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## Benefits and Challenges of Artificial Intelligence in HealthCare

Aswathy Ashok<sup>1</sup>, Merlin Johnson<sup>2</sup>, Reshma S<sup>3</sup>, Sijin Mathew George<sup>4</sup>, Sunandha Rajagopal<sup>5</sup>

<sup>1,2,3,4</sup>PG-Department of M.C.A, Kristu Jyothi College of Management and Technology Changanassery, Kerala

<sup>5</sup>Assistant Professor, Department of M.C.A, Kristu Jyothi College of Management and Technology Changanassery, Kerala

### ABSTRACT

Artificial intelligence is the simulation of human intelligence processes by machine, it plays a crucial role in our day to day life. Artificial intelligence has possibly changed wellbeing to an extremely incredible degree. The execution of Artificial Intelligence has expanded in numerous areas including the Medical sector. Artificially intelligent computer systems are used extensively in medical science. The common application of AI in medical sector include diagnosing patients, end-to-end drug discovery and development, improving communication between physician and patient, transcribing medical documents, such as prescriptions, and remotely treating patients. Man-made intelligence is the boundless branch worried about building savvy machine equipped for performing undertakings that require human knowledge. AI in medical sector improves so many benefits to the peoples and also the organizations. This study investigates the advantages and difficulties associated with AI involving in medical services. It also consider the future grow of Ai in medical sector and what are the remedies for the challenges.

**Keywords :** Artificial Intelligence, Healthcare, Patient consideration, AI, Bias, virtual Health Assistance.

### 1. Introduction

Man-made brainpower is steadily changing the scene of medical care and biomedical research. Artificial insight is the capacity to cause PCs or machines to figure out how to tackle issues that would somehow or another require human exertion. Propels in processing power have made it conceivable to break down a lot of information rapidly with consistency and exactness. This has empowered medical care researchers to apply AI to tremendous, complex informational collections in a way that further develops navigation, determination and therapy by identifying designs in understanding information.

Man-made brainpower (AI) and related advances are progressively pervasive in business and society, and are starting to be applied to medical services. These advances can possibly change numerous parts of patient consideration, as well as managerial cycles inside supplier, payer and drug associations.

There are as of now various examination studies proposing that AI can proceed as well as or better than people at key medical services errands, like diagnosing infection. Today, calculations are now beating radiologists at spotting threatening cancers, and directing scientists in how to build associates for expensive clinical preliminaries. In any case, for various reasons, we accept that it will be numerous prior years AI replaces people for expansive clinical cycle spaces. In this article, we portray both the potential that AI offers to robotize parts of care and a portion of the boundaries to fast execution of AI in medical services.

In the beyond 10 years, clinical advances and forward leaps have included new advances including:

- 3D printing to make human body parts, repeat veins and printing skin cells for fast twisted recuperatin
- A fake eye by California-based, Second Sight, that empowers patients to accomplish a degree of vision
- A little, embedded, remote controlled gadget that sends electrical heartbeats to assist with decreasing the effect of cerebral pains

- Graphene, a very adaptable material multiple times more grounded than steel, is currently being delivered at a lower cost and can be utilized to foster progressive clinical gadgets utilized in biomedical applications like tissue designing
- Eye drops that break up waterfalls, killing the requirement for medical procedure
- A counterfeit pancreas that actions blood glucose utilizing a sensor and conveys insulin , changing the measurements as per readings

The intricacy and ascent of information in medical services implies that man-made brainpower (AI) will progressively be applied inside the field. A few kinds of AI are as of now being utilized by payers and suppliers of care, and life sciences organizations. The critical classes of utilizations include finding and treatment proposals, patient commitment and adherence, and authoritative exercises. Despite the fact that there are many occasions in which AI can perform medical services undertakings too or better than people, execution elements will forestall enormous scope robotization of medical services proficient positions for an impressive period. Moral issues in the use of AI to medical care are likewise discussed. The objective of this examination was to research advantages and difficulties of AI in medical services.

## **2. What is the role of AI in Healthcare**

### **2.1 Virtual Health Assistant**

Virtual Health Assistants (VHA) can proactively help patients in different ways. As far as one might be concerned, VHA's can assist dementia patients with keeping focused with their recommended drugs by sending updates. Besides, virtual wellbeing collaborators might offer guidance on therapies for normal ailments or give recipes for patients explicit eating routine limitations. VHAs can likewise screen patients in view of information, permit specialists to draw in with patients and drug stores to help patients to remember medicine tops off and pickups, and even suggest preventive wellbeing screenings.

