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AI in Healthcare: Transforming the Future of Medicine

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Abstract: AI is revolutionizing healthcare by improving diagnostic precision and automating processes, such as identifying early cancer indicators in X-rays and neurological abnormalities in MRIs. It saves money and time by being excellent at medication development, individualized therapy, and predictive analytics. However, concerns like data privacy, algorithmic bias, and accountability necessitate robust governance. Ethical considerations and teamwork between technologists and clinicians are critical to successful AI integration. Building trust and optimizing AI's ability to enhance patient care requires making sure that training materials and tools are easy to use. AI's influence on the direction of healthcare is expected to grow as it develops further, presenting fresh chances for improved patient outcomes.

Keywords: Artificial Intelligence, Machine Learning, Deep Learning, Medical Imaging, Predictive Analytics, Personalized Medicine, Neural Networks

I. INTRODUCTION

Artificial intelligence (AI) solves problems and augments or replaces human labor in domains like design, reasoning, and administration by automating healthcare procedures using algorithms [1]. By diagnosing illnesses as accurately as or more accurately than humans, anticipating suicide attempts, analyzing databases, and spotting diagnostic trends, artificial intelligence is revolutionizing the healthcare industry. Because of this, AI is useful in disciplines like radiology and pathology [2]. By identifying neurological abnormalities in MRIs and early cancer indicators in X-rays, AI increases the accuracy of diagnoses. By predicting the course of diseases, identifying high-risk patients, and facilitating individualized treatment strategies, predictive analytics improves preventative healthcare. AI speeds up the process of finding reusable compounds, therapeutic targets, and drug candidates in drug discovery, saving money and time. However, issues like accountability, algorithmic bias, and data privacy call for robust governance and open decision-making [3]. Notwithstanding these developments, integrating AI in healthcare necessitates ethical considerations and cooperation between clinicians and technologists. Making AI technologies user-friendly and accessible to healthcare providers is critical for wider adoption. Training courses and awareness campaigns can fill knowledge gaps, building confidence and optimizing AI's ability to revolutionize patient care. AI's incorporation into healthcare systems needs to be carefully monitored as it develops to guarantee efficacy and equity. Furthermore, developing public trust in AI necessitates addressing concerns about transparency and the long-term implications on healthcare jobs. Refining AI's role in providing high-quality, equitable healthcare will require ongoing interdisciplinary study.

II. LITERATURE REVIEW

Kumar et al. (2022) [4] conducted a comprehensive survey on AI techniques applied to disease diagnosis. The study reviewed methodologies for diagnosing various conditions, including Alzheimer's, cancer, diabetes, chronic heart disease, tuberculosis, stroke, hypertension, skin diseases, and liver diseases. Key aspects covered included medical imaging datasets, feature extraction, and classification processes for predictions. The authors emphasized AI's role in improving hospital experiences and accelerating patient preparation for home rehabilitation. This systematic literature review serves as a resource for understanding AI's current applications in disease diagnosis and future research directions in this rapidly evolving field. The study also highlighted the need for collaboration between clinicians and AI developers to refine diagnostic models and ensure their practical applicability in real-world settings.

Gifari (2022) [5] investigated how AI may transform healthcare by enabling individualized therapy. The study brought attention to the change from broad strategies to customized interventions based on the distinct genetic and clinical profiles of each patient. There are three essential elements of AI in personalized medicine: clinical validation (effectiveness verified by large cohort studies), interpretability (comprehensible decision-making), and performance (accurate predictions).

Standardized and pooled data, multimodal data (such as genomes, imaging, and electronic health records), expert participation, clinical research into AI findings, and extensive clinical trials are the five necessary components for successful integration. In order to guarantee the safety and effectiveness of AI-driven individualized treatments, the study also addressed the difficulties in incorporating AI into clinical settings, specifically the requirement for regulatory requirements.

