

Whole Health School of Medicine and Health Sciences

Whole Health School of Medicine and Health Sciences will be a new, independent, degree-granting, not-for-profit, medical school established by the Whole Health Institute in Northwest Arkansas that seeks to reimagine medical education in America by creating a pipeline of medical professionals trained in conventional medicine and Whole Health – a new approach to health that equips and empowers individuals to actively optimize their own mental, physical, spiritual health and well-being in collaboration with an integrated team of healthcare providers.



ACADEMIC EXCELLENCE

Doctor of Medicine (MD) Degree

Seeking Accreditation by the LCME

First Class to begin in 2024



WHOLE HEALTH

Empowering and equipping people to live a full and meaningful life

Integrating mental, physical, spiritual health and wellbeing

Rising to the health challenges of the 21st century



COLLABORATIVE ENDEAVOR

Collaborating with healthcare systems

Supporting community effort to become a premier healthcare destination

Creating opportunities for interprofessional education

Fact Sheet

Whole Health School of Medicine and Health Sciences

What is Whole Health:

- Whole Health empowers and equips people to define their personal purpose and take charge of their physical, mental, and spiritual health and well-being so they can live a full and meaningful life.
- Whole Health is made possible when empowered individuals are equipped with tools, knowledge, and support from their employer, community, and integrated care team who all value the connection between mind, body, and spirit and work together to help them define their life's purpose and actively optimize their health and well-being on a personal journey to living their life to the fullest.
- The vision is spurred by research revealing the United States has the highest level of healthcare spending worldwide and relatively low rankings in overall health. Success in Whole Health transformation would mean lower costs, less clinical and pharmaceutical needs, less chronic disease, and an increase in physical and mental well-being, self-care and a sense of meaning and purpose.

About Whole Health Institute:

- Established in 2020 and based in Bentonville, Arkansas, the Whole Health Institute and Chopra Library is a non-profit organization founded by Alice Walton and led by Executive Director, Tracy Gaudet, MD
- The Whole Health Institute is dedicated to radically redesigning the systems in our society that impact health and well-being with the ultimate goal of making whole health and well-being accessible to everyone
- As a champion for change and a connector of ideas, the Whole Health Institute is actively creating partnerships and programs with numerous organizations to create a “bridge to the future” – a future in which our nation has achieved a unified vision of health that is inclusive of the body, mind, and spirit.
- The Whole Health Institute's focus areas include Healthcare & Well-Being Delivery, Employee Whole Health, Whole Health Communities, Health Sector Finance & Policy and Whole Health Experience and Education.

Whole Health School of Medicine and Health Sciences (School of Medicine):

- Whole Health School of Medicine and Health Sciences will be a new, independent, degree-granting, not for profit, medical school in Northwest Arkansas that seeks to reimagine medical education in America by creating a pipeline of medical professionals trained in conventional medicine and Whole Health – a new approach to health that equips and empowers individuals to actively optimize their own mental, physical and spiritual health and well-being in collaboration with an integrated team of healthcare providers.

- The Whole Health School of Medicine and Health Sciences is a standalone sister organization of Whole Health Institute.
- Building evidence-based approaches, the curriculum will infuse traditional and conventional medicine with integrative techniques and will include biomedical sciences, clinical training, medical entrepreneurship, research, and a capstone with Whole Health principles ingrained throughout. The program is allopathic, meaning graduates will receive a Doctor of Medicine (MD) degree.
- The goal of the medical school is to create a new paradigm for Whole Health medical education. Students will be taught an approach to care that is whole-person-focused and anchored in self-care. Students, faculty and staff will be supported to embrace Whole Health in their own lives, empowered and equipped to take charge of their own health and well-being and focus on each person's meaning, aspiration and purpose.
- The School of Medicine Leadership Team includes:
 - Founding Dean, Elly Xenakis, MD, formerly Vice Chair for Education, the Division Chief of the Maternal-Fetal Medicine Division, and Residency Program Director in the Department of Obstetrics and Gynecology at the University of Texas Health Science Center at San Antonio;
 - Executive Vice Dean, Colleen O'Connor, PhD, formerly Associate Dean, Curricular Affairs, at Duke University School of Medicine;
 - Vice Dean for Education, Adam Rindfleisch, MD, MPhil, formerly Associate Professor in the Department of Family Medicine and the Medical Director in Integrative Health at University of Wisconsin-Madison School of Medicine and Public Health.
- The School of Medicine plans to break ground in 2022 and matriculate its first class in the fall of 2024.

Medical School Impact on Region and State:

- The School of Medicine will contribute to the health of the region and the state through clinical affiliations with local inpatient and outpatient providers, and partnerships with Federally Qualified Health Centers in underserved areas in Arkansas.
- Additionally, the medical school will bring jobs to the region, with the goal of retaining as many graduates as possible to the state of Arkansas for their residency training and practice, ultimately increasing the number of health care providers in the state and contributing to the health and well-being of the people of Arkansas.
- The medical school has also agreed to partner with colleagues at UAMS in Fayetteville to develop courses and curricula for faculty preceptors and residents (faculty development) around principles of whole health and approaches for clinicians training medical schools in the practice of whole health with their patients.
- Conversations are currently underway with leaders and researchers at the University of Arkansas to discuss ways to collaborate and work with the University's new Integrated Research Center.

- The School of Medicine also seeks to partner with local health care institutions to provide the required and elective clinical training of its students. The medical school plans to provide any training requested to prepare them for their role as an educator of medical students.
- In 2019, the NWA Council released a [report](#) which found that the region lost nearly \$1 Billion per year because people went outside the region for high-level specialty care. The Council's plan for addressing this issue included adding 200 additional residency positions, increasing integrative research to attract high-quality physicians and establishing a 4-year medical school.