

Digital Health

The Role of Artificial Intelligence in Internal Medicine: Enhancing Diagnostic Accuracy and Personalised Care

Suhail Chughtai

Consultant Orthopaedic Surgeon (locum) & Medico-Legal Examiner, London, UK,
Microsoft Certified Specialist & Telehealth/AI Software Concept Designer

Abstract

Artificial Intelligence (AI) is transforming the landscape of internal medicine by introducing advanced tools and methodologies that significantly enhance the quality and precision of healthcare delivery. AI systems can process vast amounts of medical data with unprecedented speed and accuracy, enabling clinicians to improve diagnostic accuracy, optimise treatment plans, and provide personalised patient care. Most of my colleagues will soon find it crucial to understand AI's practical applications and benefits and harness its full potential for improving patient outcomes.

How to cite this:

Chughtai S. The Role of Artificial Intelligence in Internal Medicine: Enhancing Diagnostic Accuracy and Personalised Care. J Pak Soc Intern Med. 2024;5(3): 660-664

Corresponding Author: Dr. Suhail Chughtai

Email: Director@MLProfessionals.com

Received: 12-07-2024

Accepted: 07-08-2024

DOI: <https://doi.org/10.70302/jpsim.v5i3.2461>



Role In Diagnostic Accuracy

AI-Powered Diagnostic Tools: Artificial Intelligence (AI) is revolutionizing the field of internal medicine by providing robust diagnostic support that enhances the accuracy and efficiency of disease detection and management. AI-powered diagnostic tools, with their potential to analyze vast and complex datasets from various medical sources, offer insights that can surpass human capabilities. These tools are invaluable in identifying patterns, correlations, and subtle anomalies that clinicians may overlook, thereby facilitating early and accurate diagnoses. This reassures us of the reliability and potential of AI in healthcare.¹

Below are key areas where AI is making significant contributions to diagnostic support in internal medicine:

Radiology

Radiology is one of the most promising areas for AI applications, as image analysis is crucial for diagnosing a wide range of conditions.² AI-driven image analysis software uses machine learning algorithms intense learning to interpret medical images with remarkable precision.

Applications in Radiology

- *Lung Cancer Detection:* AI algorithms are trained to recognise patterns indicative of lung cancer in chest X-rays and CT scans. These tools can identify small nodules or lesions that may be missed by human eyes, enabling earlier detection and intervention.
- *Cardiovascular Disease:* AI systems analyse cardiac imaging studies, such as echocardiograms and cardiac MRIs, to detect heart structure and function abnormalities. This helps identify conditions like coronary artery disease, heart failure, and valvular heart disease at an early stage.
- *Neurological Disorders:* AI tools assist in diagnosing neurological conditions such as stroke, multiple sclerosis, and brain tumours by analysing MRI and CT scans. They can highlight areas of concern accurately, aiding neurologists in treatment planning.

- **Mammography:** AI software improves the accuracy of mammogram interpretations by identifying suspicious areas that may indicate breast cancer. This reduces false negatives and increases the



likelihood of early detection.

Pathology

In pathology, AI enhances the analysis of histopathological slides by automating the identification and classification of cells and tissues. Machine learning models are trained to recognise specific features that differentiate normal from abnormal tissue.³

Applications in Pathology

- **Cancer Detection:** AI tools analyse digital pathology slides to identify cancerous cells with high precision. They can distinguish between various types of cancer, such as melanoma and carcinoma, by recognising unique cellular patterns.
- **Tumour Grading:** AI models assist pathologists in grading tumours by assessing the degree of abnormality in cells. Accurate grading is crucial for determining prognosis and treatment options.
- **Subtyping:** In cases like breast cancer, AI can classify tumours into subtypes based on molecular characteristics, guiding personalised treatment plans.
- **Workflow Efficiency:** AI systems automate routine tasks, such as slide scanning and data entry, allowing pathologists to focus on more complex cases



and improving overall diagnostic efficiency.

Laboratory Medicine: AI applications in laboratory medicine focus on automating and improving the accuracy of laboratory tests and interpretation of results. These tools analyse data from blood tests, genetic tests, and other laboratory investigations to provide actionable insights.⁴

Applications in Laboratory Medicine

- **Blood Test Analysis:** AI algorithms process large volumes of blood test data to detect anomalies and trends that indicate underlying health issues. For instance, AI can predict anaemia or infection by analysing complete blood count results.
- **Genetic Testing:** AI tools analyse genetic data to identify mutations and variations associated with hereditary diseases. This aids in diagnosing genetic disorders and informs risk assessment for conditions like cancer and cardiovascular disease.
- **Microbiology:** AI systems assist in identifying pathogens from culture data, predicting antimicrobial



resistance patterns, and guiding appropriate antibiotic therapy.

