

Review

Using Artificial Intelligence in Clinical Practice to Improve Human Health

Dillep Kumar Pentyala^{1*}

¹Sr. Data Reliability Engineer, Farmers Insurance, 6303 Owensmouth Ave,
Woodland Hills, CA 91367, UNITED STATES

ABSTRACT

The goal of this literature review is to summarise the most important findings from recent studies on AI in healthcare settings. When it comes to solving difficult medical challenges, artificial intelligence has been a game-changer. Artificial intelligence's capacity to efficiently and accurately examine massive amounts of data is one of its most significant advantages in clinical practice. As a result, several apps have emerged, which has boosted patient outcomes and eased doctors' and nurses' workloads. Doctors may rely on AI to help them make better diagnosis and create personalised treatment strategies. Cardiology, surgery, gastroenterology, pneumology, nephrology, urology, dermatology, orthopaedics, neurology, gynaecology, ophthalmology, paediatrics, haematology, critically ill patients, and diagnostic methods are among the many medical specialities that demonstrate successful AI applications. Issues of accuracy, informed consent, data security, privacy, regulatory framework, product responsibility, explainability, and transparency are highlighted as important legal and ethical factors. Lastly, this study concludes by providing a critical evaluation of AI applications in clinical practice, as well as its potential future directions. Nevertheless, it is crucial to proceed with caution during its development and deployment to guarantee that ethical issues are fulfilled.

KEYWORDS: Artificial Intelligence; Clinical Practice; Machine Learning; Neural Networks; Clinical Decision; Personalized Medicine

INTRODUCTION

The goal of artificial intelligence (AI) is to create computer programs that can learn and solve problems in the same way that humans can [1-3]. Humans

*Corresponding Author: Dillep Kumar Pentyala

were considered unique by the ancient Greeks because of our thinking abilities. The concept of the soul was first put out by a number of religious thinkers who held that humans were endowed with an eternal and fundamental nature by a higher power [3]. It is possible, says Plato, for a person to be intelligent and yet know very little about either the outside world or, even more importantly, about themselves. An independent system of rules governing the logical component of human cognition was first formulated by Aristotle, a disciple of Plato. In a 1936 academic work, Alan Turing defined "Entscheidungsproblem" and proposed the idea of "effective calculability" to solve this problem. The writers laid the framework for algorithms, which are computational models [4]. In 1943, the first electrical circuit-based artificial neural network (ANN) was created with the intention of mimicking the brain's neuronal connections [5]. The field of artificial intelligence was founded in 1956 at Dartmouth College. The first computer-based ANN research, employing models called "Adaline" and "Madaline," was accomplished after three years [6]. Pulmonary nodules seen in chest radiographs were the first to undergo computer-assisted diagnosis in 1963 [7]. In the biosciences, some fifteen years after AI was first developed, researchers made a noteworthy discovery.

It was especially clear in the Dendral trials [8]. But until the first mammography computer-aided detection (CAD) system was approved for use in 1998 by the US Food and Drug Administration (FDA) [9], technical difficulties limited the use of AI in the medical profession. Figure 1 is a simplified depiction of some significant landmarks in the development of artificial intelligence.

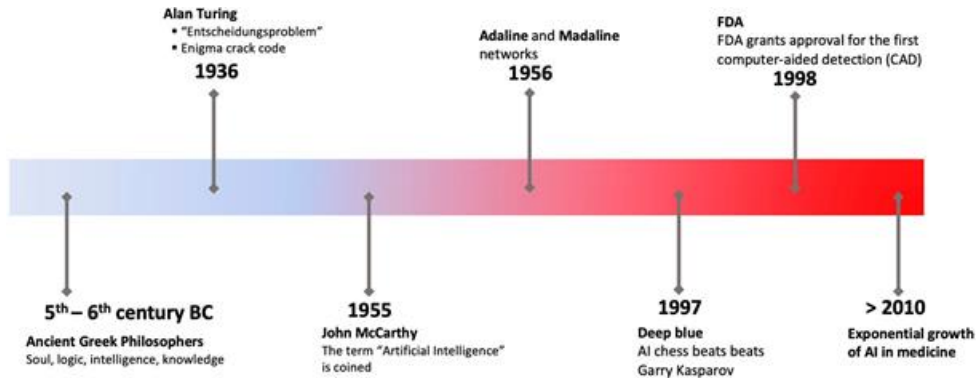


Figure 1. The progression of concepts in artificial intelligence and significant milestones.

