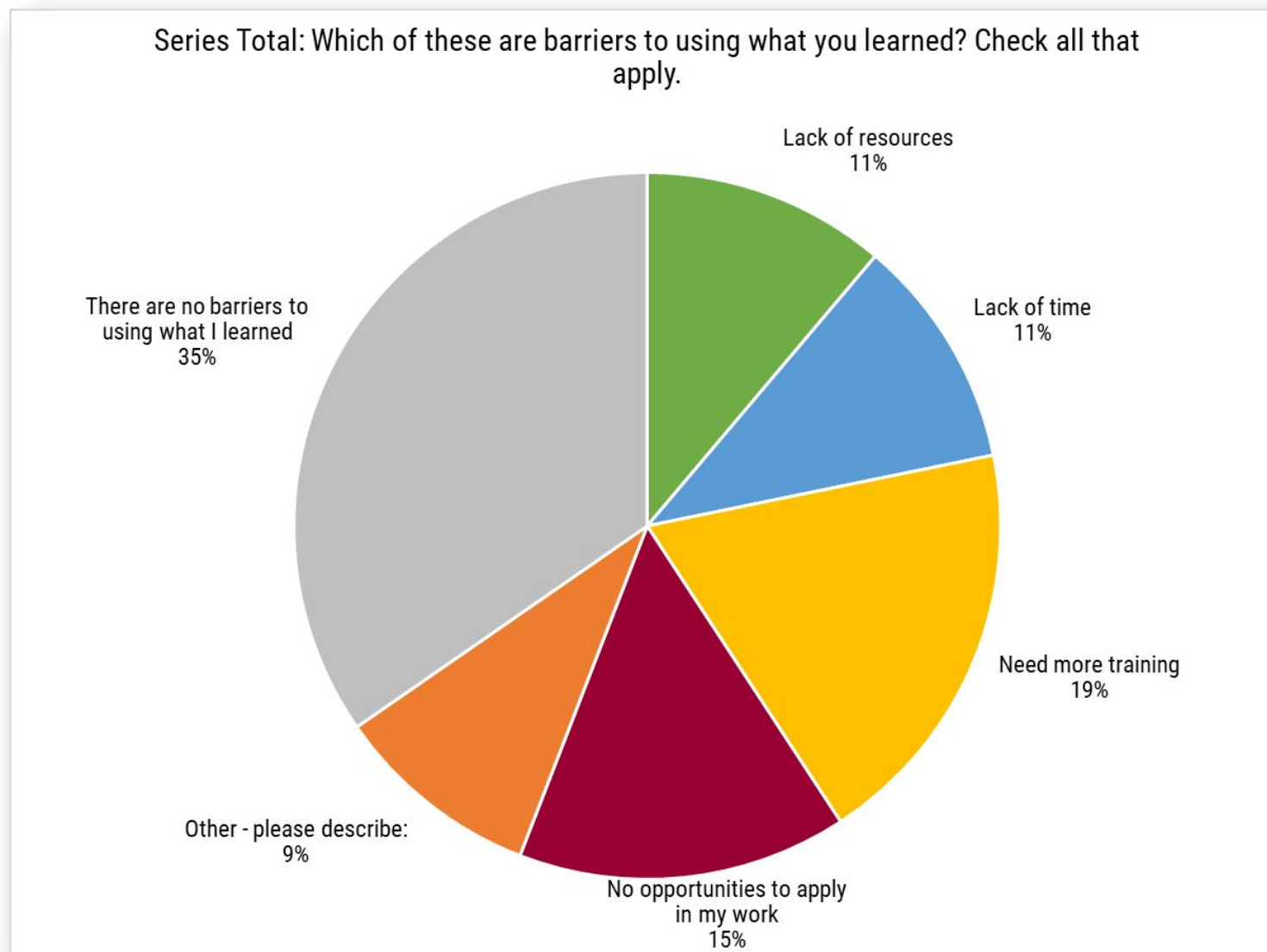
Refer to slide 25 for data results.