Electronic Health Records (EHRs): AI enhances the utility of electronic health records by extracting and analysing relevant information to support clinical decision-making. Natural language processing (NLP) algorithms enable extraction of meaningful insights from unstructured data within EHRs.⁵

Applications in EHRs

- **Clinical Decision Support:** AI systems analyse EHR data to provide real-time decision support for clinicians, such as suggesting potential diagnoses or recommending treatment options based on patient history and current symptoms.
- **Risk Prediction:** AI models predict patient outcomes, such as the risk of readmission or disease progression, by analysing historical data and identifying high-risk patients.
- **Data Integration:** AI tools integrate data from various sources within the EHR, providing a comprehensive view of the patient's health status and facilitating coordinated care.

Benefits of Ai-Powered Diagnostic Tools

- *Improved Accuracy:* AI algorithms consistently outperform human interpretation in accuracy, particularly in identifying subtle patterns in complex datasets.
- *Early Detection:* AI enables the early detection of diseases, improving the chances of successful treatment and reducing mortality rates.
- *Efficiency:* AI automates routine tasks, allowing clinicians time to focus on patient care and complex decision-making.



- *Personalisation:* AI supports personalised medicine by analysing individual patient data to tailor diagnostic and treatment strategies.

Challenges and Considerations

- *Data Quality:* AI algorithms' accuracy depends on the data quality used for training. Ensuring high-quality and representative datasets is crucial.
- *Bias:* AI systems may inadvertently learn biases in training data, leading to disparities in diagnosis and treatment.
- *Integration:* Integrating AI tools into clinical workflows requires collaboration between clinicians, data scientists, and IT specialists.



- *Regulatory Compliance:* Ensuring compliance with healthcare regulations and maintaining patient data privacy are essential considerations.

Role In Personalised Medicine Practice

Tailored Treatment Plans: AI enables the analysis of vast amounts of patient data to identify individual genetic, environmental, and lifestyle factors that influence disease progression and response to treatment. This allows for the development of personalised treatment plans that optimise therapeutic outcomes.⁶

- *Optimising Treatment Plans:* AI optimises treatment plans by providing insights tailored to individual patient needs. By analysing diverse data sources, AI can suggest the most effective treatment strategies based on a patient's medical history, genetic makeup, and health status. Key applications include:
- *Pharmacogenomics:* AI algorithms can analyse genetic data to predict a patient's response to specific medications. This information enables clinicians to select the most likely effective drugs while minimising adverse effects, a practice known as personalised medicine.
- *Chronic Disease Management:* AI systems can predict disease progression and identify patients at risk for complications, allowing for proactive management strategies. For instance, in diabetes care, AI can analyse blood glucose patterns and lifestyle data to recommend personalised interventions that help maintain optimal blood sugar levels.

Enhancing Personalised Patient Care: Personalised patient care is at the forefront of AI applications in internal medicine. By leveraging AI technologies, clinicians can tailor healthcare delivery to meet each patient's specific needs and preferences, improving patient satisfaction and outcomes. Essential facets of personalised care include:

- *Predictive Analytics:* AI models can forecast the likelihood of disease onset or complications by analysing patient data, enabling early intervention and preventive care. For example, AI can identify patients at high risk for cardiovascular events based on lifestyle, genetic, and clinical data, prompting timely preventive measures.
- *Patient Engagement:* AI-powered chatbots and virtual health assistants can engage patients by providing timely information, reminders, and support. These tools enhance patient adherence to treatment plans and encourage active participation in their healthcare.
- *Remote Monitoring:* AI-enabled wearable devices and mobile applications allow for continuous monitoring of patients' health metrics, such as heart

rate, activity levels, and sleep patterns. This real-time data enables healthcare providers to make informed decisions and intervene promptly when necessary.

Practical Applications and Benefits: Understanding and integrating AI technologies into clinical practice offers numerous benefits for internal medicine specialists:

- **Increased Efficiency:** AI automates routine tasks such as data entry, scheduling, and billing, freeing up valuable time for healthcare providers to focus on patient care. This leads to increased productivity and reduced administrative burdens.
- **Enhanced Decision-Making:** AI provides clinicians with evidence-based insights and recommendations, supporting more informed decision-making. This is particularly valuable in complex cases where multiple variables must be considered.



- **Improved Patient Outcomes:** By enabling early detection, personalised treatment, and proactive management, AI contributes to better health outcomes, reduced hospitalisations, and improved quality of life for patients.