According to the AI expert group under the EU digital strategy, AI systems nowadays include both software and hardware components. With the ability to gather data about their environment, these systems may function in both digital and physical settings. The rapid development of AI in the last several years has resulted in its broad use in many other sectors, including medicine, banking, transportation, drug discovery, and, more recently, pharmacokinetics [10-22]. Significant strides have been achieved in artificial intelligence (AI) in recent years, with the advent of algorithms and computer programs displaying cognitive capacities comparable to those of humans.

The field of clinical practice is one area where AI has demonstrated significant potential [23]. There are many pros and downsides of bringing AI into healthcare settings, as well as important ethical and regulatory aspects to think about [1]. AI has the ability to improve the accuracy of diagnoses, simplify administrative processes, and create unique treatment programs for each patient. Better and faster treatments are possible because AI systems can analyse massive amounts of medical data and find connections and patterns that humans would miss [1,2]. And AI can help with affordable healthcare solutions, which means better results for patients in the end. Better and faster diagnoses, individualised treatment programs, and lower healthcare expenditures are all possible outcomes of incorporating AI technology into

clinical decision-making processes. Artificial intelligence (AI) has the ability to greatly improve healthcare treatment, but it also introduces new legal and ethical challenges. Questions of openness, responsibility, and algorithmic bias arise when AI is used to make therapeutic decisions. There has to be strong legal frameworks and ethical standards in place to protect patient privacy and data security. Striking a balance between encouraging innovation and safeguarding patient rights necessitates careful analysis of the ethical consequences of AI in healthcare settings, as well as the creation of flexible legislative frameworks that can keep up with healthcare technology developments. Legal frameworks and regulations, explainable and transparent AI, ethical standards and guidelines, frequent audits and assessments, incentives for ethical practices, international collaboration, and regular assessments are all necessary to address the legal and ethical challenges of AI integration in clinical practice.

A basic overview of recent AI research in the field of clinical practice is the goal of this literature review. Artificial intelligence (AI) has many uses in the medical field beyond only diagnostics. It has found its way into surgical procedures, cardiology, neurology, urology, gynecology, haematology, and even pneumology. Also included are paediatrics. The goal of this study is to provide a general outline of AI's present medical applications rather than a detailed analysis of any one area (such as a specialty).

THE SUBJECTS AND APPROACHES

Articles had to be peer-reviewed and written in English in order for this inquiry to be valid. Criteria for acceptance included: (a) having been published in the past decade, and (b) being foundational works that laid the groundwork for modern AI.

Between July 14, 2023, and August 31, 2023, we searched the PubMed and Scopus databases for relevant material. Also, we looked at AI textbooks. To

identify terms in the papers' titles, abstracts, and keywords, two sets of keywords were used.

a. "Artificial intelligence," "machine learning," and "deep learning" were among the first set of keywords that included AI-related matters. But studies that use these approaches are likely to include "artificial intelligence" or "machine learning" in their abstracts or keywords; b. The next set of keywords included ideas related to the clinical application and the legal standing. Here, we ran composite searches with the following medical specialities and terms: "artificial intelligence" + "cardiology", "surgery", "anaesthesiology", "gastroenterology and hepatology", "pneumonology", "nephrology", "urology", "dermatology", "orthopaedics", "neurology", "gynaecology", "ophthalmology", "paediatrics", "haematology", "intensive care unit", "diagnostic methods", "legal status", "liability", "regulatory framework"..

After the duplicate entries were removed, the titles and abstracts of the found articles were carefully reviewed to see if they were suitable for inclusion:

A methodical use of the selection criteria allowed for the evaluation of investigations. Journal, author(s), publication date, research design, methods of analysis, findings, and conclusions were the following criteria used to evaluate each study after duplicate articles were removed: I. Articles written in English that were relevant to the review's goals were eligible. Studies that did not meet the qualifying requirements were excluded during the first abstract screening. All studies that were eligible for inclusion were carefully reviewed in order to improve the quality of the data. This review covered all the bases, including the research' justification, methodology, findings, discussion, and conclusions. Then, studies that showed potential bias in their methods, findings, or interpretation of data were not included.

The following were not included in the criteria for exclusion: (a) research that did not lead to any real improvements in clinical AI algorithms or (b) AI

applications that mostly served to automate tasks like insulin delivery and monitoring rather than provide decision support would be considered irrelevant.

OUTCOME

In general, AI has provided novel answers to complicated challenges, which has revolutionised the healthcare and medical fields [1-5]. Figure 2 shows that artificial intelligence comes in many forms, with deep learning (DL), ML, and natural language processing being the most common. Deep learning (DL) is a branch of AI that aims to mimic the way the human brain learns and makes choices (Figure 3). DL algorithms are created to automatically learn and get better over time, without any explicit programming required [24-26]. The skill of processing massive datasets and extracting

DL's ability to discover significant patterns has made it an invaluable resource for industries like autonomous driving and picture recognition.