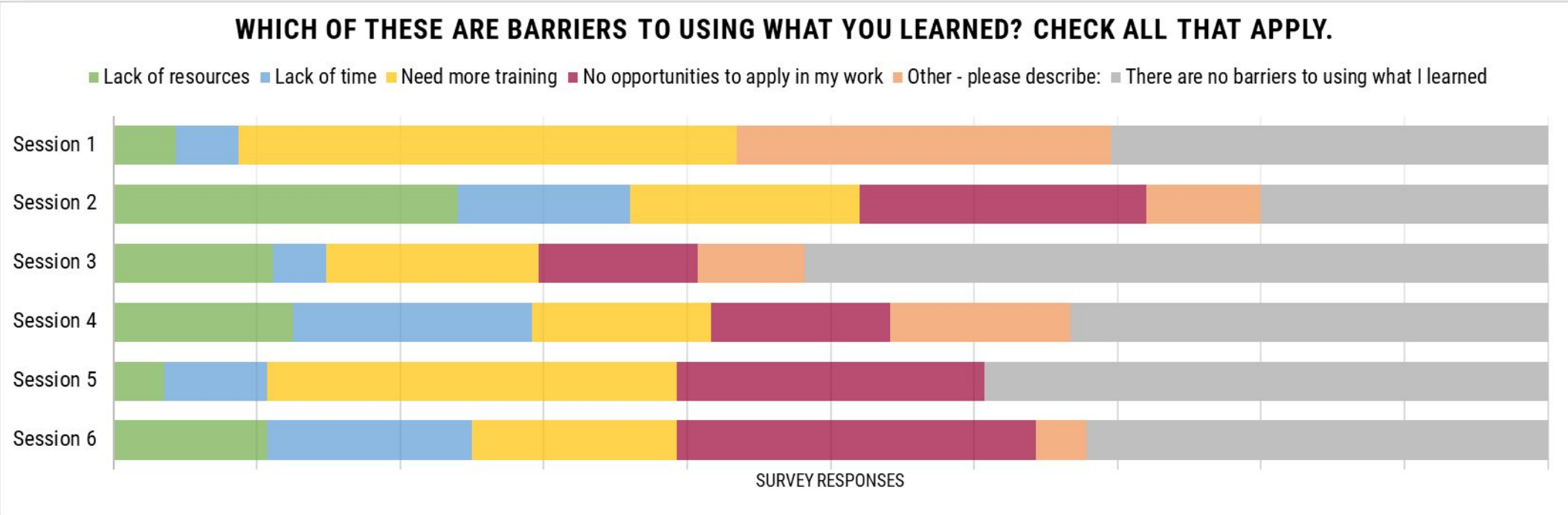




Session #	Session Title	Knowledge	Patient Outcomes	Performance	Skills	No Change
3/26/2025	Compensatory Strategies for Head Injury: Tailoring Support to Specific Challenges	23	8	5	11	0
4/2/2025	Childhood Brain Injury: Understanding Developmental Impacts and Care Approaches	24	6	1	4	0
4/9/2025	Bridging the Gap: Supporting Teens with TBI from High School to College and Beyond	25	5	2	4	2
4/23/2025	Mental Health and Brain Injury:	34	7	5	8	3
4/30/2025	Healing Through Movement and Breath: A Holistic Approach to Traumatic Brain Injury (TBI)	19	4	3	13	2
5/7/2025	Nutrition and Brain Injury:	21	7	2	4	0
Grand Total		146	37	18	44	7

Refer to slide 27 for data results.





Session #	Session Title	Lack of resources	Lack of time	Need more training	No opportunities to apply in my work	Other - please describe:	There are no barriers to using what I learned
3/26/2025	Compensatory Strategies for Head Injury: Tailoring Support to Specific Challenges	1	1	8	0	6	7
4/2/2025	Childhood Brain Injury: Understanding Developmental Impacts and Care Approaches	6	3	4	5	2	5
4/9/2025	Bridging the Gap: Supporting Teens with TBI from High School to College and Beyond	3	1	4	3	2	14
4/23/2025	Mental Health and Brain Injury:	6	8	6	6	6	16
4/30/2025	Healing Through Movement and Breath: A Holistic Approach to Traumatic Brain Injury (TBI)	1	2	8	6	0	11
5/7/2025	Nutrition and Brain Injury:	3	4	4	7	1	9
Grand Total		20	19	34	27	17	62

Participants were asked to select **which barriers exist to them using what they learned from the training?** Respondents were able to select multiple responses that were provided including “other.” The following is a list of unedited responses to those respondents that selected “other” and provided more detail:

March 26, 2025 - Session 1: Compensatory Strategies for Head Injury: Tailoring Support to Specific Challenges

Not working in rehab
NO resources at my place of work , remote AK
As a prehospital provider my scope is limited for applying this in my patient care. However, it is always helpful to know how definitive care is thinking about a case.
lack of local access to ideal service providers
Few opportunities to apply in my work
Limited # of patients in our clinic with head injury.

April 2, 2025 - Session 2: Childhood Brain Injury: Understanding Developmental Impacts and Care Approaches

Not a lot of these types of individuals in my specific IDD field, but there are enough for it to be helpful.
--

April 9, 2025 - Session 3: Bridging the Gap: Supporting Teens with TBI from High School to College and Beyond

serving adults only

April 23, 2025 - Session 4: Mental Health and Brain Injury

I am not a direct care provider but I will be sharing what I have learned with the care teams I work with
I am not currently working
Society is slow to accept that a @bump on the head€ □ can be a brain injury and that recovery takes time and effort.
I generally only see patients immediately following an injury
Lack of sufficient knowledge base across disciplines

May 7, 2025 - Session 6: Nutrition and Brain Injury


I am a retired nurse but I am a Faith Community Nurse and also have a daughter in law and 3 granddaughters who had concussions.

Post-Session Survey Rating

How much do you agree or disagree with these statements?

Satisfaction with Content and Speaker

- I found this training topic valuable.
- The person(s) conducting my training was knowledgeable regarding the subject matter presented.
- The person(s) conducting my training was friendly and approachable.
- This training improved my understanding of community needs and/or culture.
- This training inspired me to reflect on myself in a new or more in-depth way
- My training was a positive experience.

