

Abstract – Carolyn Ann Bellue Holly Annual Student Essay Award

Dr. James L. Holly's work at Southeast Texas Medical Associates showed how intentional, team-based, and data-driven care can truly transform primary care. His patient-centered medical home model—focused on collaboration, technology, and compassion—deeply resonates with me. Growing up in rural North Carolina with my father and brother both practicing family medicine, and later working at Goldman Sachs, I saw firsthand how teamwork and strategic thinking can lead to meaningful results in very different settings.

This essay outlines my vision for the future of primary care—one rooted in equity, accessibility, and the smart use of existing resources. I believe big change doesn't always require groundbreaking ideas; it often comes from implementing what we already have in more effective ways. That includes expanding the roles of community health workers, integrating multidisciplinary teams, improving how we use EHRs and telemedicine, and applying AI thoughtfully to support providers—not replace them.

Health equity is at the heart of this vision. My experiences in underserved communities, both in the U.S. and abroad, have shown me how urgently we need more accessible care. I propose mobile clinics, school-based health education, and regional hubs that bring patients, providers, and community leaders together through telehealth solutions.

Like the 1-in-60 rule in aviation, I believe small but intentional decisions in primary care can lead to big, lasting impacts. This essay is both a reflection on Dr. Holly's legacy and a personal commitment to building a more connected, compassionate future for healthcare.