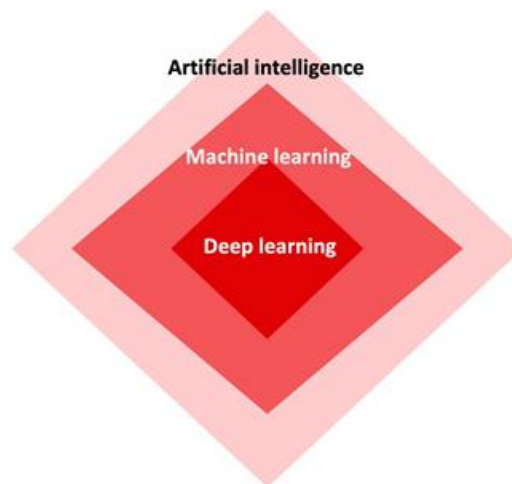


Figure 2. The interconnectedness among artificial intelligence, machine learning, and deep learning.

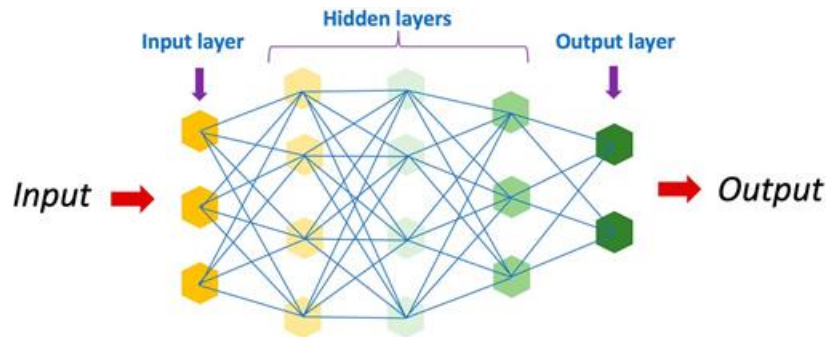


Figure 3. Schematic representation of an artificial neural network.

The main goal of machine learning is to improve models and algorithms that enable computers to learn new things and make judgements or predictions on their own, without human intervention or explicit programming [2]. Some common ways to classify ML are as follows: supervised, unsupervised, and reinforcement learning. An algorithm can learn to make predictions or decisions using supervised learning if the data is labelled [2]. This method involves using a dataset that includes both input variables and the matching output variables to train the algorithm. The objective is to teach the algorithm to recognise the connection between the two sets of data, so it can make accurate predictions for new, unseen data instances. Linear regression, logistic regression, support vector machines, decision trees, and other supervised learning methods see heavy usage.

In unsupervised learning, an algorithm may still do its job even in the absence of labelled data [2,24,27,28], making it a separate area of machine learning. The data should instead be able to discover structures, connections, or patterns on its own. When a clear target variable is not available or when important insights need to be extracted from data without prior expectations, this sort of learning becomes quite helpful. Unsupervised learning algorithms encompass a wide range of approaches, including dimensionality reduction methods like principal component analysis and factor analysis, clustering algorithms such as k-means and hierarchical clustering, and many more.

Training autonomous agents to efficiently make a sequence of decisions within a particular environment with the goal of optimising the total cumulative reward gained is the main purpose of reinforcement learning [29]. The agent learns patterns and structures from unlabelled data in unsupervised learning, or from labelled data in supervised learning, but in reinforcement learning, the agent learns by making mistakes. You may find examples of reinforcement learning approaches in methods like Q-learning and SARSA, which are value-based; policy-based; and model-based, such as Monte Carlo tree search.

Research in the area known as natural language processing (NLP) focusses on deciphering how computers and humans communicate through language [2]. Researchers in this area work to improve algorithms and methods that robots may use to understand, interpret, and produce meaningful human language. In this digital era, natural language processing (NLP) has grown in significance as it enables computers to sift through mountains of text data, including emails, social media postings, and news articles, in search of useful insights and information. The capacity to analyse large amounts of data quickly and accurately is one of the main benefits of AI in clinical practice. Improved patient outcomes and reduced effort for healthcare workers have resulted from a range of applications made possible by this capacity [30]. Several of the most exciting uses of artificial intelligence (AI) in healthcare will be discussed here. Over the previous several decades, AI development has experienced dramatic shifts. A departure from algorithmic techniques, personalised medicine is now possible because to the proliferation of AI in healthcare made possible by advances in machine learning (ML) and deep learning (DL). Future developments in illness detection, therapy response predicting, and preventative medicine may be enabled by the use of predictive models. The use of AI in healthcare has the ability to revolutionise several areas, including diagnostic accuracy, clinical operations, workflow optimisation, disease and

therapy monitoring, procedure precision, and, in the long run, result for the patient.

