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COMMUNITY AS MEDICINE: QUALITATIVE EVALUATION OF THE OPEN SOURCE WELLNESS MODEL AT STANFORD HEALTH CARE FAMILY MEDICINE ASSOCIATES OF SAN JOSE

Background: Improving lifestyle behaviors such as physical activity, healthy eating, and stress reduction is critical for effective prevention and management of chronic conditions including diabetes, cardiovascular disease, and depression. Open Source Wellness (OSW, <https://www.opensourcewellness.org/>), a local non-profit organization, facilitates group visits that give patients critical social support to improve lifestyle behaviors, thus providing “community as medicine”. We evaluated the virtual implementation of OSW since 2020 at Stanford Health Care Family Medicine Associates of San Jose (FMA).

Methods: We used in-depth interviews with patients, OSW staff, and FMA providers based on the RE-AIM framework (Reach, Effectiveness, Adoption, Implementation, and Maintenance). RE-AIM assesses five domains to encapsulate diverse aspects of an intervention: reach (representativeness of participants), effectiveness (impact of the intervention), adoption (program initiation in various settings), implementation (consistency of delivery), and maintenance (long-term outcomes).

Outcomes: We conducted 43 interviews, including 35 current and former program participants (all FMA patients), six OSW health coaches, and two FMA physicians. Preliminary findings supported the success of OSW along the reach, effectiveness, adoption, and implementation domains, particularly regarding the program's simple incorporation into the primary care setting. Qualitative thematic analysis revealed that patients valued the social support and accountability provided by group-based goal-setting activities, while health coaches and physicians emphasized a notable increase in patient motivation.

Implications: Detailed analyses require more comprehensive coding of specific themes regarding participant and staff experiences. With continued utilization of the OSW model, evaluation of the maintenance domain and application of changes based on participant feedback may be considered next.

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