These days when individuals hope to find solutions right away, menial helpers empower patients to find solutions progressively. Patients can pose clinical inquiries and get addresses, get more data and updates about taking meds, report data to doctors, and gain other clinical help. Doctors can likewise exploit medical services menial helpers by following and finishing requests and ensuring they are requesting the right medicine for patients.

### **2.2 Diagnosis**

Computer based intelligence has been used to work on clinical conclusion. For instance, AI supported clinical picture finding from Beijing-based man-made consciousness super advanced organization, Infervision , is being utilized to further develop perusing CT sweeps and x-beams. The innovation, which is utilized in emergency clinics in China, can recognize dubious sores and knobs in cellular breakdown in the lungs patients. This permits specialists to furnish patients with an early determination instead of sending tissue tests to a lab for examination, consequently giving medicines sooner than expected.

Scientists at Stanford University have made an AI calculation that can distinguish and analyze skin disease. This innovation, utilizing pictures of moles, rashes, and sores, may some time or another be accessible as a versatile application on cell phones.

Google's parent organization, Alphabet, is chipping away at an AI program to identify metastasis utilizing significant level picture acknowledgment. The program will actually want to do this quicker than the customary way, which again means prior analysis and treatment.

Moreover, on the grounds that AI can dissect enormous volumes of information it empowers the recognition of illness and assists with clinical choices.

### **2.3 Personal Health Companion**

Medical services associates (Robots) are utilized to mind old individuals, assist them with staying autonomous, help them to remember their everyday assignments and tracks their wellbeing record and cautions their friends and family when need emerges. Headways in AI could go further to incorporate

having "discussion" and "associating" with old ones. In emergency clinic, medical care partners track their patients and update the records. Furthermore patients can share their side effects and the medical services friend would propose a conclusion to be confirmed. Ada is one such friend and it utilized in excess of 130 nations across the world.

#### **2.4 Assistance in Oncology**

Early identification of disease is the way to save the impacted people. Profound learning calculations can group dermoscopy pictures and comment on skin sores all the more precisely .AI has accomplished an extraordinary degree of exactness in the translation of mammograms for bosom disease screening . Profound brain network can recognize broadened lymph hubs in tomography images.Large assortment of information is made accessible in Cancer Imaging Archive (TCIA) which has empowered radiomics and division inside neuro-oncology. This is important for Cancer Genome Atlas(TCGA)(<http://cancergenome.nih.gov/>). Current techniques in neuro-oncology imaging center around diffuse gliomas. The growths are reviewed as II to IV cancers which are grouped into lower-grade gliomas (grade II and III) and glioblastoma (grade IV) by World Health Organisation(WHO).

#### **2.5 Assistance in Cardiology**

Computer based intelligence has upgraded cardiologists to proficiently treat patients. Extremely top notch heart ultrasound frameworks like Philip Epiiq, Siemens SC2000, Point-of - Care ultrasound frameworks (POCUS), Healthcare Vscan are accessible in the market.This hardware recognizes reverberation designs and naturally peruses the qualities to the cardiologist. Certain frameworks like Philips, EPIq SC2000 utilize man-made consciousness to naturally distinguish the fragments, name them, life structures, view ideal reverberation designs. This diminishes crafted by doctors, as every one of these perusing are prepared when the specialist shows up to see the patients.

#### **2.6 Healthcare BOTs**

Bots for medical care exist essentially for patient commitment. Medical care bots, which are found in versatile informing applications, can help patients rapidly and continuously essentially by communicating something specific. Wellbeing chatbots can respond to wellbeing related questions and even assist patients with overseeing meds by giving data on sorts of meds and suggested dosages.

A few progressions that have been made in medical services bots incorporate the capacity to:

- Learn and mirror human discussions
- Distinguish feelings to empower sympathetic commitment with patients
- Consolidate Natural Language Processing, opinion investigation, and idea mining into talk scripts
- Perform complex picture acknowledgment assignments to break down photographs, transcribed notes and standardized identifications

#### **Benefits of AI in Healthcare**

#### **2.7 Advancement in treatments**

Artificial intelligence is prompting headways in medical services therapies, for example, working on the association of therapy plans, breaking down information to give better therapy plans, and observing therapies.

Computer based intelligence can rapidly and all the more precisely recognize indications of sickness in clinical pictures, similar to MRI, CT sweeps, ultrasound and x-beams, and hence permits quicker diagnostics lessening the time patients hang tight for a finding from weeks to only hours and speeding up the presentation of therapy choices.