HEART DISEASE

Artificial intelligence refers to the use of complex computing algorithms and machine learning methods in cardiology. A more sophisticated and time-efficient analysis and interpretation of cardiac data is the goal of this method. To aid in the diagnosis, treatment, and management of cardiovascular disorders, it entails the creation of intelligent systems capable of learning from data, making predictions, and providing useful insights. There are now two primary uses of AI in the field of cardiovascular imaging: in the process of [31]. Image segmentation and the evaluation of structural and functional attributes are only two examples of the many jobs that may be automated to eliminate the need for human intervention. The discovery of revelations with therapeutic relevance is another crucial component. Implementing task automation was the primary focus of most of the listed applications. Additionally, there have been discussion of creating algorithms that can obtain heart rate readings.

The whole gamut of cardiovascular imaging, from data collecting to reporting, has been profoundly affected by AI [32-35]. The application of AI to improve computed tomography and magnetic resonance imaging are two examples of how this has an effect. Tools for magnetic resonance imaging that measure lumen diameter, detect coronary calcium score, and detect obstructive coronary disease. In addition, tasks including acquisition, segmentation, and report production have been greatly automated thanks to AI [35-38]. The large amount of observer variability in echocardiography interpretation stands in stark contrast to the previously outlined approaches and is a major cause for worry. Artificial intelligence has the ability to improve diagnostic accuracy in echocardiography and reduce inter-observer variability, therefore resolving this issue.

Recent years have seen a plethora of research on cardiomyopathy screening, with an emphasis on how AI may be used in tandem with electrocardiography (ECG) to improve diagnostic skills [36]. Even when left ventricular dysfunction is minimal, the practicality of AI/ECG screening for amyloidosis, cardiomyopathy, and dilated cardiomyopathy is maintained [39]. Left ventricular systolic dysfunction has been more often identified since AI/ECG has been used in routine clinical practice. To automatically differentiate between various cardiomyopathies, AI is used in imaging to assess the myocardium's thickness and characteristics [40]. The predictive power of this AI system, however, has not yet been well studied. Cardiomyopathy genomics is another area that is making use of AI, with applications such as pathogenicity prediction and clinical significance analysis of genetic variations [41–43].

MEDICAL PROCEDURE

Artificial intelligence and machine learning have a lot of promise for use in the surgical industry. Both the preoperative phase, when these models accurately diagnose pancreatic problems, and the postoperative phase, when they evaluate prognosis and forecast complications, have potential uses [44–46]. The use of AI to aid in bariatric surgery has also been successful. There have been encouraging advancements in the application of AI technologies within bariatric surgery as a result of their expanding integration across numerous healthcare subspecialties [47–49]. Patients that may benefit from bariatric surgery are a complicated group to treat. A multidisciplinary team of experts from several domains, such as psychiatrists, general surgeons, internists, and anaesthesiologists, must be involved in the assessment process. The complex nature of people suffering from obesity makes it extremely challenging for physicians across many medical specialties to conduct thorough assessments of patients before, during, and after surgical treatments [49].

The intraoperative phase is ripe with opportunities for artificial intelligence applications. It may find use in measuring anaesthesia depth, optimising haemodynamics, monitoring neuromuscular blocks, and medication management [50]. A noteworthy paper deals with the prediction of propofol's early dispersion kinetics. Indeed, there is a change in the amount of medication distribution among obese people. In particular, changes in plasma transport proteins occur with an increase in cardiac output and blood volume. Artificial intelligence was used in a study to efficiently manage the kinetics of the induction phase [51]. This was accomplished by making use of a detailed, high-resolution pharmacokinetic dataset. The effectiveness of a gated recurrent unit neural network, a recirculatory model, and a conventional four-compartment model were assessed using a comparative study. In terms of effectively capturing propofol's high-resolution pharmacokinetic data, the study found that a recirculatory model and a gated recurrent unit ANN performed similarly, outperforming a compartmental model [51].