	Strongly Disagree
	Disagree
	Neutral
	Agree
	Strongly Agree
	Not Applicable

Series and Program ECHO Promoter

- I will recommend this program to others.
- I felt comfortable adding my voice to the discussion.

CE General Learning Objectives

- I am better able to communicate / collaborate with other members of multidisciplinary teams.
- I intend to apply the knowledge and/or skills I have acquired from this session to my work when in a team environment.
- I am better able to discuss how teamwork can contribute to continuous and reliable patient/student care.
- I have identified one element I plan to implement or change to improve my practice and/or care of others/self.

Series Learning Objectives

- I feel I have increased my knowledge on how to identify and treat head injuries.
- I have a better understanding of screening, diagnosing, and evidence-based treatment of traumatic head injury(TBI.)
- I am more aware of appropriate practices regarding effective care for individuals with TBI in primary care settings.

Post-Session Survey Rating Results

Head Injury ECHO FY25 Series

How much do you agree or disagree with these statements?

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Not Applicable
I found this training topic valuable.	2	0	12	36	110	0
The person(s) conducting my training was knowledgeable regarding the subject matter presented.	2	0	10	40	108	0
The person(s) conducting my training was friendly and approachable.	2	0	11	37	109	1
This training inspired me to reflect on myself in a new or more in-depth way	3	2	24	58	67	6
My training was a positive experience.	2	0	12	40	106	0
I will recommend this program to others	2	1	0	79	78	0
I felt comfortable adding my voice to the discussion	2	7	0	90	61	0
I am better able to communicate / collaborate with other members of multidisciplinary teams.	3	1	26	64	58	8
I intend to apply the knowledge and/or skills I have acquired from this session to my work when in a team environment.	3	0	21	63	66	7
I am better able to discuss how teamwork can contribute to continuous and reliable patient/client care.	3	1	32	57	60	7
I have identified one element I plan to implement or change to improve my practice and/or care of others/self.	3	1	28	56	64	8
I feel I have increased my knowledge on how to identify and treat head injuries.	2	1	22	73	59	3
I have a better understanding of screening, diagnosing, and evidence-based treatment of traumatic head injury(TBI.)	2	2	28	67	56	5
I am more aware of appropriate practices regarding effective care for individuals with TBI in primary care settings.	2	0	18	79	59	2

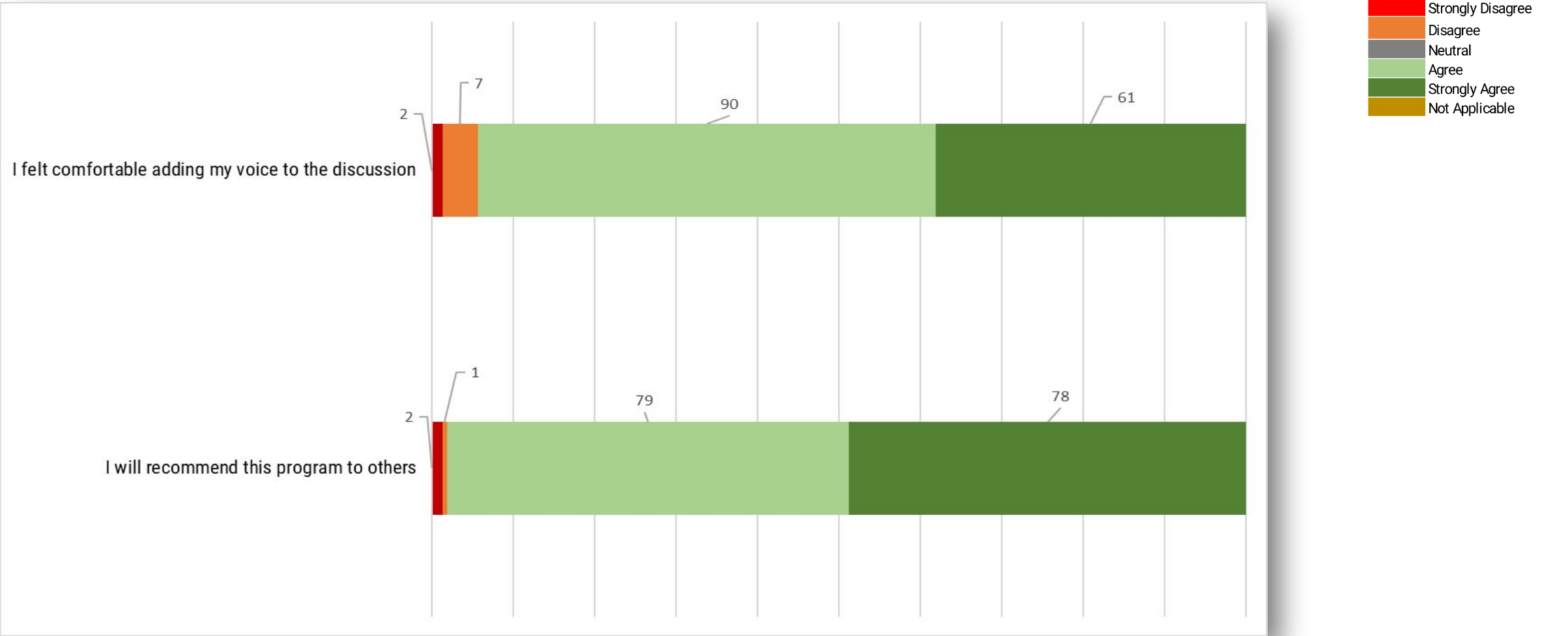
How much do you agree or disagree with these statements?