Pinto Coelho (2022) [6] talked about how AI could revolutionize medical imaging. Using deep learning algorithms, AI was able to analyze medical pictures such as CT scans, MRIs, and X-rays with amazing accuracy, frequently spotting patterns that humans would have missed. The study emphasized AI's contribution to data-driven continuous improvement, workflow efficiency, and early disease identification. Additionally covered were issues like algorithm bias, data privacy, and the requirement for regulatory frameworks. The study emphasized AI's potential to provide quicker, more precise, and more individualized healthcare in spite of these problems. The study also made clear how crucial it is to have strong data security protocols and create ethical standards to control the use of AI in healthcare settings.

Elavarasan and Vincent (2020) [7] aimed to predict crop yield using a recurrent Q-network framework. Their research integrated recurrent neural networks with Q-learning in a reinforcement learning framework. The model utilized real-time data and employed a stacked RNN layered architecture to map output to Q values for decision-making. This approach significantly increased prediction accuracy, achieving 93.7% accuracy, surpassing other methods. The study's findings emphasize the growing role of AI in agriculture, showcasing how advanced machine learning techniques can be applied to enhance decision-making and optimize resource management in the agricultural sector.

III. METHODOLOGY

Using AI in healthcare requires number of procedures. A general method for putting such a system into place is as follows:

- 1) **Data collection:** Assembling a sizable collection of medical photos with thorough comments showing if a disease is present or not. The cornerstone of artificial intelligence (AI) in healthcare is data collection, which includes compiling enormous volumes of patient data from multiple sources, including wearable technology, genomic data, medical imaging (such as MRIs and X-rays), electronic health records (EHRs), and clinical trials. To prevent biases and guarantee precise AI predictions, this data must be thorough, varied, and representative. Digitizing records, guaranteeing interoperability among healthcare systems, and preserving real-time data streams are all components of effective data collecting. Strong methods like encryption and de-identification are used to safeguard patient privacy. AI models that enable diagnosis, therapy, and individualized care must be trained on high-quality, well-structured data.
- 2) **Data pre-processing:** Data pre-processing in AI healthcare involves cleaning and standardizing medical images to ensure consistency for model training. This process includes noise reduction to eliminate irrelevant artifacts, normalization to adjust pixel values uniformly, and resizing images to a consistent dimension [7]. Standardization ensures that the model doesn't get influenced by differences in image quality or scale. Additionally, data augmentation techniques like rotations or flipping generate variations to improve the model's robustness and prevent overfitting [8]. Expert annotation or labelling of images is also crucial, providing ground truth for supervised learning. This thorough pre-processing helps AI models effectively learn and perform medical tasks with high accuracy [9].
- 3) **Feature Extraction:** This process entails locating important patterns and structures in medical photos that are essential for diagnosing illnesses. While texture analysis shows patterns that may suggest tissue types or the presence of disease, edge detection techniques draw attention to organ boundaries or anomalies [6]. By separating particular regions of interest, such tumors or lesions, region segmentation enables the AI model to concentrate on pertinent aspects of the picture. The model's performance and diagnostic accuracy are enhanced by these extracted features, which assist the model in identifying particular patterns and connecting them to illnesses [11].
- 4) **Model Selection and Training:** Selecting the best machine learning algorithm for medical image analysis is part of the model selection and training process. The capacity of Convolutional Neural Networks (CNNs) to recognize hierarchical features and patterns in picture data makes them widely used. A tagged dataset with photos labeled with diagnostic information is used to train the model. The network gains knowledge of intricate connections between image characteristics (such edges, textures, and areas) and the associated diagnoses during training. The model can now accurately forecast new, unseen images thanks to this technique [12].
- 5) **Validation and Evaluation:** Validation and evaluation are key processes in verifying the reliability of an AI model before clinical use. A different validation dataset that wasn't used for training is used to test the learned model.