At the same time, plastic surgeons often face cases in the clinic when there is no clear answer. In order to find the best course of therapy, it is necessary to use a detailed decision model that takes into account all relevant criteria, such as demographic and clinical information. Such models were often constructed using the decision tree analysis approach prior to the development of AI. Preoperative planning relies heavily on the localisation of important anatomical landmarks in medical imaging, assessing the results of the operation thereafter [52]. However, at now, identification is done manually or by executing the inserted auxiliaries, which is a tedious and inaccurate process. Scientists developed a method that first converted three-dimensional pictures into three separate sets of two-dimensional images [52] to improve the accuracy of landmark localisation on the surface of the distal femur. This allowed the system to learn to spot landmarks in the photos, which it then used to correctly ascertain the landmarks' three-dimensional spatial coordinates by integrating the results.

PAIN MEDICINE

Anaesthesia and operating room management have both benefited greatly from AI applications [53-55]. As the perioperative process progresses through its three unique phases, namely the preoperative [55-57], intraoperative [16-20], and postoperative [42-44] stages, several strategies can be used to carry out separate duties. The presence of continuous capnography renders ineffective a neural network trained to detect esophageal intubation [58,59]. An accurate clinical evaluation has uncovered a serious and previously undetected problem here. Adjusting a machine learning (ML) model to anticipate difficult intubation based on patient appearance is necessary for video laryngoscopy to be used. There is now a wider range of acceptable laryngeal visualisation results thanks to advancements in airway management technologies.

An algorithm that can independently control the level of anaesthesia by analysing EEG records has been the topic of continuous study since the 1950s. This has been a topic of study for anaesthesiologists for quite some time, and they are still actively looking into it.

LIVER AND GASTROINTESTINAL DISEASES

An increasing number of gastroenterologists and hepatologists are considering using AI and ML in their practice. A growing amount of literature in recent years has investigated the potential uses of artificial intelligence (AI) in several areas of medicine, with an emphasis on CAD as an example. Among these uses, CAD has been employed in the following fields: the diagnosis of premalignant and malignant gastrointestinal lesions; the prediction of treatment response in inflammatory bowel disease patients; the histopathological analysis of biopsy specimens; the assessment of the severity of liver fibrosis in chronic liver disease patients; the development of models for the allocation of liver transplants; and other related areas [55-60].

Artificial intelligence (AI) has a lot of untapped promise in the field of esophageal cancer prevention and early diagnosis. We have come a long way in this area of study, and a large chunk of American esophageal cancer research is still devoted to finding ways to improve the early diagnosis and treatment of Barrett's oesophagus and esophageal adenocarcinoma [61-65].

By offering early and accurate treatment response predictions and recommendations for personalised medication selection, AI has the potential to play a substantial role in the decision-making process for the treatment of inflammatory bowel disease. Progress has been achieved in the creation of AI/ML computer vision techniques within the field of inflammatory bowel disease. These instruments were developed with the express purpose of evaluating the extent of disorders by means of endoscopic examination. Distinguishing between spontaneous adenomas and non-neoplastic lesions and differentiating colitis from neoplasia are the primary aims of their research. Predicting therapy efficacy and determining illness recurrence probability are two areas where AI systems have received training [64]. When it comes to hepatology, AI and ML have a lot of room to grow. The aforementioned goals include monitoring the development of hepatic fibrosis, diagnosing non-alcoholic fatty liver disease, and identifying those who are at risk help improve organ transplantation protocols and to aid in the development of hepatocellular carcinoma [66].

One of the most important public health initiatives carried out by gastroenterologists is the fight against colorectal cancer. Thanks to advancements in ML, computer vision techniques may now be used to aid in the identification of polyps during colonoscopies. The use of CAD systems has been shown to increase the incidence of adenoma diagnosis, according to empirical data [67–70].

ACUTE RESPIRATORY MEDICINE

Artificial intelligence (AI), and more especially pattern identification using DL and ML algorithms, has a lot of potential uses in pulmonary medicine. Some examples of these uses include prognosis prediction, decision-making, and image analysis [5-7]. Significant clinical morbidity and death rates are characterised by lung cancer, a malignant tumour that is common [71]. The most common imaging findings in the early stages of lung cancer, known as nodules, can be difficult to interpret manually on films. The use of AI recognition technology can aid medical practitioners in the early diagnosis of lung cancer by doing multi-parameter cluster analysis and streamlining picture processing [72]. Recent studies have shown that AI systems can analyse chest computed tomography (CT) pictures and detect malignant lung nodules [73]. To aid doctors in improving the precision of lung cancer screening, the model was built utilising DL technology and uses AI to analyse CT scans. Using logistic regression analysis and including certain tumour markers, another research built a prediction model [74]. In comparison to the baseline combination detection technique using tumour markers, the created prediction model performed noticeably better, according to the study's findings.