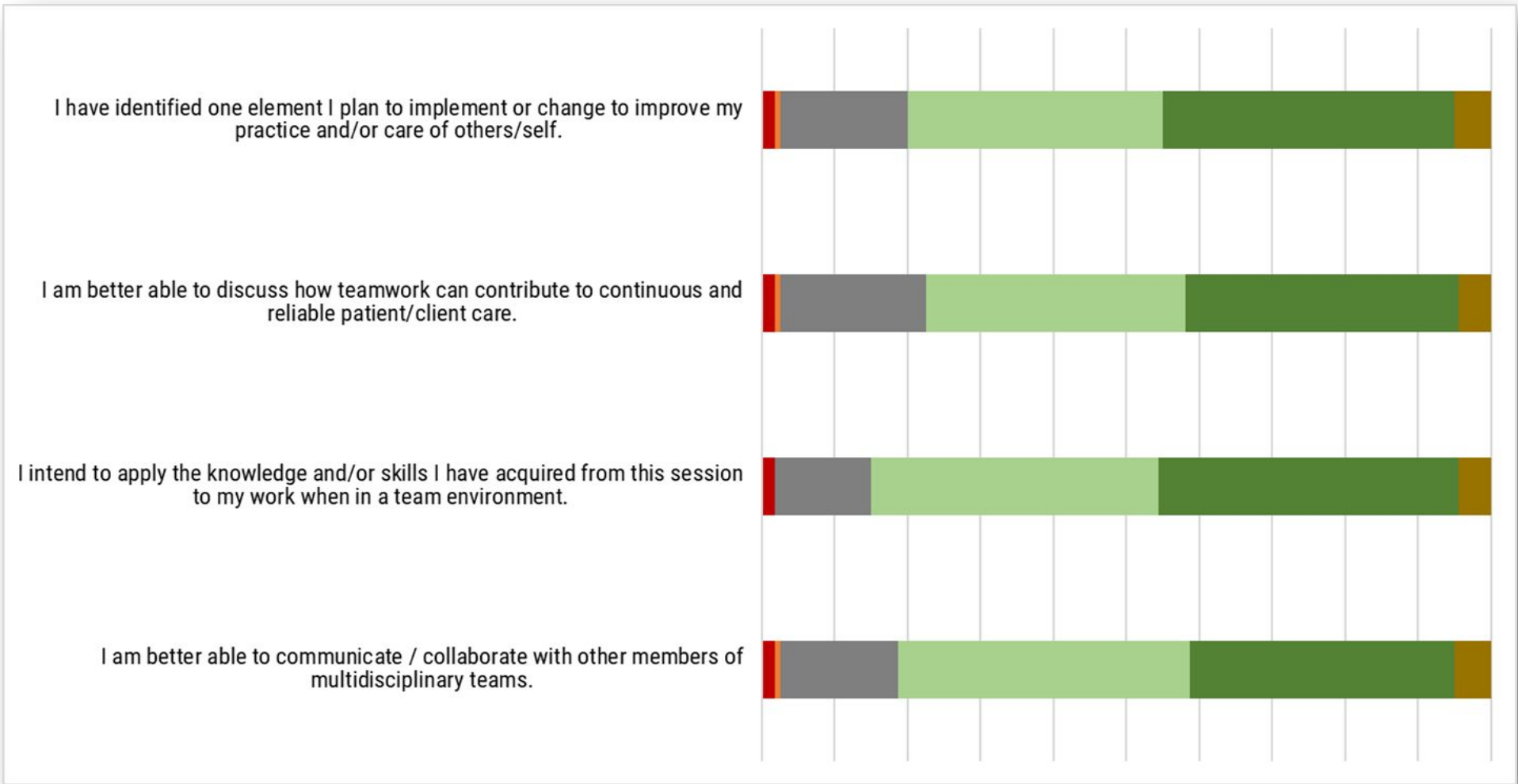
- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree
- Not Applicable

Refer to slide 30 for data results.

How much do you agree or disagree with these statements?