Accuracy (the total number of right predictions), sensitivity (the genuine positive rate), specificity (the real negative rate), precision, and F1-score are among the key performance indicators evaluated. These criteria assist identify how well the model generalizes to new, previously unseen data, allowing it to produce accurate and consistent predictions in real-world healthcare contexts [13].

- 6) **Deployment:** To help medical professionals analyze fresh patient photos, the trained AI model is integrated into clinical procedures. Because the AI system is integrated into already-existing medical software, everyday clinical practice can easily access the model's predictions. New patient photos can be entered by medical practitioners, and the AI offers insights like possible anomalies or diagnosis recommendations [14]. By providing data-driven recommendations, increasing diagnostic precision, and facilitating individualized treatment planning, this integration improves decision-making. The system's efficiency, user-friendliness, and compliance with healthcare norms and laws are all guaranteed by proper deployment [15].

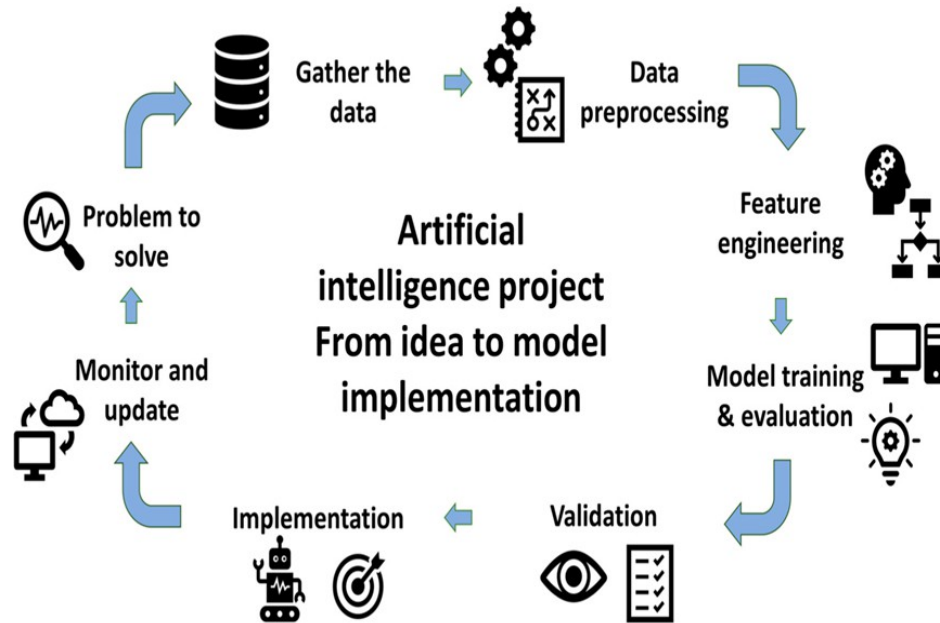


Fig 1. A project from idea to model implementation

A. Algorithms used

Convolutional Neural Networks (CNNs) are a type of deep learning algorithm specifically designed for analysing image data. They are particularly effective in medical imaging because they can learn complex patterns and features from the images.

CNN : The major advantage of CNNs over human analysis of images is they work with the numerical data of an image, as opposed to the image itself. That means they can process the multiple million shades of grey or intensity of colours, which we are not able to. The process begins with the input layer, which is the image given to the CNN for analysis.

- The first step in the CNN is the convolutional layer. Here, the input image is transformed using a set of mathematical 'filters' that can reveal certain features in an image. The mathematical calculation to achieve this is called a convolution and involves multiplying each value in a field by its corresponding weight and summing the results. These filters, formally referred to as kernels, move across the image analysing small patches of the image at a time. The filters extract important features in the image, such as edges, colours, or textures. The result of this process is a set of activation maps for each filter, which highlight the areas in the image where the network found the respective features.
- Pooling layer performs a non-linear downsampling of convolved feature. It decreases the computational power required to process the data through dimensionality reduction. It reduces the spatial size by aggregating data over space or feature type, controls overfitting and overcomes translation and rotational variance of images. Pooling operation results in partitioning of its input into a set of rectangle patches. Each patch gets replaced by a single value depending on the type of pooling selected. The different types are maximum pooling and average pooling.
- Following the pooling layers, the network applies a sequence of fully connected layers, referred to as classification layers, which use functions that can map the pooling layers' output to the classes the network is attempting to classify to further process the activation maps from the pooling layers and generate classification probabilities before the network generates an output.