Finding the best surgical strategy is made easier with the use of artificial intelligence, which has the ability to improve risk prediction during surgery [75-77]. One cognitive computing system that uses AI for data analysis and picture conversion is IBM Watson for Oncology. Its main goal is to help doctors find important details in their patients' records, provide relevant data, and make it easier to look into different treatment choices [77]. When compared to subjective features like tumour speculation and objective features like shape and texture obtained through image analysis software, the use of deep neural networks for the identification of respiratory illnesses in chest radiographs and CT scans has significantly improved diagnostic accuracy [78].

KIDNEY DISEASE

One known cause of renal failure is IgA nephropathy (IgAN), and the idea of progressive immunoglobulins describes how immunoglobulins evolve and grow over time. Nevertheless, it is difficult for the nephrologist to predict whether people will experience renal failure when they are diagnosed. On the other hand, being able to identify these people might be helpful for diagnosis and therapy. Age, sex, blood pressure, proteinuria, serum creatinine level, and anti-hypertensive medications are some of the clinical and biological factors that have been hypothesised to be associated with the probability of developing progressive IgAN at the time of diagnosis [79]. The researchers came up with the idea for an ANN and put it into action to approximate the function outlined before. Results showed that ANN outperformed seasoned nephrologists in predicting when progressive IgAN would start [79]. More specifically, nephrologists only managed an accuracy rate of 69.4 percent, whereas ANNs were 87 percent accurate. In addition, the ANN's sensitivity of 86.4% was greater than the nephrologists' sensitivity of 72%, suggesting that it could accurately detect real positive instances. And just like that, the ANN showed its ability to correctly detect genuine negative cases is demonstrated by its specificity of 87.5%, which is greater than the nephrologists' specificity of 66%. These methods have the ability to help doctors with patient staging and management for a variety of progressive illnesses.

Among the many uses for AI models are the following: improving the management of anaemia in haemodialysis patients, estimating the optimal dry weight for haemodialysis patients, predicting the rate of decline in glomerular filtration rate in individuals with autosomal dominant polycystic kidney disease, and identifying specific pathogens responsible for bacterial infections in patients with Parkinson's disease [80-83].

SEXUAL HEALTH

Artificial intelligence is mostly applied in the urology sector, namely in the area of gen-itourinary cancers. With an emphasis on prostate cancer, one study

used AI to forecast the results of prostate biopsies. The diagnostic assessment and recurrence-free likelihood of bladder cancer were analysed using ML algorithms. When it comes to kidney and testicular cancer, there have been anecdotal accounts of how to stage the disease and anticipate when it may return. Stones and functional urology are two examples of non-oncological disorders that have recently discovered AI applications.

Using AI for prostate cancer care has been the subject of a great deal of academic research in the last few decades. The current paradigm in precision medicine and surgery is supported by these results [84]. Numerous breakthroughs have been made in the wide variety of applications that comprise prostate cancer diagnostics in recent years [85]. In 1994, a groundbreaking study was carried out to assess the possible use of ANN in forecasting the results of prostate-specific antigen levels in men with abnormalities. Furthermore, the study sought to evaluate the efficacy of ANN in forecasting treatment results after radical prostatectomy [85-88]. The research showed that two separate AI systems were equally good at making predictions [87]. Data from a multicenter European referral database located in Vienna was used expressly to design these systems. It is the hope of these AI systems that men can be diagnosed with prostate cancer at an earlier stage. Another study discovered that a DL survival model could accurately estimate how long it would take for patients to regain urine continence following Robot-Assisted Radical Prostatectomy [88]. A combination of patient-specific variables and Anatomical Pathology Markers (APMs) allowed for this forecast to materialise. Additionally, this approach has outperformed surgeon experience alone in terms of identifying APMs of top surgeons, allowing for effective surgeon classification. The APMs might identify surgeons who had better and worse results in terms of the quality of urinary continence recovery their patients experienced.

A bacterial illness that impacts the urinary system, which includes the urethra and bladder, is known as a urinary tract infection (UTI). In a major study, UTIs were the centre of attention where an artificial intelligence system was created to aid in the identification of these illnesses [9]. Participants had a diagnosis of cystitis or nonspecific urethritis to participate in the research. Subjects were put through a battery of tests, including taking their vitals, analysing urine samples, and using ultrasonography, among other things. Based on symptoms including suprapubic discomfort, pollakiuria, and urinalysis results, the results showed that AI could effectively diagnose UTIs using erythrocyte values alone. The AI model's astounding 98.3% accuracy rate implies it might be a more economical substitute for pricey ultrasound and laboratory procedures.