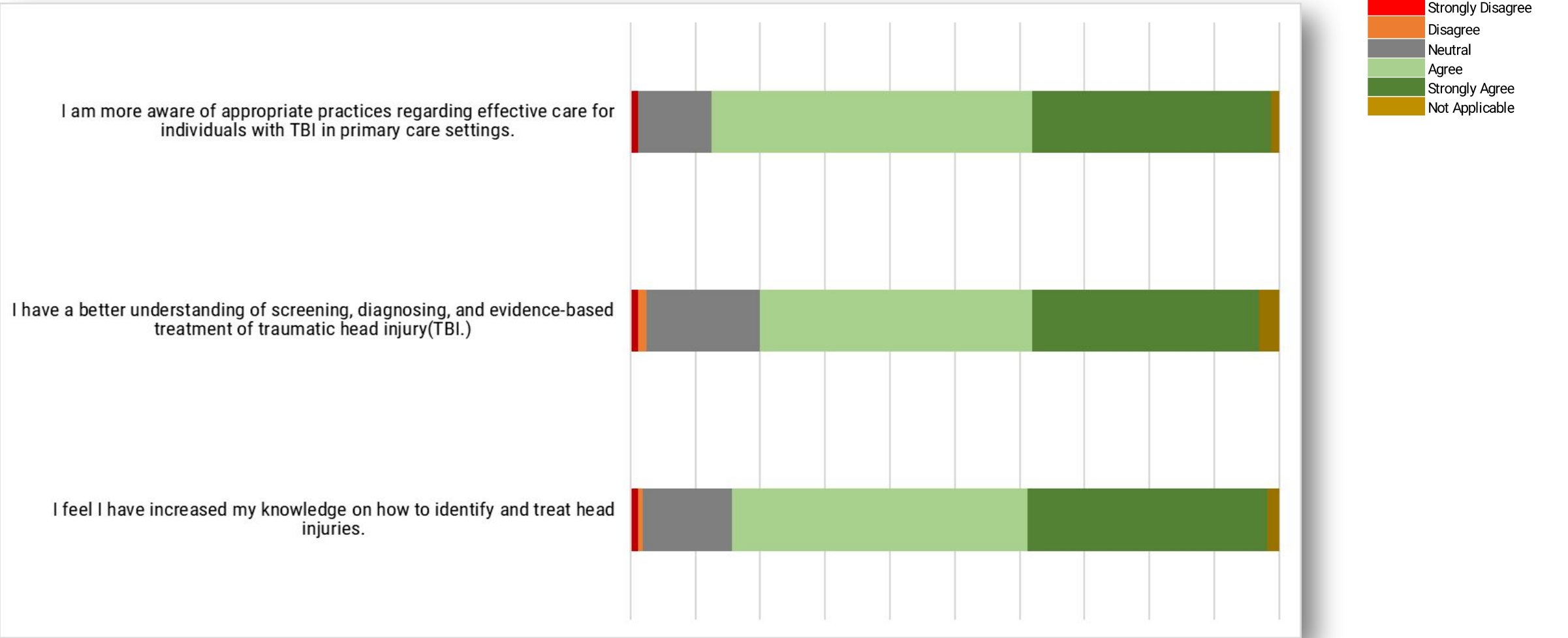


How much do you agree or disagree with these statements?



Refer to slide 30 for data results.

How much do you agree or disagree with these statements?



Refer to slide 30 for data results.

March 26, 2025 - Session 1: Compensatory Strategies for Head Injury: Tailoring Support to Specific Challenges

Survey Response	1
I found this training topic valuable.	Strongly Agree
The person(s) conducting my training was knowledgeable regarding the subject matter presented.	Agree
The person(s) conducting my training was friendly and approachable.	Strongly Agree
This training improved my understanding of community needs and/or culture.	
This training inspired me to reflect on myself in a new or more in-depth way	Strongly Disagree
My training was a positive experience.	Strongly Agree
I will recommend this program to others	Agree
I felt comfortable adding my voice to the discussion	Agree
I am better able to communicate / collaborate with other members of multidisciplinary teams.	Strongly Disagree
I intend to apply the knowledge and/or skills I have acquired from this session to my work when in a team environment.	Strongly Disagree
I am better able to discuss how teamwork can contribute to continuous and reliable patient/client care.	Strongly Disagree
I have identified one element I plan to implement or change to improve my practice and/or care of others/self.	Strongly Disagree
I feel I have increased my knowledge on how to identify and treat head injuries.	Agree
I have a better understanding of screening, diagnosing, and evidence-based treatment of traumatic head injury(TBI.)	Agree
I am more aware of appropriate practices regarding effective care for individuals with TBI in primary care settings.	Agree
Will you use what you learned in this session in your work?*	Definitely yes
What did you like about the training?	format, speakers
How could this session be improved? (for example, more time for questions, technology issues, etc.)	Speakers and content.
What topics would you like to learn more about in future sessions?	
Describe how you plan to use the information from this training to strengthen your practice and/or care of others/self:*	Utilization in panning patient care and regularly evaluating the patient's progress and adjusting the care plan as needed ensures that the interventions remain effective and relevant.

