Curriculum

- Orientation/introduction to childhood obesity: practical primary approaches and scope of the problem.
- Counselling: defining and identifying childhood overweight and obesity, 5As Paradigm.
- Counselling: raising and discussing weight with a child and family.
- Counselling: nutrition action plan including assessment and goal setting.
- Counselling and Common co-morbidities: psychosocial problems including COS.
- Common co-morbidities: hypertension, hyperlipidaemia, obstructive sleep apnoea, impaired glucose metabolism, polycystic ovaries syndrome, secondary causes of obesity in children.
- Counselling: physical activity (PT) including discussion re screen time and sleep.
- Advocacy for a healthier built environment and staff wellness (health professionals ‘walk the walk’) evaluate the group’s needs/wishes – wrap-up and cases.

Further information

UNM ECHO website (http://echo.unm.edu/)
TedX video (https://www.youtube.com/watch?v=lY5nlXacog)

Contact us

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Why participate in ECHO®?

• Increase your skill and confidence in childhood overweight and obesity management.
• Acquire 40 free category 1 CPD points*.
• Receive ongoing access to multidisciplinary advice for your overweight and obese paediatric patients, beyond completion of the series.
• Become part of an engaged community of practice and increase your professional satisfaction.

Project ECHO® is already being used as a method for training GPs to manage children and young people with ADHD. GP participants enjoy the format and being part of a community of practice.

CHQ ECHO® testimonials

“Participating in ECHO® is like having a friendly weekly check-in with an expert panel to round out your complex consultations. The value to my patients in providing a well-rounded opinion to them after presenting their child’s case to the ECHO® panel is amazing. It has opened up my mind to the possibilities of multidisciplinary case conferences where I previously thought them an impossible dream for general practice”.

Dr Aaron Chambers MBBS BSc DCH FRACGP, Grow Medical.

“The session was fantastic - what a great format to provide support and professional guidance to such a large demographic area. I think this format of learning, sharing and support from the experts is great and should be adapted to other challenging clinical areas”.

Bernadette Sellwood, Senior Dietitian, Cairns Hospital

*accredited as an active learning module through the RACGP QI&CPD Program (2017-2019 Triennium).