When discussing the urinary system, the subspeciality known as "functional urology" comes up. Functional urology is now part of the list of fields investigating AI's possible uses. For women with a diagnosis of pelvic organ prolapse, a research examined the efficacy of artificial intelligence models with multiple linear regression in lieu of preoperative urodynamic examination [2]. Urodynamic investigations were shown to be more successful than multivariate logistic regression and AI in detecting urine dysfunction in a study of 804 women diagnosed with pelvic organ prolapse. The goal of a kidney transplant surgery is to replace a patient's damaged kidneys with a new, healthy one. Interest in using artificial intelligence predicting techniques for kidney transplantation has been on the rise in recent years. Similarly, research into the use of AI to determine what variables and risk factors lead to kidney transplant failure has been conducted [73]. The conventional logistic regression model was contrasted with the AI method. Data analysis from 378 cases showed that the AI technique was more accurate than logistic regression.

SKIN CARE

Lesions' outward characteristics are the main indicator of a skin illness. Dermatology, on the other hand, covers a wide range of skin conditions, including more than 2000 unique disorders. It might be difficult to accurately diagnose and treat some skin lesions since they can appear identical across different disorders [47]. Dermatologists are in particularly limited supply in underdeveloped nations and rural areas, where patients have an immediate need for more access to healthcare, expert advice, and clinical assistance [67].

The fast evolution of big data, improvements in picture identification, and the widespread availability of smartphones worldwide offer a game-changing opportunity for the diagnosis and treatment of skin disorders [89]. Particularly for underserved areas and those with low resources, AI may provide faster diagnoses, which opens up more treatment choices and makes them more accessible [10]. There is a good chance that the use of AI and algorithms will quickly become the norm in the assessment and diagnosis industry. An essential part of dermatological diagnosis is looking at the shape and structure of a skin problem. The reliability of facial recognition and aesthetic analysis has been greatly enhanced because to advancements in AI [15].

The use of Tegument, a text-based system on personal computers, dates back to 1987 and is considered the beginning of artificial intelligence in the field of dermatopathology. Classifying 986 histopathological diagnoses from light microscopic pictures was the primary goal of developing the system. The results were 91.8% more accurate than those of a trained dermatopathologist. Back then, people thought the idea of human-independent image analysis couldn't work since there wasn't enough technology to do entire slide imaging. Recent years have seen the actualisation of machine-based systems' ability to accurately categorise common illnesses.

For the purpose of identifying and classifying full slide pictures of cutaneous nevus, seborrhoeic keratoses, and nodular basal cell carcinoma, eleven DL algorithms were created in a research study. As a result of pixelation, the

visual representations were disintegrating the pictures as a starting point for data analysis. The field of pathology has its own DL algorithm that uses whole-slide imaging. Basaloid, squamoid, melanocytic, and other are the four diagnostic groupings that these pictures are effectively classified into by the algorithm. To get the most likely diagnosis, the system that was put into place uses three convolutional neural networks in a row.

Because treatment choices differ depending on whether a lesion is malignant or benign, dermatopathologists place a premium on being able to tell the difference. In this regard, a research classified 695 melanocytic neoplasms to differentiate between melanoma and nevus. All stages of melanoma and different kinds of nevi were represented in the research. The current study found that when compared to human pathologists, convolutional neural networks significantly outperformed them in histopathologically identifying nevi and melanoma. The resemblance indicated earlier was further supported by the observed discordance rate of 25-26% among dermatopathologists.

Another study used whole-slide imaging to determine how well a DL algorithm identified three different dermatopathological disorders [106]. According to the results, the AI system was quite accurate in its classification of various carcinomas. The diagnosis of skin malignancies other than melanoma is more difficult than the simple binary classification required to differentiate between pigmented nevi and melanoma. This is because there is a wide range of inflammatory dermatoses, benign and malignant illnesses, and complicated classifications of these ailments that make differential diagnosis difficult. The ability of convolutional neural networks to accurately identify and diagnose lesions that lack pigmentation was the subject of a recent research. A total of 95 doctors, including 62 board-certified dermatologists, had their diagnosis compared to the results. No evidence was found that convolutional neural networks could outperform human medical specialists in making accurate diagnoses. But when it came to diagnosing common skin

cancers, they were far more accurate. In contrast, when it came to detecting rare non-pigmented cancers, such as amelanotic melanoma, convolutional neural networks were less accurate than human doctors [54-61].