Post-Session Survey Disagree / Strongly Disagree Feedback

April 2, 2025 - Session 2: Childhood Brain Injury: Understanding Developmental Impacts and Care Approaches

Survey Response	1	2	3
I found this training topic valuable.	Strongly Agree	Strongly Agree	Agree
The person(s) conducting my training was knowledgeable regarding the subject matter presented.	Strongly Agree	Strongly Agree	Agree
The person(s) conducting my training was friendly and approachable.	Strongly Agree	Strongly Agree	Agree
This training improved my understanding of community needs and/or culture.			
This training inspired me to reflect on myself in a new or more in-depth way	Neutral	Neutral	Disagree
My training was a positive experience.	Strongly Agree	Strongly Agree	Agree
I will recommend this program to others	Agree	Agree	Agree
I felt comfortable adding my voice to the discussion	Disagree	Disagree	Agree
I am better able to communicate / collaborate with other members of multidisciplinary teams.	Neutral	Neutral	Strongly Agree
I intend to apply the knowledge and/or skills I have acquired from this session to my work when in a team environment.	Neutral	Neutral	Agree
I am better able to discuss how teamwork can contribute to continuous and reliable patient/client care.	Neutral	Neutral	Neutral
I have identified one element I plan to implement or change to improve my practice and/or care of others/self.	Neutral	Neutral	Agree
I feel I have increased my knowledge on how to identify and treat head injuries.	Neutral	Neutral	Neutral
I have a better understanding of screening, diagnosing, and evidence-based treatment of traumatic head injury(TBI.)	Neutral	Neutral	Neutral
I am more aware of appropriate practices regarding effective care for individuals with TBI in primary care settings.	Neutral	Neutral	Agree
Will you use what you learned in this session in your work?*	Probably not	Possibly	Possibly
What did you like about the training?	It was all good.		Good information, organized presentation
How could this session be improved? (for example, more time for questions, technology issues, etc.)	I enjoyed the case discussion.		We need more time for discussion and questions. Maybe next year have a whole session at the end or part-way through dedicated to follow up from the previous sessions for people to submit questions to have answered or ask follow up questions.
What topics would you like to learn more about in future sessions?	Brain injury treatments by a Neuropsychologist.		Who are the providers up here in Alaska? Like a list.
Describe how you plan to use the information from this training to strengthen your practice and/or care of others/self:*	I plan to obtain more knowledge prior to using todays information.		Connecting with others providers in the community

Post-Session Survey Disagree / Strongly Disagree Feedback

April 9, 2025 - Session 3: Bridging the Gap: Supporting Teens with TBI from High School to College and Beyond

Survey Response	1	2
I found this training topic valuable.	Agree	Strongly Agree
The person(s) conducting my training was knowledgeable regarding the subject matter presented.	Agree	Strongly Agree
The person(s) conducting my training was friendly and approachable.	Agree	Strongly Agree
This training improved my understanding of community needs and/or culture.		
This training inspired me to reflect on myself in a new or more in-depth way	Agree	Neutral
My training was a positive experience.	Neutral	Strongly Agree
I will recommend this program to others	Disagree	Agree
I felt comfortable adding my voice to the discussion	Agree	Disagree
I am better able to communicate / collaborate with other members of multidisciplinary teams.	Not Applicable	Neutral
I intend to apply the knowledge and/or skills I have acquired from this session to my work when in a team environment.	Not Applicable	Neutral
I am better able to discuss how teamwork can contribute to continuous and reliable patient/client care.	Not Applicable	Neutral
I have identified one element I plan to implement or change to improve my practice and/or care of others/self.	Not Applicable	Neutral
I feel I have increased my knowledge on how to identify and treat head injuries.	Neutral	Agree
I have a better understanding of screening, diagnosing, and evidence-based treatment of traumatic head injury(TBI.)	Neutral	Agree
I am more aware of appropriate practices regarding effective care for individuals with TBI in primary care settings.	Agree	Agree
Will you use what you learned in this session in your work?*	Definitely not	Possibly
What did you like about the training?		The presentation all around was great!
How could this session be improved? (for example, more time for questions, technology issues, etc.)	I would have preferred something more clinically oriented, more specifics	The presentation all around was great!
What topics would you like to learn more about in future sessions?		Neuropsychology treatment.
Describe how you plan to use the information from this training to strengthen your practice and/or care of others/self:*	As I Am currently not working, this is not applicable.	This training has helped me to understand the struggles a teen could have going through school with a TBI.

Participants were asked **how could this session be improved?** Survey submissions were analyzed by ChatGPT and summarized into the following common themes.

Desire for More Discussion and Q&A Time

- Across nearly all sessions, participants consistently requested additional time for questions, discussion, and audience interaction.
- Suggestions included extending session lengths (e.g., from 60 to 90 minutes), dedicating specific segments for follow-up questions, or reducing introductions to allow more interactive time.

Request for More Practical, Case-Based, and Clinical Content

- Many respondents wanted more detailed clinical strategies, real-world examples, and case presentations, especially in sessions focused on compensation strategies, mental health, and nutrition.
- Hands-on, applied learning was valued, such as breathwork practice and case consults.

Interest in Specific Topics or Deeper Coverage

- Some participants requested deeper dives into particular areas, such as adolescent/teen TBI differences, evidence-based mental health practices, or supplement quality evaluation in nutrition.
- Nutrition was noted as an important but often underrepresented subject needing more attention.

General Satisfaction and Positive Feedback

- Many comments indicated the sessions were well-presented, informative, and engaging with knowledgeable and approachable presenters.
- Several respondents reported no suggested improvements and expressed gratitude for the practical knowledge provided.

