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Personalized Healthcare: Improving Outcomes Through Precision Medicine

This presentation explores the concept of patient–provider symmetry as a catalyst for improved patient outcomes, grounded in the behavioral construct of Health Locus of Control (HLOC). Drawing from a recent integrative review, the presentation addresses how alignment between a patient's perceived control over their health and a provider's communication approach significantly influences engagement, trust, adherence, and health efficacy. The research question guiding this work is: How can recognition and strategic alignment of patient and provider HLOC enhance care outcomes, particularly when supported by emerging precision medicine tools? Background literature reveals that patients with an internal HLOC—those who believe they can influence their own health—are more likely to participate in shared decision-making and maintain positive health behaviors, while those with an external HLOC often disengage. The purpose of this presentation is to propose a three-step clinical framework designed to assess, align, and reinforce patient control beliefs within nursing practice. This methodology includes validated HLOC assessment tools, tailored communication strategies, and goal-setting techniques to support locus realignment. Preliminary results drawn from the literature and clinical simulations suggest that intentional alignment not only improves patient experience but also facilitates better clinical outcomes and long-term self-efficacy. In the concluding segment, the presentation pivots to insights from the presenter's forthcoming book, *Precision Medicine: AI and the Science of Personalized Healthcare*, that precision medicine, through wearables, genomics, and AI-assisted decision-making, provides both the data infrastructure and motivational scaffolding to support sustained patient engagement. Ultimately, the presentation suggests that incorporating locus of control awareness into precision-driven care models can help nurses and interdisciplinary teams achieve more equitable, participatory, and effective health outcomes.

Keywords: Patient engagement, health locus of control, precision medicine

Biography

Dr. James Wallace is a healthcare strategist, author, and former CEO with over 25 years of leadership in precision medicine, digital health, and value-based care transformation. He is the author of *Precision Medicine: AI and the Science of Personalized Healthcare* and holds a Doctor of Business Administration degree from the University of South Florida and an MBA from Harvard Business School. Dr. Wallace speaks internationally on the convergence of technology, psychology, and personalized care, with a focus on empowering patients and improving clinical outcomes through innovative, evidence-based practices.