BACK AND JOINT MEDICINE

In light of the high prevalence of long-standing pain in the UK, which is predicted to be between 30% and 50% [108], supervised ML may be used to categorise individuals into pain phenotypes using brain MRI. An extensive review of machine learning (ML) applications in the context of chronic pain, which includes pain conditions beyond musculoskeletal disorders, is necessary because identifying the neural correlates of pain is challenging due to the lack of pain-correlating tissue pathology and the reliance on self-reported measures for subgroup classification [19]. The use of ML approaches to predictively categorise people into different pain phenotypes is highlighted by the authors.

A separate study found that frontal plane knee biomechanics correlate with injury risk prediction [11]. One research employed inertial sensor data to classify one-leg squat performance according to knee valgus extent [19]. A total of fourteen people made up the study's sample, and one hundred forty photos were considered. Researchers also polled three professional raters for their thoughts on the dangers of the observed performances. "Poor," "moderate," and "good" were the three categories into which the categorisation process was divided using supervised learning. According to the results, when a 2-class classification test was executed, the accuracy levels were found to be quite high. On the other hand, a 30% drop in accuracy was seen when the classification task's complexity was raised to a 3-class classification. Research involving the musculoskeletal system has seldom made use of unsupervised learning techniques. A study found that the chronic pain challenge evaluates the possibility with long-term discomfort using a system of weights for different health-related actions [12]. This study shows that pain levels, as evaluated by the Oswestry Disability Index and the visual analogue scale, can

be accurately predicted using both supervised and unsupervised approaches. These forecasts are derived from the equivalent levels of depression, diet, and exercise. While this does highlight ML's capacity to classify chronicity risk using patient-reported data, it does not prove that unsupervised learning is beneficial on its own.

BRAIN AND SPINAL CORD

Neuroimaging is essential for both medical treatment and scientific research because it allows us to see the brain in all its healthy and diseased glory. In order to better understand the brain and its functions, neuroimaging, like many other fields, makes use of advanced analytical tools to process imaging data. Recently, ML has been instrumental in making important advancements. Also, it's been really helpful for tracking imaging changes over time and for quickly diagnosing acute diseases like stroke. Our understanding of the brain's intricate connections and their relevance in therapeutic decision-making is growing in tandem with our ability to see and study the brain.

The use of AI in neuro-oncology shows great promise, even if it is still in its early phases of development. The use of AI algorithms is expected to revolutionise our understanding of brain tumours and contribute significantly to progress in neuro-oncology. Molecular markers have become more important in neuro-oncology as a means of directing treatment approaches [13]. When it comes to noninvasively identifying important molecular markers from diagnostic imaging, AI systems have shown remarkable effectiveness and accuracy. Several markers' mutational statuses have been effectively detected by AI algorithms in different institutional datasets [11]. Also, even with smaller patient cohorts, AI-based systems have shown to successfully detect experimental molecular markers [36].

Clinical care of brain tumours has been enhanced by the use of AI for diagnostic imaging analysis. The neuro-oncology sector might greatly benefit

from the automation of labour-intensive processes through the use of artificial intelligence. Brain metastases of millimetres or less can be identified using DL methods and MRI, according to many studies. In addition, similar DL models have shown noteworthy effectiveness in automated tumour segmentation, which improves the efficiency of radiation therapy treatment planning. AI has shown promise in reliably distinguishing between different types of CNS cancers without invasive procedures, and it has achieved results that are on par with those of seasoned neuroradiologists. In settings with limited resources and no access to professional neuroradiologists, these AI algorithms may prove to be invaluable.

CONCLUSION

There are several pros and downsides of incorporating AI into clinical practice, and these factors have important legal and ethical ramifications. The use of AI has the potential to revolutionise healthcare by making diagnoses more accurate, administrative procedures more efficient, and treatment programs more tailored to each individual. Artificial intelligence systems can analyse massive volumes of medical data, finding connections and patterns that humans would miss, allowing for faster, more accurate diagnoses and treatments. Furthermore, AI has the potential to enhance patient outcomes while also contributing to healthcare solutions that are cost-effective. Better healthcare decisions are made possible by using AI technologies. As a result, AI may improve patient care benefits, including less expensive healthcare, individualised treatment programs, and quicker and more precise diagnosis. There is a lot of untapped promise in artificial intelligence (AI) for clinical practice, but we must keep pouring resources into the field to find out what it can do. This method has the potential to deepen our comprehension of AI's potential to improve healthcare, which in turn can inspire the creation of innovative resources that will be useful for both patients and doctors.

However, it must be developed and implemented with caution, with the help of healthcare experts, to guarantee that all ethical concerns are satisfied.

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