The series was well-received overall, with particular appreciation for the knowledgeable speakers, case-based learning, and practical information. The main opportunities for improvement center on allowing more time for participant engagement and deepening clinical/practical content in several sessions.

Participants were asked **how could this session be improved?** Survey submissions were analyzed by ChatGPT and summarized into the following common themes.

Requested Improvement	Frequency of Mentions	Notes/Examples
More time for Q&A/discussion	10	"Need more time for discussion", "More time for questions", "Could be 90 minutes instead of 60"
More clinical/practical content	6	"More compensatory strategies", "More specifics", "More evidence-based practices"
Include more/detailed case presentations	5	"Start case presentations earlier", "More case reviews", "More input on the case from SME"
Session was already great / no improvements suggested	14	Multiple participants explicitly stated "nothing", "n/a", or praised the session as-is
Add handouts or materials	2	"Handout for the initial presenter", "Speaker was knowledgeable and handouts were easy to read"
Improve time management / restructure content	3	"Reduce intro time", "Better time management", "Session felt too short"
Deeper coverage of specific subtopics	3	e.g., "Differences for adolescent/teen TBI", "Trustworthy supplement providers"
Increase didactic portion length	2	"Longer didactic portion", "It was all informative – maybe more"
Personal challenges limiting participation (not session-related)	1	One noted personal distraction but still praised session content

Participants were asked **how could this session be improved?** Survey submissions were analyzed by ChatGPT and summarized into the following strategies for improvement.

Extend Session Duration or Add Dedicated Q&A Time

Increase sessions from 60 to 90 minutes or include dedicated segments specifically for participant questions and group discussion to foster deeper engagement and clarify key points.

Consider scheduling periodic “follow-up” sessions or Q&A forums where participants can submit questions after the session for expert response.

Enhance Practical and Clinical Content

Incorporate more detailed case presentations and clinical examples that focus on real-world applications and hands-on strategies, especially for sessions on compensatory techniques, mental health interventions, and nutrition.

Include opportunities for experiential learning where possible (e.g., practicing breathwork or movement techniques).

Provide Deeper Topic Coverage

Offer additional content on areas of high interest such as adolescent/teen TBI differences, evidence-based mental health treatments, and how to evaluate and select quality supplements. Consider follow-up modules or supplementary materials focused on these specialized topics.

Improve Session Logistics and Materials

Share handouts or summary documents ahead of or after sessions to support learning retention and provide easy reference for attendees. Optimize session pacing and reduce time spent on introductions or administrative details to maximize educational content.

Maintain and Foster Interactivity

Continue encouraging multidisciplinary input and audience participation to preserve the valued collaborative learning environment.

Use chat features, polls, or breakout groups to increase interaction without sacrificing content delivery.

Highlight Resources and Networking Opportunities

Provide clear information about local experts, resources, and support networks referenced during sessions to help participants apply knowledge and expand professional connections.

Participants were asked **what they liked about the session?** Survey submissions were analyzed by ChatGPT and summarized into the following common themes.

Use of Case Studies and Real-World Examples

Participants consistently valued practical examples and case presentations that helped apply concepts directly to their work.

High-Quality, Approachable Presenters

Speakers were frequently described as knowledgeable, engaging, and easy to understand, enhancing the learning experience.

Multidisciplinary Perspectives and Interactive Discussion

Attendees appreciated input from a range of professionals and the opportunity for open dialogue, feedback, and collaboration.

Practical Strategies and Tools

Sessions provided actionable techniques (e.g., communication tips, breathing exercises) that participants could immediately implement in practice.

Accessible and Convenient Format

Virtual access, recorded sessions, and lunchtime scheduling were cited as making participation easier and more effective.

Knowledge Sharing and Networking

Many participants planned to share the information with patients or colleagues and valued the chance to engage with other professionals.

Informative and Comprehensive Content

The depth, breadth, and relevance of the information presented across sessions were repeatedly noted as a major benefit.

Participants were asked **what they liked about the session?** Survey submissions were analyzed by ChatGPT and summarized into the following stand out quotes.

March 26, 2025 – Session 1: Compensatory Strategies for Head Injury

- “How accessible this training is to providers of all levels... any provider of any level can present and get feedback from local experts.”
- “I liked the suggestions to 'prioritize sleep... mindfulness/breathing strategies... change the color of the post-it note to keep it fresh.”

April 2, 2025 – Session 2: Childhood Brain Injury

- “Free CME for CBIS recertification, good timing over the lunch hour, expert presenters, and increased familiarity with Alaskan professionals with specialized interest in TBI.”
- “Dr. Cavanaugh was great! Funny, smart and approachable.”

April 9, 2025 – Session 3: Supporting Teens with TBI from High School to College

- “Discussion of the differences between high school and college, in terms of the students being expected to manage their own issues without parents.”
- “The main speaker was excellent and very responsive to chat and other interaction. Good subject matter!”

April 23, 2025 – Session 4: Mental Health and Brain Injury

- “I especially liked the case study and hearing the group problem solve together – very powerful!”
- “This training has equipped me with valuable tools that I can apply to improve my practice and support my patients more effectively.”