Optimizing Workflows for Enhanced Clinical Efficiency: The integration of AI technologies in healthcare settings offers significant potential for optimising administrative and clinical workflows. By automating routine tasks, AI can alleviate healthcare professionals' workload, enabling them to dedicate more time and attention to patient care. This improves efficiency and enhances the overall quality of service provided to patients.⁷

Key Applications of AI in Clinical Workflow Optimization;

1. **Electronic Health Record (EHR) Management:** AI-powered natural language processing (NLP) tools are revolutionising how healthcare providers interact with Electronic Health Records (EHRs). These advanced systems can automatically extract and summarise critical patient information, significantly reducing healthcare professionals' time on

documentation. By minimising administrative burdens, internists and other clinicians can focus more on patient care, thereby improving the quality and efficiency of clinical operations.

2. **Appointment Scheduling:** AI-driven scheduling systems offer sophisticated solutions for optimising appointment bookings. These systems analyse patient needs and clinician availability to create optimal appointment schedules, which reduces wait times and increases patient satisfaction. By efficiently managing appointment times, healthcare facilities can ensure better resource utilisation, leading to smoother operational workflows and improved patient experiences.



Overall, the adoption of AI technologies in clinical settings streamlines operations and empowers healthcare professionals to provide better patient care. By focusing on core clinical activities rather than administrative tasks, clinicians can enhance efficiency and the patient experience.

Continuous Monitoring and Telemedicine

Remote Patient Monitoring: AI-enabled devices and wearables can continuously monitor patient's vital signs and health parameters, providing real-time data for timely interventions.⁸ Further applications include;

- **Chronic Disease Monitoring:** AI-driven platforms can monitor patients with chronic conditions such as hypertension or heart failure, alerting healthcare providers to any significant changes in health status.
- **Telemedicine:** AI can enhance telemedicine platforms by providing diagnostic support and decision-making assistance during virtual consultations.

Challenges and Considerations: While AI holds immense potential for transforming internal medicine, there are several challenges and considerations to address:

- **Data Privacy and Security:** Ensuring the confi-

dentiality and security of patient data is paramount when implementing AI solutions in clinical practice.

- *Bias and Fairness:* AI algorithms must be trained on diverse datasets to avoid biases that could lead to unequal healthcare outcomes.
- *Integration with Clinical Workflows:* Integrating



AI tools into clinical workflows requires careful planning and collaboration with healthcare professionals.

- *Regulatory and Ethical Concerns:* Adhering to regulatory standards and addressing ethical considerations is crucial for the responsible use of AI in medicine.

Conclusion

AI is poised to revolutionise internal medicine by enhancing diagnostic accuracy, personalising treatment plans, and optimising clinical workflows. By understanding and embracing AI technologies, internists can improve patient outcomes, increase efficiency, and deliver more personalised care. As AI evolves, ongoing collaboration between clinicians, data scientists, and technology developers will be essential to fully realise its potential in transforming healthcare.

Conflict of interest: None

Funding source: None

References

1. Krishnan G, Singh S, Pathania M, Gosavi S, Abhishek S, Parchani A, Dhar M. Artificial intelligence in clinical medicine: catalyzing a sustainable global healthcare paradigm. *Frontiers in Artificial Intelligence*. 2023; doi: 10.3389/frai.2023.1227091.
2. Najjar R. Redefining radiology: a review of artificial intelligence integration in medical imaging. *Diagnostics*, 2023;13 (17): 2760.
3. Hwang JH, Lim M, Han G, Park H, Kim YB, Park J, Jun SY, Lee J, Cho JW. Preparing pathological data to develop an artificial intelligence model in the nonclinical study. *Sci Rep*. 2023;13(1):3896.
4. Oduoye MO, Fatima E, Muzammil MA, Dave T, Irfan H, Fariha FN, et al. Impacts of the advancement in artificial intelligence on laboratory medicine in low-and middle-income countries: Challenges and recommendations —A literature review. *Health Sci Rep*. 2024; 7(1):e1794.
5. Hossain E, Rana R, Higgins N, Soar J, Barua PD, Pisani AR, Turner K. Natural language processing in electronic health records in relation to healthcare decision-making: a systematic review. *Computers Biol Med*. 2023; 155 (3):106649.
6. Khalifa M, Albadawy M. Artificial Intelligence for Clinical Prediction: Exploring Key Domains and Essential Functions. *Computer Methods Prog Biomed Update*. 2024; <https://doi.org/10.1016/j.cmpbup.2024.100148>.
7. Maleki Varnosfaderani S, Forouzanfar M. The role of AI in hospitals and clinics: transforming healthcare in the 21st century. *Bioengineering*. 2024;11(4):337.
8. Shajari S, Kuruvinashetti K, Komeili A, Sundararaj U. The emergence of AI-based wearable sensors for digital health technology: a review. *Sensors*. 2023; 23 (23):9498.