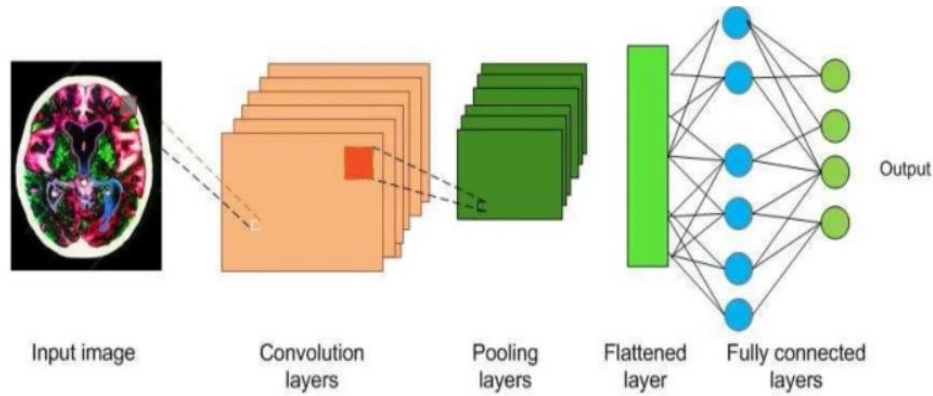


Fig2. Building Blocks of a CNN for Image Processing

IV. RESULTS AND DISCUSSION

Diagnosis using AI is quickly performed and its accuracy is very high. AI diagnosis is becoming an important technology for future diagnostic systems. However, AI diagnosis needs to be supplemented in several aspects. AI learning using deep-learning architecture requires big data. However, most medical images are technical and man-powered, making it difficult to build big data systems. It is also time-consuming to create a database of standardized and labelled images of medical images. Most people are building databases by manually pre-processing all medical images for AI application. Performing data augmentation through rotation, left/right flip, and up/down reversal of a medical image has a positive effect on the accuracy of learning. Data augmentation using GAN is being applied in various areas of the medical field. In liver lesion classification using CT images, it was reported that the accuracy of 7.1% was increased when the number of data using GAN was increased. In chest pathology classification using X-ray image, accuracy was reported to be increased by 21.23%. It has been reported that synthesized images using GAN can be a method of data augmentation in medical image analysis. However, more research is needed to see if synthetic images can be used for artificial intelligence learning to determine clinical diagnostics that require rigorous accuracy. Increasing data through the GAN is still controversial, but it is a field of research that is needed. It is necessary to make the medical image stored in the PACS system into the image of the previous step for AI analysis. Research is needed to automatically generate standard images so that medical images can be used directly in deep-learning.

AI analysis of medical images requires labelled, standardized and optimized images. There is a clear difference in the accuracy of the final classification between preprocessing and nonpreprocessing medical images. However, since the preprocessed image has noise different from that of the original image, it is necessary to study the effect of the resulting image on the accuracy. Deep learning architecture can have various forms, and new excellent architecture for image analysis is being released every year through competition.

However, it is only through experience that the most accurate result of any architecture can be used for each medical image. Therefore, it is necessary for people to apply various deep-learning architectures to each medical image and then to discuss each other's experiences to find the optimal method. Even if one deep-learning model is determined, there are many hyper-parameters in it. The composition of parameter combinations is often dependent on user experience. Optimization of Hyper-parameters is usually done through a time-consuming grid search and random search, but Bayesian optimization and genetic algorithm optimization can be used efficiently.