April 30, 2025 – Session 5: Healing Through Movement and Breath

- “It’s great that you’re exploring how deep breathing can help with cognitive concerns and anxiety after a head injury. It’s a simple yet powerful tool.”
- “I liked the focus on the difference between calming vs stimulating breathwork, and focusing on heart rate to understand its effects.”

May 7, 2025 – Session 6: Nutrition and Brain Injury

- “All of it!! The information about gut health, diet and supplements.”
- “The information presented regarding nutrition and the impact on healing/improving brain performance.”
- “I always enjoy learning from physicians, and the case studies. This young lady has been through a lot!!”

Participants were asked **what topics they would like to learn more about in future sessions?** Survey submissions were analyzed by ChatGPT and summarized into the following common themes.

1. Mental Health & TBI

- Strong interest in managing mental health symptoms post-TBI.
- Specific requests included behavioral activation for resistant individuals, dual diagnoses (e.g., TBI + mental illness), and navigating care for those lacking insight.

2. Neuropsychology & Cognitive Treatment

- Participants want more guidance on cognitive impacts, neuropsychological interventions, and how to find or refer to neuropsychologists (especially in underserved areas).
- Includes requests for treatments, screeners, and deeper dives into brain function.

3. Access to Care & Resource Navigation

- Calls for help navigating limited-resource environments (e.g., rural areas, Medicaid access).
- Requests for tools, referrals, and understanding who is providing care in Alaska and beyond.

4. Pediatric & Adolescent TBI

- Continued focus on brain injuries in children and teens.
- Interest in long-term effects of childhood TBIs and support during school transitions (e.g., high school to college).

5. Long-Term Prognosis & Recovery

- Desire to understand what recovery looks like over years or decades.
- Includes topics like long-term functional outcomes, follow-up after concussion, and prognosis clarity.

6. Functional & Practical Strategies

- Interest in tools and strategies to support clients in real life: returning to work, transportation barriers, home-based care, and in-session interventions.

7. Holistic & Alternative Therapies

- Requests to expand on breathwork, relaxation strategies, and alternative approaches like antioxidant-based treatments.

8. Nutrition & Brain Injury

- Desire to continue learning about the role of nutrition, gut health, and supplements in brain injury recovery.

9. Sports Participation & Risk Assessment

- Specific need for guidance on safe engagement in sports and active lifestyles post-TBI, especially where scholarships or jobs are at stake.

10. System-Level Care Topics

- Interest in how emergency/prehospital care fits into long-term support, and identifying gaps in the TBI care continuum.

Post-Session Survey - Suggestions for Future Topics

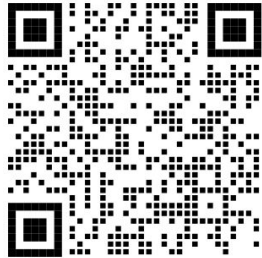
Participants were asked **what topics they would like to learn more about in future sessions?** Survey submissions were analyzed by ChatGPT and summarized into the following common themes.

Theme	Frequency of Mentions	Examples / Notes
Mental Health & TBI	6	Interest in dual diagnosis, behavioral activation, resistance, insight, and long-term mental impact
Neuropsychology / Cognitive Treatment	5	Requests for neuropsychological treatments, how to find providers, and cognitive processing topics
Access to Care / Resources	6	Needs for rural resources, Medicaid-friendly providers, referral tools, and community-based supports
Pediatric/Adolescent TBI	5	TBIs in children, teens, school-to-college transitions, misdiagnosed childhood injuries
Long-term Recovery / Prognosis	5	Prognosis decades later, how to know long-term outcomes, follow-up after concussion
Functional Support Strategies	4	Employment help, insight support, tools for practice, in-room interventions
Alternative or Holistic Therapies	4	Relaxation techniques, breathwork, antioxidant treatments
Nutrition and Brain Injury	2	Requests to continue exploring nutritional guidance for TBI
Sports and Risk Assessment	1	Safe sports participation and scholarship/job risk awareness
Medication Guidance	1	Interest in mild TBI and medication recommendations
Continuum of Care / System-Level Topics	2	Leveraging prehospital care, identifying local Alaska-based experts

Thank you for your interest in our UAA Center for Human Development ECHO Program!

Learn more about this current ECHO series

- ❖ Visit the program landing page on our iECHO website:
<https://iecho.org/public/program/PRGM1709781246397GIW9VMKTUC>
- ❖ Subscribe to the series mailing list to stay up-to-date on series announcements and updates:
<https://visitor.r20.constantcontact.com/d.jsp?llr=f5jy79cab&p=oi&m=f5jy79cab&sit=cpvicvdeb&f=3132c314-4d90-4c03-ae7b-d6d41dff8473>
- ❖ Scan the QR Code to register for the current ECHO series



Check out all our ECHO programs: <https://iecho.org/hub-profile/ORG1683818198820A2K839G0L2>

Register for a FREE iECHO account: <https://iecho.org/welcome>

Visit the UAA Center for Human Development Project ECHO website for information: www.akecho.org

Please contact us at chdecho@alaska.edu if you have any questions or comments.