#### **2.8 Reduce Costs**

Ice and Sullivan reports that AI can possibly further develop results by 30-40% and diminish cost of treatment by as much as half. Upgrades in accuracy and proficiency implies less human blunders, prompting a decline in specialist visits. Specialists are likewise ready to get data from information for patients who are in danger of specific illnesses to forestall clinic re-confirmations.

## **2.9 Treatment Plans**

One more advantage of AI in medical care is the capacity to plan therapy plans. Specialists can now look through a data set, for example, Modernizing Medicine, a clinical colleague used to gather patient data, record analyze, request tests and solutions and get ready charging data. Additionally, the capacity to look through open data sets with data from great many specialists and patient cases can assist doctors with overseeing better customized medicines or track down practically identical cases.

Better information driven choice to further develop the medical services framework

Recognizing a choice, obtaining data, and assessing potential cures are steps in the dynamic cycle. By gathering significant data and recognizing choices, an organized dynamic technique can help you in making more cautious, thought about choices. The nature of dynamic in the present digitalized medical care climate is vigorously dependent on the accessibility and exactness of the basic information (Madsen, 2014). In medical services, where clinical leaders experience many obstacles and issues all through the patient pathway, shrewd information consideration can contribute altogether and assist with further developing dynamic quality. Since information is inaccessible or too huge to even think about looking at, data is ignored, or proposals are dismissed, complex decisions in medical care might fall flat, bringing about wasteful and expensive cycles and impeded clinical results (Guo et al., 2020.) (Chonghui Guo and Chen, 2019). Man-made intelligence use the accompanying: a) Patient information to help clinical dynamic b) Data from medical clinics to help functional direction, and c) Data about patients and clinics to support purchaser navigation.

## **2.10 AI assists in improving surgery**

Computerized reasoning offers a large number of uses in the spaces of medication and dentistry. Careful robots have worked on the accuracy and consistency of the medical procedure. Automated a medical procedure is utilized broadly in numerous areas of medical procedure, including oral and maxillofacial medical procedure. Bioprinting, diabetic retinopathy, spine imaging, and radiology are among different applications (Hashimoto et al., 2020) (Zhou et al., 2019). Increased reality, then again, superimposes a PC produced picture on a patient's vision of this present reality to make a merged perspective on the careful field. Simulated intelligence controlled Tele-careful methodologies have empowered distant medical procedure and senior specialist oversight of specialists in the medical procedure room. Intraoperative direction by means of video pictures and correspondence frameworks has shown to be valuable, especially in circumstances when there is an unfortunate admittance to centers, travel limits, or pandemics (Fekri et al., 2018). Man-made intelligence and AR-controlled careful mentorship are turning into a practical option for some specialists as less intrusive careful methods become more normal (Hashimoto et al., 2018). Experienced specialists can give constant directing on the best entry point or hardware to use on the administrator's screen, directing the specialist through the careful activity. The work process of a specialist can likewise be reviewed utilizing information and PC vision procedures. Robots aid the examination of the patient's clinical data before medical procedure to coordinate the careful instruments during the technique. Because of the negligibly obtrusive nature of robot-helped a medical procedure, it has been demonstrated to decisively limit the length of patient stay in the clinic (Prabu et al., 2014). Robots can likewise use AI to offer fresher careful methodologies in light of a patient's past a medical procedure history. An eye a medical procedure utilizing the Da Vinci careful robot permits doctors to direct complex strategies with more control (Hockstein et al., 2005).

## **3. AI Challenges in Healthcare**

### **3.1 Accuracy and Safety**

Since AI is genuinely new, it can possibly be less precise and dependable subsequently jeopardizing patients. The BBC article, The Real Risk of Artificial Intelligence tends to this:

“Take a system trained to learn which patients with pneumonia had a higher risk of death, so that they might be admitted to hospital. It inadvertently classified patients with asthma as being at lower risk. This was because in normal situations, people with pneumonia and a history of asthma go straight to intensive care and therefore get the kind of treatment that significantly reduces their risk of dying. The machine learning took this to mean that asthma + pneumonia = lower risk of death.”

Moreover, AI must be sufficiently dependable to keep delicate information, similar to addresses and monetary and wellbeing data secure. Foundations that handle delicate clinical data need to ensure their sharing strategies protect data.

