

Carolyn B. Holly Essay Contest
Abstract Submission
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My essay reflects on the team-based philosophy essential to practicing medicine, inspired by Dr. Holly's work with SETMA. His vision of patient collaboration, healthcare technology integration, and teamwork has revolutionized primary care. My goals in expanding the entities encompassed within SETMA are decreasing the administrative burden through the use of advanced analytics in electronic medical records (EMRs), streamlining patient care by integrating insurance companies, and increasing the ability for the patient to “grab the baton” of their care.

Insurance company influence on a patient's care requires us to find a way to incorporate insurance into the healthcare team. While this poses challenges, the idea that insurance companies will not influence the care doctors provide may never come to fruition, requiring a solution to balancing clinical guidelines with insurance requirements to provide cost-effective care without compromising quality.

With the advancements of artificial intelligence, we can employ this technology to increase the efficiency of EMRs. We can also leverage technology to help our rural communities through telemedicine and drone delivery.

With shared decision making, the narrative of the physician providing resources and education for healthcare interventions and lifestyle changes has allowed the patient to grab the baton. This can be accomplished using a form of motivational interviewing that focuses on remembering, understanding, overcoming barriers, and motivating, allowing patients to feel confident in taking control of their care.

By adopting and expanding upon SETMA's patient-centered model, I envision a future in which family medicine continues to evolve, providing high-quality, cost-effective, and patient-empowered care.