



For Immediate Release
September 9, 2025

CONTACT:

Scott G. Allen, MS, CEO
Family Medicine Education Consortium
Scott.allen@fmec.net

Collaborative Project Advances Whole Person Care in Primary Care Settings

HOPE in Practice: Clinics reimagine patient engagement through integrative tools in a Family Medicine Education Consortium (FMEC) learning network

DAYTON, OHIO – The [Family Medicine Education Consortium \(FMEC\)](#), in partnership with [The Healing Works Foundation](#), launched a Performance Improvement/Continuing Medical Education (PICME) initiative aimed at advancing Whole Person Care (WPC) in primary care settings. Made possible through a generous 2022 grant from the [Samueli Foundation](#), this multi-site learning network united Family Medicine Residency Programs and independent clinics in a shared mission to reimagine patient care.

This project was an extension of previous, successful FMEC initiatives to engage residency program and clinic leaders in collaboratives to learn about Whole Person Care and Integrative Health. For more information on past efforts, visit the [FMEC Integrative Health](#) website.

Over the course of the project, 53 participants across 11 clinical sites engaged in targeted education, peer exchange, and hands-on implementation strategies. Together, they explored the rationale, benefits, and practical integration of Whole Person Care, an approach that places patient values, goals, and holistic well-being at the center of every clinical encounter.

Participating sites received training in the use of the [Personal Health Inventory \(PHI\)](#) and [HOPE \(Healing Oriented Practices & Environments\) Note](#), collaborating through structured meetings and faculty-led sessions to identify best practices for embedding these tools into routine clinic visits. The project also assessed the interest of physicians and patients in adopting WPC and supported clinics in expanding integrative health services through both internal and external partnerships.

Beyond the core cohort, FMEC broadened the initiative's reach by engaging its full membership through interactive polls, educational webinars on [Integrative Health](#) and [Lifestyle Medicine](#), and [curated resources](#), ensuring that the insights and tools from the collaborative were accessible to hundreds of clinicians across the network.

Key Outcomes Include:

- **Widespread Adoption:** At the start of the collaborative, 87.5% of participating programs had never used Whole Person Care (WPC), the Personal Health Inventory (PHI), or HOPE Note visits in their



practice. However, within a brief period, each clinic demonstrated successful implementation of these essential tools.

- **Clinical Integration:** All participating clinics successfully piloted HOPE Note visits with patients, incorporating the approach into select encounters as part of the collaborative. While not yet applied universally, clinics explored different strategies for integration.
 - 25% chose to spread HOPE Note discussions across multiple visits to allow for deeper reflection and manageable timeframes.
 - Time constraints were a common challenge, but clinics responded creatively. Some explored group visits, while 75% began having patients complete the PHI in the room prior to being seen by the physician.
- **EMR Innovation:** All participating programs explored and implemented some level of integration of the Personal Health Inventory (PHI) into their electronic medical record (EMR) systems. Many leveraged dot phrase functionality to streamline documentation, while others are actively planning enhancements to improve usability and embed Whole Person Care tools more seamlessly into clinical workflows
 - One-third of programs added the HOPE Note template directly into their EMR systems.
- **Expanded Resources & Partnerships:** Every program created a Practice Resource folder to catalog internal and external referral options.
 - Clinics strengthened relationships with complementary and integrative health providers, both within their organizations and throughout their communities, to broaden patient support.
- **Positive Impact:**
 - 100% of programs reported improvements in individual physician practice.
 - Over 60% saw enhancements in their clinic's delivery of integrative care.

Participant Reflections:

- “Patients love the shift in approach. They respond very favorably.”
- “The HOPE Note provided a wonderful deep dive into a patient's life.”
- “Excellent to allow Veterans to feel more comfortable and open up—to be part of a family, to show they matter.”

Clinic staff overwhelmingly agreed that both the PHI and HOPE Note were easy to implement and useful in practice. Constructive feedback highlighted the need for simplified language, expanded translation options, and cultural sensitivity in PHI phrasing—underscoring the importance of inclusive design in whole person care tools.

Looking Ahead: Every participating program expressed intent to build on the momentum of the collaborative, continuing to embed Whole Person Care into routine primary care. This commitment reflects a growing recognition that health is not just the absence of disease, but the presence of purpose, connection, and self-defined wellness.



About Samueli Foundation

Through 2022, [Samueli Foundation](#) supported Integrative Health Programs dedicated to the promotion of personal health and well-being with the support of health teams dedicated to all proven approaches, including conventional, complementary and self-care. Their support of the FMEC from 2019 to 2022 aligned with their focus of centering well-being at the heart of medical education and clinical care through large-scale investments in integrative health.

About the Family Medicine Education Consortium

The [FMEC](#) is a catalyst, convener, and incubator that connects family physicians and other stakeholders to improve the health communities by strengthening family medicine, primary care and medical education. The FMEC serves 14 states and the District of Columbia in the northeast region of the U.S., working with 60 medical school departments of family medicine, over 220 family medicine residency programs, and thousands of family physicians and other health care providers in community settings. Through an Annual Meeting for over 1,000 health professionals, annual awards, learning communities, and quality improvement projects, the FMEC inspires medical students to seek careers in family medicine, strengthens academic family medicine through faculty development and leadership experiences, and stimulates innovative approaches to primary care service delivery.

###