Medical imaging diagnostics using deep-learning architecture have reached expert levels in the areas of neurons, retina, lung, digital pathology, breast, heart, abdomen, and Musculo-skeletal system. However, when other hospital protocols apply different medical images, their accuracy is significantly reduced and new optimization parameters must be found. Even with some resolution and noise changes in medical imaging, AI diagnostics are very fragile.

V. CONCLUSION

In conclusion, there is a great deal of promise for improving patient care and results through the use of AI in healthcare. AI improves the precision, effectiveness, and economy of clinical testing and disease diagnosis by automating processes and evaluating intricate medical data. Predictive analytics, which may detect illness trends, predict progression, and assist in developing individualized treatment plans for patients, is made possible by its capacity to process enormous volumes of data.

AI is also essential in medical imaging, where deep learning algorithms may find patterns that human observers might miss and discover early indicators of diseases including cancer, neurological disorders, and heart ailments. The use of AI in healthcare also extends to population health management, where it aids in the identification of high-risk individuals, optimizing resource allocation, and improving overall health outcomes. AI's potential in virtual and mental health support is also noteworthy, providing remote monitoring and intervention options for patients, particularly in underserved areas. While the benefits are clear, the integration of AI in healthcare requires careful attention to ethical concerns, including data privacy, algorithmic bias, and transparency. Ensuring AI is accessible, interpretable, and free from bias is critical to its success. Collaborations between clinicians, data scientists, and policymakers will be essential in overcoming these challenges and maximizing the positive impact of AI. Additionally, AI's role in precision medicine is set to revolutionize treatment options, offering highly personalized healthcare based on individual genetic and health profiles. With continuous advancements, AI is poised to reshape healthcare systems worldwide, improving diagnostic accuracy, streamlining administrative tasks, and ultimately enhancing patient outcomes. The future of AI in healthcare promises groundbreaking innovations that will redefine medical practice and create a more efficient, accessible, and patient-centered healthcare landscape.

VI. CHALLENGES AND FUTURE WORK

- 1) Data security and privacy concerns: These stand as a huge challenge in the integration of AI into healthcare. Healthcare organizations handle vast amounts of sensitive patient data, making them a prime target for cyberattacks. The consequences of a data breach can be severe, potentially leading to identity theft, financial fraud, and compromising patient care.
- 2) Lack of sufficient data: AI systems heavily rely on data to accurate predictions and recommendations. In many cases, there may be insufficient or poor-quality data available to train AI algorithms effectively. This limitation can hinder the performance and accuracy of AI systems.
- 3) Regulatory compliance: Regulatory compliance is a critical challenge in the integration of AI into healthcare. Healthcare organizations must comply with strict regulations, such as the Health Insurance Portability and Accountability Act (HIPAA), to protect patient privacy. Integrating AI while maintaining compliance with these regulations can be complex.
- 4) Ethical and bias concerns: They are also significant challenges that must be addressed in the integration of AI into healthcare. To address ethical and bias concerns, healthcare organizations must ensure that AI systems are developed and deployed in an ethical and responsible manner. Regular auditing of algorithms for bias, transparency in decision-making processes, and accountability for the outcomes of AI-driven decisions are essential. Additionally, educating healthcare professionals about the benefits and limitations of AI, as well as fostering a culture of diversity and inclusion, can help mitigate bias concerns.

The future of AI-based image recognition in healthcare holds immense potential. Further advancements in deep learning algorithms, improved data availability, and increased collaboration between researchers and clinicians will drive innovation and lead to even more sophisticated and accurate AI systems. It enables the clinicians in making accurate diagnosis by analyzing 3D medical image such as CT and MRIs. AI can analyze patient data to predict the risk of developing certain diseases by combining data from different medical imaging modalities, such as X-rays and ultrasound, can provide a more complete picture of a patient's condition.

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