### **3.2 Risk in new/exceptional health cases**

In addition to the fact that AI has to be exact and safe, it must be made so it is in the know regarding new wellbeing cases. As such, a program may be basically as great as the information it learns. Programs should be prepared, or if nothing else continually refreshed, to have the option to recognize new/uncommon wellbeing cases.

### **3.3 Challenges for Doctors & Patients**

Reenacted insight can moreover address a bet for trained professionals and patients. Since AI has not been fulfilled, experts can't totally rely upon AI yet need to make decisions considering their knowledge and ability. Patients are moreover in peril for a comparative clarification. In case a program gives mistaken information, patients will not be managed suitably.

### **3.4 Bias**

In medical services AI, there are risks of bias and imbalance. Man-made intelligence frameworks gain from the data they've been given and can assimilate predispositions from that information. For instance, assuming AI information is basically gathered in scholarly clinical organizations, the ensuing AI frameworks will advance less about — and subsequently treat patients from networks that don't frequently visit scholastic clinical focuses — and hence will treat them less really. Likewise, when discourse acknowledgment AI frameworks are utilized to translate experience noticed, the AI might work more terrible on the off chance that the supplier has a place with a race or orientation that is underrepresented in the preparation information. Regardless of whether AI frameworks are prepared on solid, agent information, there might be issues in the event that the information reflects intrinsic predispositions and differences in the medical care framework. An AI framework gaining from medical services records could figure out how to prescribe lower pain reliever portions to African-American patients, regardless of the way that this choice depends on foundational inclination instead of natural reality (Lee, 2021). Computer based intelligence frameworks that designate assets could exasperate imbalance by dispensing restricted assets to patients who are considered less alluring or rewarding by wellbeing frameworks for various reasons.

### **3.5 Missteps and accidents**

The clearest risk is that AI frameworks will every so often be wrong, bringing about tolerant harm or other medical care issues. A patient could be harmed on the off chance that an AI framework endorses some unacceptable therapy, neglects to distinguish a cancer on a radiological test, or relegates a clinical bed to one individual over another on the grounds that the AI framework erroneously projected which patient would acquire. Of all, numerous wounds happen in the medical services framework these days attributable to clinical blunder, even without the utilization of AI. For something like two reasons, AI mistakes are conceivably particular. First of all, wounds brought about by programming might evoke various responses from patients and parental figures than wounds brought about by human mix-up. Second, in the event that AI frameworks become all the more broadly utilized, a blemish in one AI framework could prompt a great many patients being injured, as opposed to the little patients harmed by a solitary supplier's blunder.

### **3.6 Concerns about privacy**

One more arrangement of perils emerges with regards to security. The interest for enormous datasets boosts engineers to procure information from countless patients. A few patients might be stressed that this information assortment would encroach on their secrecy, and claims have been recorded because of information dividing among gigantic wellbeing organizations and AI organizations. Artificial intelligence could likewise think twice about by anticipating individual data of patients regardless of whether the calculation has never been given that data (Marwan et al., 2018). (As a matter of fact, this is regularly the reason for AI in medical care.) For instance, an AI framework could possibly let know if somebody has Parkinson's sickness simply on the shaking of a PC mouse, regardless of whether that individual has never told any other person (or didn't have the foggiest idea). Patients might consider this to be a break of their security, especially in the event that the AI framework's decisions are disclosed to outsiders like banks or life coverage firms (van der Schaar et al., 2021).

### **3.7 Data accessibility**

Enormous volumes of information from sources like electronic wellbeing data, drug store records, protection claims archives, or buyer created information like action trackers or buy history are expected to prepare AI calculations. Nonetheless, wellbeing measurements can be challenging to stop by. Information is regularly scattered across numerous stages. Beside the variety noted above, patients every now and again see various doctors and change protection transporters, bringing about information being divided across numerous frameworks and arrangements. This discontinuity raises the risk of error, lessens the extensiveness of datasets, and raises the expense of information assortment — all of which limit the kinds of elements that could make effective medical care AI (Hu et al., 2015).

### **3.8 Adoption**

One of the difficulties AI faces in medical services is boundless clinical reception. To understand the worth of AI, the medical services industry requirements to make a labor force that is educated about AI so they are open to utilizing AI innovations subsequently empowering the AI innovations to "learn" and become more brilliant.

### **3.9 Training Doctors/Patients**

Another test is preparing specialists and patients to utilize AI. Figuring out how to utilize innovation might be difficult for some. Moreover, not every person is available to data given by a "robot." as such, tolerating AI innovation is a test that should be tended to through instruction.

### **3.10 Regulations**

Following guidelines is likewise really difficult for AI in the medical services industry. For one's purposes, there is the requirement for endorsements from FDA before an AI gadget or application is applied to medical care. This is particularly obvious on the grounds that AI is at a beginning stage and not an innovation that is completely known or perceived. Besides, the current endorsement process manages AI equipment and not about information. Thusly, information from AI represents another administrative test for FDA and should be approved all the more completely.

## **4. Remedies**

- It is important to design laws and rules for controlling working mechanism of intelligent , autonomous machines.
- Design complex algorithmic structure limiting abilities and behavior of machines.
- Teaching machines about human practices and characteristics ,and make them take on a similar mind set as human
- Provide proper training to doctors to use Ai enabled healthcare systems.
- Diagnosis is must be based on previous patients case reports and studies.

## 5. How medical services will develop in Future with AI?

We accept that AI plays a significant part to play in the medical services contributions representing things to come. As AI, it is the essential capacity behind the improvement of accuracy medication, broadly consented to be a painfully required advance in care. Albeit early endeavors at giving determination and treatment suggestions have demonstrated testing, we expect that AI will at last dominate that area too. Given the fast advances in AI for imaging examination, it appears to be logical that most radiology and pathology pictures will be analyzed sooner or later by a machine. Discourse and text acknowledgment are as of now utilized for errands like patient correspondence and catch of clinical notes, and their utilization will increment.

The best test to AI in these medical care areas isn't whether the advances will be adequately proficient to be valuable, yet rather guaranteeing their reception in everyday clinical practice. For boundless reception to occur, AI frameworks should be endorsed by controllers, coordinated with EHR frameworks, normalized to an adequate degree that comparable items work likewise, educated to clinicians, paid for by open or confidential payer associations and refreshed over the long haul in the field. These difficulties will at last be survived, however they will take significantly longer to do as such than it will take for the actual advances to develop. Subsequently, we hope to see restricted utilization of AI in clinical practice in no less than 5 years and greater use inside 10.

It likewise appears to be progressively evident that AI frameworks won't supplant human clinicians for an enormous scope, but instead will expand their endeavors to really focus on patients. Over the long haul, human clinicians might push toward errands and occupation plans that draw on remarkably human abilities like compassion, influence and higher perspective reconciliation. Maybe the main medical services suppliers who will lose their positions after some time might be the individuals who won't work close by man-made brainpower.

Man-made intelligence is getting some momentum in many fields. Computer based intelligence has the likelihood to have an enormous and positive effect for specialists and patients in medical services. In view of the capacity to total and break down a gigantic measure of fluctuated information, AI could yield fundamentally quicker and more exact findings for a more extensive portion of the populace. People without admittance to exceptionally particular medical care could acquire the advantage of that experience through AI. Medical services expenses might actually drop because of prior and more precise conclusions. All things considered, AI additionally presents takes a chance for the clinical calling and patients. Until the information archive gets sufficiently enormous and very much approved, specialists should keep on utilizing their preparation and experience to guarantee that man-made consciousness is yielding the appropriate findings and course of clinical treatment. All things considered, we're not hoping to see a robot in our PCP's office for a long while.

## 6. Conclusion

Man-made consciousness can not just guide in that frame of mind of helpful drugs, yet in addition work on the viability of current ones after they have been created. In spite of the fact that AI frameworks in medical services is right now confined, the clinical and prudent advantages are too perfect to even consider disregarding. Significant expense areas will become opportunities for ground breaking medical services organizations to utilize advancement innovation and protect their cutthroat predominance over their partners. These models possibly start to expose what is possible when AI's maximum capacity is applied to medical services conveyance. The conceivable outcomes couldn't possibly be more significant or downplayed, and coordinated effort among government and confidential area industry players is basic to understanding this potential. The developing cost of medical services will stay to be a hotly debated issue among medical care partners as worldwide networks live longer and the recurrence of persistent sickness rises. Maybe now is the ideal time to enroll the assistance of the machines. Notwithstanding the

way that astonishing these advancements are, they should be found with regards to our ongoing medical services change. The joining of shrewd wellbeing into medication is causing massive changes in the medical services industry, and the decisions we take currently will have broad ramifications for patient consideration later on. Scientists and engineers are presently fostering these instruments with the possibility that ongoing clinical practice is the fundamental structure,' notwithstanding the field's extended history of prejudicial practices, biases, and clinical mistakes.

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